

Inside Reliv Recipes



Kids Reese's® Reliv Smoothie

ingredients:

1 scoop Chocolate Reliv Now® for Kids
milk
small spoonful of peanut butter
ice

directions:

Combine milk, peanut butter and ice in blender and blend. Add in Chocolate Reliv Now for Kids and blend for a few more seconds.
Enjoy with a straw!

submitted by: Danielle Jantzen of Washington



Anytime Shake

ingredients:

2 scoops Reliv Classic®
1 scoop Cool Punch Innergize!®
1 scoop FibRestore®
1 banana
orange juice
vanilla yogurt
blueberries or strawberries (optional)

directions:

Combine all ingredients and blend.
Drink half of it in the morning and save half for later in the day!

submitted by: Ellen Berry of Kansas

