

Inside Reliv Recipes



Chocolate Raspberry Smoothie

ingredients:

1/4 cup crushed ice

1/2 cup milk, OR

1 scoop Reliv Delight® OR Relivables™ Fortified Soy Milk

1/2 to 1 1/2 cup water (to taste and thickness preference)

1-2 tbsp. (a “dollop”) chocolate raspberry liquid creamer

your favorite Reliv products

I use: 1 scoop Reliv Classic®

1/2 scoop lemon Innergize!®

1 scoop FibRestore®

1 scoop CardioSentials®

1 scoop GlucAffect®



directions:

Start with liquid ingredients; then add your Reliv products. Using a handheld blender or Magic Bullet, buzz all ingredients for 20-30 seconds, insert a straw and enjoy! Do this twice a day and experience all the benefits that Reliv nutrition provides.

submitted by: Linda Bridges of Nevada



Simply Scrumptious

ingredients:

1 scoop Reliv Now®

1 scoop lemon Innergize!®

1 tablespoon freeze-dried organic acai

8 oz. water



directions:

Mix and enjoy. Very Good!

submitted by: Petrea Dishman of Texas