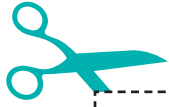


Inside Reliv Recipes



Berry Sunrise

ingredients:

4 oz. water
2 oz. orange juice
2 oz. cranberry juice
1 scoop Reliv Classic®
1/2 scoop Cool Punch Innergize!®
3-4 ice cubes or frozen strawberries, raspberries, etc.

directions:

Place all ingredients in a blender and blend until smooth.
If just using ice and not frozen berries, the shake can be mixed in a shaker cup.

FibRestore® is a wonderful flavor addition and Arthraffect® can be added without changing the flavor of the shake.

submitted by: Carolyn Preber of South Dakota



Orange Julius

ingredients:

1 cup ice
3/4 cup orange juice (I like it with a lot of pulp)
1 scoop of Reliv Now®
1/2 scoop of Orange Innergize!®
1/2 scoop of FibRestore®
1/4 cup of milk
3-6 drops of vanilla

directions:

Place all ingredients in a blender and blend on high for two minutes.

What a delicious way to start your day!

submitted by: Myrle Christian of Oklahoma

