

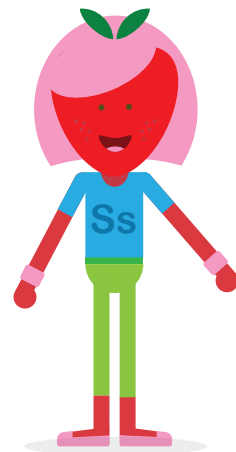
# Milky Mango

Summer

I am bursting with Vitamins A, B and C, I will keep your eyes and skin healthy.



**Marilyn Mango** I take cuts and bruises away, and give you energy to go and play.



**Star Strawberry**

## What ingredients we are going to need

Mango, Strawberries, Milk.

## It is so easy to do

To make your milkshake, blend 1 cup mango, 2 cups strawberries & 1 litre milk or oat milk per 10 children.

## Why it is good for us

Mangoes are great for your skin and your eyes. They can help protect your body against disease, fight diabetes improve digestion and boost your immunity.

Strawberries are an excellent source of vitamins and many minerals. They have antioxidant powers to protect you from disease, they give you energy, can promote healthy skin and strong bones and help your muscles and nerves work.

Milk contains calcium and Vitamin D which are important minerals for healthy teeth and bones. Milk is a good source of energy and of protein so can slow the absorption of the fruit sugars down keeping you satisfied and energised for longer. Together these super sweet superstars make a delicious skin healthy summer milkshake which can boost your energy.