

Inside Reliv Recipes



Muscle Building Shake

ingredients:

- 1 scoop Reliv Now®
- 1 scoop Innergize!® (orange or lemon)
- 2 scoops ProVantage®
- 8 oz. 1% or skim milk
- 1 scoop vanilla yogurt (Dannon Light and Fit) or frozen yogurt
- 2-3 large frozen strawberries
- 1-2 Tablespoons Natural Peanut Butter (optional)

directions:

Combine in blender. Mix until smooth.

This is from my book of favorites for bodybuilding and putting on muscle while losing that fat! Took me a little while to perfect this one.

submitted by: Ryan Johnson of Ohio



My Favorite Shake

ingredients:

- 1 scoop Reliv Classic®
- 1/2 scoop lemon Innergize!®
- 1/2 scoop FibRestore®
- 1 scoop Arthaffect®
- 6 oz. water
- 1/3 cup plain yogurt
- 1/4 cup blueberries (fresh or frozen)
- 1 tbsp. ground flax seed
- 1/2 banana

directions:

Combine in blender. Mix until smooth.

I blend this in my Magic Bullet and that's my breakfast most mornings.

submitted by: Jane Berkowitz of New Jersey

