

Cheeky Cherry

Summer

I help you sleep, and keep your heart going to the beat.



Cheeky Cherry

I give you energy fast and slow, when you want to go, go, go!



Barry Banana

What ingredients we are going to need

Cherries, Banana, Oat milk

It is so easy to do

Blend 2 cups cherries and 1 banana with 1 carton of oat or almond milk, add a squeeze of agave syrup per 10 children.

Why it is good for us

Cherries contain powerful antioxidants which can help your body to fight off illness.

Eating cherries can help you sleep better and for longer, they help to regulate your heartbeat and are good for your muscles and your brain.

Bananas give you instant and constant energy and are a great snack before or after sport. They can help control your body temperature and help your body deal with diarrhea and constipation.

Oat milk is a good fibre booster. It is good for your nervous system, is lactose free, low in fat and rich in calcium. With a slightly sweet taste, it makes for a great smoothie.

Together these ingredients make a great after sport smoothie and are a sweet and tasty way to recharge your batteries.