

I grow upon a tall palm tree,  
you get healthy fats and oils from me.



**Coco Coconut**

When you need to heal a  
bruise, I'm the one to choose.



**Pablo Pineapple**

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



**Marilyn Mango**

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



**Limmy Lime**

## What ingredients we are going to need

Coconut milk, Pineapple, Mango, Lime.

## It is so easy to do

Blend 1 slice pineapple & 1 slice mango per child add a squeeze of lime and 1 litre of coconut milk per 10 children  
TIP: If you have nut allergies, you should avoid coconut and can substitute this with orange juice.

## Why it is good for us

Coconut milk contains healthy fats which may help protect the body from infections and viruses. It is high in fat so should be consumed in moderation.

Coconut milk does contain many vitamins and minerals and is lactose free so is a suitable alternative for those with lactose intolerance.

Pineapples protect you from colds, fight free radicals (that cause disease) protect your eyes, skin, nails, teeth and give you energy. They help you to recover from injury and heal sore throats. Pineapples contain bromelain which has been used for centuries to treat bruising, swelling or inflammation of the skin.

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

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