

Inside Reliv Recipes



Arthaffect Tea

ingredients:

6-8 oz. hot water
1 scoop lemon Innergize!®
1 scoop Arthaffect®

directions:

Mix Reliv products in hot water and reap the benefits!

submitted by: Janette Greenfield of Texas



Hot Cocoa for One

ingredients:

1 heaping tsp. cocoa
1/2 scoop of Relivables™ All-Natural Sweetener
1 dash salt
milk

directions:

Mix dry ingredients together in microwaveable mug. Add 2 tbsp. cold milk and mix well with a whisk. Fill cup with milk and microwave for 1-1/2 minutes. Whisk well again and enjoy. Adjust the amount of sweetener to your taste.

submitted by: Lois Fahl of Missouri



Fresh Lemonade

ingredients:

8-12 oz. water
1 slice of lemon (squeezed in water)
1 scoop Relivables™ All-Natural Sweetener
ice

directions:

Shake it up and drink!

Seriously tastes just like the lemonade you get at the summer fairs, but without the sugar and with zero calories! Enjoy!

submitted by: Amy Blaser of Nebraska

