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Banana & Oatmeal Anytime Shake

ingredients:

1/2 banana
8 oz. cold water, lowfat milk or soy milk
1 scoop Reliv Delight® (if using water)
1 scoop Reliv Now® or Reliv Classic® 1/2 scoop lemon Innergize!
1 tablespoon raw oatmeal 1/4 teaspoon cinnamon
1/2 scoop FibRestore® (optional) 1/2 scoop Arthafect® (optional)



directions:

Mix in a blender and enjoy.

You might also substitute GlucAffect™ for the cinnamon.

submitted by: Rossy Rada and Ivan Monge of Nuevo Laredo, Mexico



Watermelon Shake

ingredients:

Magic Bullet cup full of watermelon chunks
2 scoops Reliv Classic®
1 scoop cool punch Innergize!
1 scoop FibRestore®
orange juice



directions:

Add watermelon and Reliv products, fill the cup with orange juice and mix. Serves two.

Very delicious!

submitted by: Diane Smith of Kansas