

Inside Reliv Recipes



Maria's Rico Shake

ingredients:

1 banana
5 strawberries (fresh or frozen)
8 oz. of skim milk
1 scoop of Reliv Classic® or vanilla Simplicity®
dash of cinnamon

directions:

Blend everything and enjoy.

Delicioso!

submitted by: Maria A. Saavedra of Illinois



Nectarine Frothy

ingredients:

1 scoop of Reliv Now®
1/2 scoop of orange Innergize!®
1 nectarine (peeled) cut up
8 oz. of milk
5 ice cubes

directions:

Add all ingredients into blender. Blend until smooth. Enjoy!

*We are so thrilled about the results we have had with Reliv in just less than two weeks!
We will continue using the products for the rest of our lives!*

submitted by: Penny Domingo and Debbie Nemeth of New Jersey

