

Inside Reliv Recipes



Chocolate-Banana Smoothie

ingredients:

1 scoop Reliv Now® for Kids Chocolate
Ice
5-6 oz. skim milk
1 banana
1 strawberry (optional)

directions:

In blender, combine Reliv Now for Kids, ice (desired amount for consistency) and milk. Mix. Halfway through the blending, add a banana and a strawberry (optional). Mix until creamy. Enjoy!

This is one of my favorite Reliv recipes. My whole family loves it — especially the kids. It tastes great and provides a great energy boost to keep you going throughout the day.

submitted by: Dave Brinkman of Lebanon, Ohio

