

# Inside Reliv Recipes



## Bananaberry Shake

### ingredients:

1 cup milk or soymilk	2 slices banana
2 blackberries	1 scoop Reliv Now® or Reliv Classic®
2 sliced strawberries	1 scoop Innergize!®

### directions:

Blend and enjoy!

submitted by: Chris Seewald of South Dakota



## Classic Carrot Shake

### ingredients:

1/2 banana	1 tsp. plain greek yogurt.
6-15 ice cubes	2 scoops Reliv Classic®
6-9 oz. organic carrot juice	1/2 scoop Innergize!®
6 oz. vanilla soy milk	

### directions:

Mix all ingredients together and drink up!

submitted by: Antoinette Hueth of California



## Shake Making Tip

Many of us are buying handheld blenders or Magic Bullets to mix our shakes, but there is a very simple solution. A medium-sized mason jar can fit onto a standard blender. Just put the shake ingredients into the mason jar, screw the blades on top of the mason jar, set it on the blender, mix it and then drink it straight from the jar. Voila — Nutrition Made Simple! No longer is it necessary to go buy a special blender; just use the tools you have at home. Please note that various sizes of mason jars are available and not all will fit.

submitted by: Linda Belt of Illinois