

Inside Reliv Recipes



Passion Orange Pineapple Tropical Delight



ingredients:

- 16 oz. light organic soy milk
- 8 oz. non-fat light passion orange pineapple yogurt
- 1 scoop vanilla Simplicity® or Reliv Now® for Kids
- 2 scoops Reliv Now®
- 2 scoops Orange Innergize!®
- 2 scoops FibRestore®
- 1 cup frozen pineapple chunks

directions:

Place all ingredients in blender and blend until smooth. Makes 2 hardy 12oz. servings. Serve and enjoy!

I use frozen fruit instead of ice because it makes for a smoother smoothie.

submitted by: Manny Amaral of Arizona



Peach Smoothie



ingredients:

- 1/2 cup of orange juice
- 6 oz. carton of low-fat peach yogurt
- Fresh peach (cut up with skin removed) or 5-6 frozen peach slices
- 3-4 ice cubes
- 1 scoop of Reliv Classic®
- 1 scoop of lemon Innergize!®

directions:

Blend orange juice, yogurt, peaches and ice on high until smooth. Add Reliv Classic and Innergize! and blend again. Enjoy!

submitted by: Helen Bates of Illinois