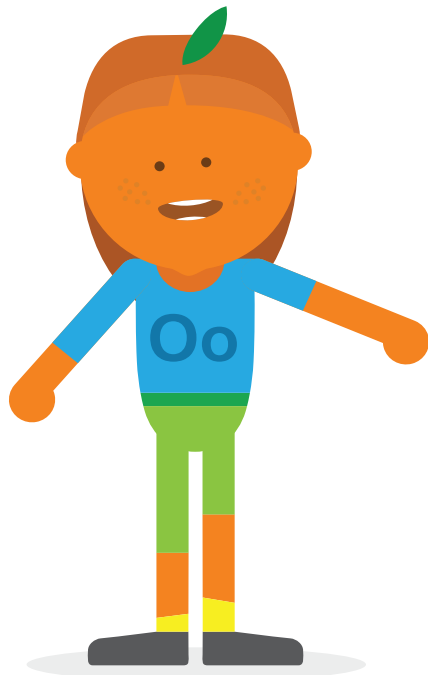


Juice me for Vitamin C,
I will boost up your immunity.



OJ Orange

I help digest your food,
and brighten your mood.



Murray Mint

What ingredients we are going to need

Oranges, sparkling water (optional mint)

It is so easy to do

Juice 1 orange per child. You can add a few mint leaves to the juicer as you go. When all juice is made, pour into cups and add sparkling water (unless children do not like bubbles).

Why it is good for us

Oranges can help to protect against disease and sickness. They can have beneficial effects on blood pressure, lungs and kidneys. They also help to keep bones and teeth strong.

Mint can help with indigestion, flatulence and tummy troubles and help reduce fever, nausea and vomiting. It can also soothe skin and help to cure infections and itching.

Mint can stimulate your body against depression and fatigue and be beneficial against asthma and can help cure bad breath, relax the body and mind, and reduce stress.

Together with the sparkling water, this juice is delicious and refreshing and is the ideal substitute for fizzy sodas. The mint adds a subtle flavour which is a tasty optional extra.