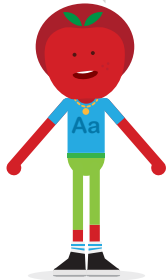


An apple a day,
takes the toxins away.



Adam Apple

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



Chris Carrot

I will fix you quick,
if you feel sick.



Gigi Ginger

Give me a little squeezey,
I'll help you breathe easy.



Limmy Lime

What ingredients we are going to need

Apple, Carrot, Lime, Ginger.

It is so easy to do

Juice 1 apple, 1 carrot, and 1/8 lime per child and 1 small slice of peeled ginger per 10 children.
Stir up the tasty loveliness and serve with a straw.

Why it is good for us

Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrot 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.

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

Limes can help with weight loss, skin care, digestion, constipation, eye & gum care, mouth ulcers and respiratory disorders.

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. Together these ingredients are a great team in protecting your teeth and gums. Tip: drink your juices and smoothies through a straw to lessen the time the sugars are in contact with your teeth.