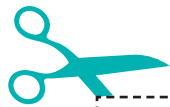


Inside Reliv Recipes



Reliv Fruity Smoothie

ingredients:

1 cup 2% or skim milk	1/2 banana
1/2 cup water	1 scoop Reliv Classic®
1/4 cup vanilla or strawberry lowfat yogurt	1 scoop FibRestore®
5 ice cubes	1 scoop Cool Punch Innergize!®
1/2 cup fresh strawberries or raspberries (or both!)	1/3 scoop SoySentials® (optional)



directions:

Blend first six ingredients in a blender, then add Reliv products.

Awesome!

submitted by: Keran DeCamp of Wisconsin



Another Yummy Smoothie

ingredients:

1 cup fresh spring water	1/2 scoop ProVantage®
1 scoop Reliv Delight® or Relivables™ Fortified Soy Milk	1 cup sliced frozen bananas (amount may vary – see hint below)
1/2 scoop lemon Innergize!®	8 oz. vanilla yogurt
1 scoop Reliv Classic®	1 tbsp. ground flax seed (optional)
1 scoop FibRestore®	



directions:

Blend until smooth. Pour, add a straw and enjoy. Hint: buy ripe bananas, peel, slice and freeze flat. Seal in freezer bags, and use as desired for your shakes.

submitted by: Lydia Chorpene of Wisconsin