

Inside Reliv Recipes



Chocolate Banana Breakfast Shake

ingredients:

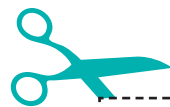
- 4 ounces of skim milk
- 1 banana
- 1 big squirt of chocolate syrup
- 1 scoop vanilla Reliv Now® for Kids
- 1 cup ice

directions:

Mix in blender until thick and smooth.

I make this every morning for breakfast before the bus picks me up for school.

submitted by: Nickole Butler, age 9, of Kansas



Complete Breakfast Shake

ingredients:

- 1 banana (1/2 optional)
- 1 small portion of lowfat yogurt (3-4 ounces or 100-125 gram container)
- 6-8 ounces skim milk (175-250 ml)
- 1 scoop of Reliv Classic® or Reliv Now®
- 1/2 scoop Innergize!® or Optain!®
- 1 scoop FibRestore® or Herbal Harmony®
- 1 handful of fresh or frozen blueberries

directions:

Mix in blender and enjoy!

This delicious “shake” provides a complete breakfast that lasts until noon or later. Note: one scoop of Arthaffect® may be added for anyone seeking joint health support.

submitted by: Heather Price of Ontario, Canada

