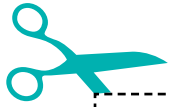


Inside Reliv Recipes



Simplicity Delight

ingredients:

8 oz. water plus 1 scoop Reliv Delight® or 8 oz. milk
1 scoop chocolate Simplicity® Meal Replacement
1 tsp. peanut butter
1/2 banana
crushed ice

directions:

Blend and enjoy.

What a special treat for your weight loss program!

submitted by: Susan Rogers of Indiana



Tropical Refreshment

ingredients:

1 12 oz. can of unsweetened coconut water
1 banana
1 scoop Reliv Now®
1/2 scoop Innergize!®

directions:

Blend all ingredients until smooth, then drink and enjoy!

A very refreshing shake! A great a.m. start to any person's day.

submitted by: Chuck and Darla Ransom of New York

