



Recipes



Frosted Sugar Cookie Shake

1 scoop Reliv Now®
1 cup unsweetened almond milk
1/4 cup oats
1/4 tsp. imitation butter extract
1/4 tsp. vanilla extract
1 cup ice
Pinch of salt



Gingerbread Cookie Shake

1 scoop Reliv Now®
1 cup unsweetened almond milk
1 tbsp. maple syrup
1/2 tsp. cinnamon
1/4 tsp. ginger
1 frozen banana
1/2 tbsp. chia seeds
1/2 cup ice



Eggnog Smoothie

1 scoop Fit3™ Active
1 cup unsweetened almond milk
1 frozen banana
1/4 tsp. ground nutmeg
1/4 tsp. ground cinnamon
1 date, soaked for 10 minutes
1 tsp. vanilla



Candy Cane Crunch

1 cup unsweetened coconut milk
1/2 frozen banana
1 scoop ProVantage® or Fit3™ Active
1/2 tsp. peppermint extract
1/2 tsp. vanilla extract
1/2 cup ice
Sweetener if desired