

Inside Reliv Recipes



Yogurt Berry Smoothie

ingredients:

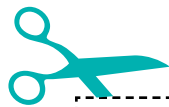
crushed ice
1/4 cup vanilla yogurt
3 large fresh strawberries
Reliv products of your choosing
3 oz. water
4 oz. cranberry black cherry juice (or cranberry-raspberry)

directions:

Put ingredients into a single-serve blender in the order above, blend it up and enjoy!

That is what I have every morning for breakfast.

submitted by: Lisa Cooper of Texas



Tropical Morning Shake

ingredients:

| | |
|--|---|
| 1 scoop Reliv Now® | 1 scoop FibRestore® |
| 1 scoop Relivables™ Fortified Soy Milk or Reliv Delight® | 1/2 scoop lemon Innergize!® |
| 6 oz. plain yogurt (or flavor of your choosing) | 2 scoops Relivables All-Natural Sweetener |
| 1-2 drops of coconut extract | 1 banana |

directions:

Blend ingredients, add an umbrella and voila! You've got a great "tropical" drink

It pays to be creative and experience with different flavor combinations!

submitted by: Yvonne Coulombe of Maine

