

Inside Reliv Recipes



Glucariffic Shake

ingredients:

12-16 oz. milk
1 scoop GlucAffect™
1/2 scoop ProVantage®
1 scoop vanilla Reliv Now® for Kids
2-3 cubes ice if desired

directions:

Mix in blender until smooth.
Sooooo yummy!

submitted by: Dani & Mike Bird of Idaho



More GlucAffect ideas:

On the day of the roll-out we came home excited to get started on GlucAffect. Some tried it in hot tea and loved it. Others added it to their regular shake and liked it even better. But I mixed mine in hot apple cider. WOW — that was the best one of all!

submitted by: Barbara & David Ellison of Illinois

I mix my GlucAffect in my morning coffee, iced and with a scoop of chocolate Simplicity®. Delicious mocha and so filling! This is my daily breakfast. Thank you, Dr. Carl!

submitted by: Nellie Williams of Arizona

We really enjoy our Reliv breakfast of hot oatmeal, hot rice or hot cream of wheat with a serving of GlucAffect. It gives it an extra dash of cinnamon. Just add your favorite nut (walnut, pecans), raisins or whatever you prefer and a little Reliv Delight® and breakfast is a whole new experience! Fresh fruit on the side... yum!

submitted by: Sara & Ed Stock of Missouri

