

Inside Reliv Recipes



Straw-Van-Ban Breakfast Shake

ingredients:

- 1 scoop strawberry Simplicity®
- 2 scoops vanilla Reliv Now® for Kids
- 1 banana
- 8-10 oz. low-fat milk or water

directions:

Blend until smooth.

Shake is thick, oh-so-good and oh-so-filling!

submitted by: Kristen Periard of Maine



A Complete Breakfast and Lunch

ingredients:

- | | |
|---------------------------|---------------------------------------|
| 1 banana | 1 handful diced carrots |
| 1 handful red grapes | 3 tsp. vanilla yogurt |
| 1 small grapefruit peeled | 2 scoops Reliv Classic® or Reliv Now® |
| 1 small orange peeled | 1/4 cup rolled oats |
| 1 handful blackberries | crushed ice |
| 1 handful blueberries | |

directions:

Blend on high until smooth. Drink with slice of whole grain toast (honey optional). Supplement with an apple or granola bar during the day. Enjoy a nice hot meal in the early evening. Sleep well!

submitted by: Ron Carpenter of Arizona

