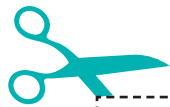


Inside Reliv Recipes



Complete Vegan Breakfast Shake

ingredients:

1 scoop Reliv Classic®	1/4 cup pineapple chunks
6-8 oz. plain soy milk	1/4 block of organic tofu, firm or extra firm
5-6 frozen strawberries	1/2 cup cooked brown rice
1 frozen banana, cut up	1/2 cup quick oats (uncooked)



directions:

Put all together in a blender and puree until smooth.

I have this every day. It's very delicious, nutritious and filling. You may use more or less soy milk depending on the consistency. Peaches can be used in place of strawberries. Creamy smooth and without dairy products!

submitted by: Pamela Crandall of Ohio



Ulala's Shake

ingredients:

1 scoop Reliv Classic®	1-2 tbsp. virgin olive oil
1 scoop FibRestore®	1 cup baby spinach (I grab a handful!)
1/2-1 scoop Innergize!®	1 banana, sliced
1 cup water	

Optional: ProVantage®, Simplicity® or whatever Reliv product you want and any additional fruit

directions:

Add all together in your blender. Blend until smooth. Enjoy.

This is my shake that I drink every morning. It works and tastes great. Try it before you make any decisions! This will be a pretty green color, but you cannot taste the spinach. Our grandkids call it the green monster!

submitted by: Ulala Prewit of Kansas

