

SHAKE IT UP, BABY!

Here are some ways Reliv Distributors and customers have "jazzed up" their kids' NOW shakes. Variety is the spice of life and also goes a long way to increasing their willingness to finish their shakes.

For children less than 50 pounds of weight, use $\frac{1}{2}$ scoop Kid's Now to 4 oz beverage and take twice a day. For children over 50 pounds use 6-8 ounces of cold beverage for each shake and take twice a day. If your child is over 100 pounds, shakes should be taken 3 times per day with full scoops. Adding ice cubes is a great choice unless you've added frozen fruit. Blenders work best!

Double Chocolate
1 scoop Choc Kid's Now
Chocolate Milk

Orange Julius
1 scoop Vanilla Kid's Now
Orange Juice

Tootsie Roll
1 scoop Choc Kid's Now
Orange Juice

Punch
1 scoop Vanilla Kid's Now
Fruit Punch beverage
4 frozen strawberries

Bordeaux
1 scoop Choc Kid's Now
6 Frozen Bing Cherries
(pitted)
Fruit Punch beverage

Pina Colada
1 scoop Vanilla Kid's Now
Water
4 Ice Cubes
Tablespoon Frozen Pina Colada Bacardi

Chocolate Shake
1 scoop Choc Kid's Now
Scoop ice cream

Delight Shake
1 scoop Vanilla Kid's Now Milk
Scoop ice cream
Sunny Delight

All of these recipes can be frozen into Popsicles, mixed with applesauce, pudding, ice cream or yogurt. Be Creative! Your grocery shelves are full of fruit drinks. V-8 Splashes are very popular with kids and adults alike.

You can also sprinkle Kid's Now in a fruit roll-up - roll it up and eat! Sprinkling Kids' Now between bread with peanut butter on it and bread with jelly on it is a winner with kids. Just make sure your child drinks a healthy beverage with the fruit roll-up or PB&J sandwich. Make sure you only mix Kid's Now with room temperature or cold recipes. Hot ingredients will lessen the effectiveness of the Relive product. **CONSISTENCY**
EVERYDAY IS VITAL!

--- Can mix the Kid's NOW with applesauce for children. Can put it in a blender with frozen yogurt and fruit to make a smoothie.

**Basically, it boils down to parents making the decision that their child must drink this and being firm about it. If they are begging their kids to drink it, and letting the kids have the final say, it doesn't get anywhere. You know what's best for your child. (Would you let your child refuse to take insulin if the child was diabetic?) You need to value the results. I tell people that even if it tasted awful, it wouldn't matter because I don't want to go back to feeling the way I did before I found Reliv! Same for kids. Nanci

----"Jello powder mixed in with shakes. Just open a small box of Jello and put it into a Ziploc baggy. You can add a spoonful of Jello powder into your shake anytime you like. It really masks the taste and smell of the soy, and it comes in so many flavors!!! Enjoy!" - Laurel

---NOW mixed into chocolate milk. You can use strawberry syrup, or vanilla syrup, too. They come in sugar-free, too." - Donna

---NOW in ice cream is awesome. Make a milkshake, adding fruit and chocolate syrup (or not!). Nobody knows they're getting the good with the "bad." - Rhonda

---" For my kids, I like to blend a banana, some strawberries, milk and KIDS NOW chocolate, and then put it in those Popsicle things (or small Dixie cups + popsicle sticks or small wooden ice cream spoons) and freeze them.-summer

---"I have been having fun trying different recipes from this link:
<http://www.reciperesource.com/side-dishes/beverages/smoothies/> - Joan

---" My grandchildren like to mix their own "icing". I give them a small bowl, one scoop Vanilla Now, strawberry or chocolate syrup (I add this part) and a tiny whisk. They love making their own, then I give them vanilla wafers to spread icing on, but they really like just licking their fingers and the whisk. Sometimes just letting children own the situation they forget about how much the adults want them to take their shakes. This might work well with a child that has a problem taking the shake. Also, it is a change of pace. Of course, they drink their shakes too when time is an issue" - Clydean

---My daughter, Deborah, needed the product the most of my kids, but she balked. I spoon-fed it to her in Tofutti (milk allergy) over several months. She had no choice and I was firm. I was also successful in stirring it in chocolate pudding, too.

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--Morning smoothies which includes, 4 Strawberries, 1/2 cup apple, 1/2 banana some ice and mix in blender, can add more water or apple juice. I make a mixture of product with the liquid before I add it to the blender. It tastes great. Other ideas is to mix portions in individual servings of pudding-Sandi

---Vanilla soy milk. I mix 8 oz. soy milk, 1 scoop of Kids Now and 1 scoop of Cool Punch Innergize. It's kind of like a strawberry milk shake.

--- Chocolate Kids Now with chocolate syrup and chocolate ice cream in milk. Can split up the serving size in half two times a day. One as breakfast before leaving for school. That meant he did not eat breakfast as that filled him up but he would eat a healthy snack around 10 am at school so no worry. I say better a Reliv shake for breakfast than cereal, pancakes or waffles. The second one after school, before child gets snack or treat he first has to drink his Reliv! We also did Vanilla now in eggnog around the Holidays.

--Other ideas: orange or mango juice (diluted with a little water) with crushed ice (use a stick blender). I put 1/2 scoop classic with 1\8 to 1/4 scoop orange Innergize and added a 1/8tsp-1/4tsp. of Fibrestore (but he can't know that is in there or he will not drink it). I send one 8oz. drink of Innergize (any of the 3 flavors) to school esp. when he has gym!

--I have used stickers to reward for each day to put on his responsibility chart including taking his shake. At the end of the week there was another reward... once he achieved doing a responsibility without reminders I would drop it from the chart and add another one. He knows there is no choice... shakes are a must like brushing teeth or eating.

--Kids now in yogurt or sprinkled over cereal. -Christel