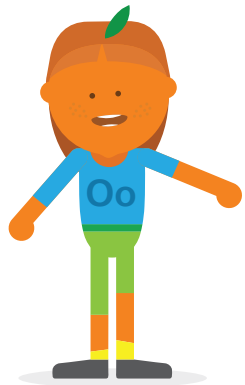


Juice me for Vitamin C,
I will boost up your immunity.



OJ Orange

Eat a handful of me
to keep you germ free.



Bobby Blackberry

What ingredients we are going to need

Orange, Blackberries.

It is so easy to do

Blend 1 orange and a few blackberries per person, mix in some water to add volume to reach desired consistency.

Why it is good for us

Blackberries are an antioxidant (fights against illness), anti-inflammatory (protects against disease) and antibacterial (protects you from getting sick). Blackberries can fight many infections and are also good for your heart, blood circulation and skin. 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. Together this tasty combination has the power to fight off attacks from bugs and keep you free from illness.