

Inside Reliv Recipes



Yummy Chocolate Milkshake

ingredients:

2 scoops Reliv Classic®
1 scoop FibRestore®
1 scoop Cool Punch Innergize!®
1 scoop ProVantage®
8 oz. COLD soy milk (We recommend Relivables™ Fortified Soy Milk.)
A few drops of sugar-free chocolate syrup

directions:

Blend and enjoy.

It's thick and super yummy!

submitted by: Christina Taylor of South Carolina



Blue Banana Smoothie

ingredients:

1 scoop orange Innergize!®
1/2 scoop FibRestore®
2 scoops Reliv Now®
1/2 banana
1/4 cup frozen blueberries
8 + oz. soy milk (We recommend Relivables™ Fortified Soy Milk.)

directions:

Blend and enjoy.

submitted by: Cindy Carr of South Carolina

