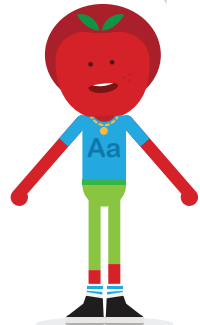


Tangtastic Juice

Winter

An apple a day,
takes the toxins away.



Adam Apple

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



Limmy Lime

What ingredients we are going to need

Green apple and Lime.

It is so easy to do

Juice 1 Apple and 1/6 Lime per child. If you want you can serve with a little crushed ice and a straw. Soooooo good.

Why it is good for us

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

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.

Together these two make a tangtastic juice you just can't resist.