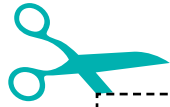


Inside Reliv Recipes



“Great Way to Start the Day” Shake

ingredients:

1 scoop of Reliv Classic®
1/2 scoop of Innergize!®
1/2 scoop of FibRestore®
1 banana
juice of one fresh lemon
3-4 drops of vanilla stevia or plain vanilla



directions:

Place all ingredients in a blender and blend until smooth.

submitted by: Anna Mae Detwiler of Virginia



Fat Melting Shake

ingredients:

1 cup frozen strawberries
1 banana, frozen or fresh
1 cup fat-free milk
1 scoop of Slimplicity®
2 tbsp ground flaxseed



directions:

Blend frozen fruit well. Add remaining ingredients and blend on high for 30 seconds or until smooth.

submitted by: Lynnette O'Donnell of Utah