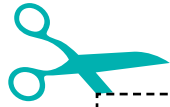


Inside Reliv Recipes



Tofu Smoothie

ingredients:

1/2 box of Mori-Nu firm tofu
1/2 banana (I use a frozen banana)
1/2 cup crushed ice
1 cup water

your Reliv ingredients

I use: 1 scoop Reliv Classic®
1/2 scoop Orange Innergize!® 1/2 scoop FibRestore®
1/2 scoop SoySentials® 1/2 scoop Arthaffect®

directions:

Blend all ingredients until smooth.
Makes a great breakfast smoothie. Tofu adds a creamy texture.

submitted by: Jana Jones of Tennessee



Reliv Breakfast Shake

ingredients:

1 cup of your favorite cooked cereal (already cooked)
1 cup water or milk (more if needed)
1 scoop each of Reliv Now®, FibRestore®, Innergize!®,
ProVantage®, and Arthaffect® or your favorite Reliv combination
1 cup each of your favorite frozen fruit (blueberries, mangos,
peaches, apricots, etc.)
2 spoons of olive oil
a few prunes as needed
1 ripe banana

directions:

Blend and enjoy!
This is my Reliv breakfast! It's nutritious, tasty and filling — gets me off to a great start!

submitted by: Marlyn Vistaunet of Tennessee

