

Immune boost juice

Winter

Juice me for Vitamin C,
I will boost up your immunity.



OJ Orange

I can help your eyes,
see in dark night skies.



Chris Carrot

When you have a cold in your chest,
my zest will get you back to your best.



Lizzie Lemon

I will fix you quick, if you feel sick.



Gigi Ginger

What ingredients we are going to need

Orange, Carrot, Lemon, Ginger.

It is so easy to do

Juice 1 orange, 1 carrot and 1/8 lemon per child. Add a small slice of ginger per 10 children. Stir well and serve up the power.

Why it is good for us

Ginger improves the absorption of essential nutrients in the body and clears your sinuses. It can relieve throat and nose congestion and it can give effective relief against nausea and vomiting, can ease tummy cramps, muscle and joint pain.

Lemons can help brighten your mood, clear your mind and help you feel energized and refreshed. Lemons can help sore throats, boost immunity, balance PH levels. They can also help to reduce fever

Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrots juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy.

Oranges can help to protect against disease and sickness. They can have beneficial effects on blood pressure, lungs and kidneys. They also help to keep bones and teeth strong

Together this juice is the ultimate boost to your immune system and packs a super punch against colds and flu.