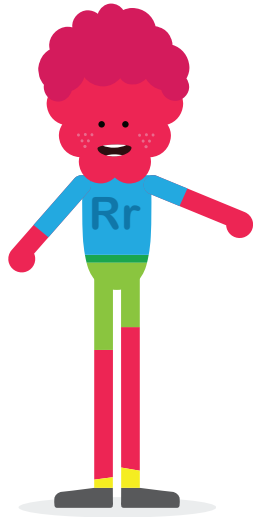


I am a disease fighting berry,  
who can make you feel merry.



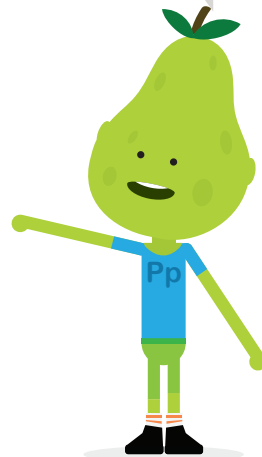
**Rosie Raspberry**

An apple a day,  
takes the toxins away.



**Adam Apple**

I'm so sweet to taste, and help  
your body get rid of waste.



**Polly Pear**

## What ingredients we are going to need

Pear, Raspberries, Apple.

## It is so easy to do

Blend 1 cup raspberries with ½ litre apple juice and ½ litre pear juice per 10 children.

## Why it is good for us

Raspberries are not only delicious, they have the power to make you happy!! Raspberries can help to rid your body of toxins, keep your brain sharp, slow the aging process and fight against free radicals that can cause disease. They can help your body with digestion, give you energy and are good for your skin and nervous system.

Pears help you to digest food well and go to the toilet, they can help you get sick less and recover faster.

Apples can help to protect your teeth, keep your brain sharp, fight disease, help control your bowels, helps remove toxins and help you maintain a healthy weight.

Together these ingredients are a treat for your digestive system and for your taste buds too!