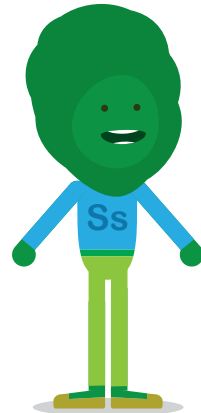


Summer Spinach salad

Summer

All day long I will keep you strong.



Suzy Spinach

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



OJ Orange

What ingredients we are going to need

Spinach, Orange, Pine seeds, Olive oil, Balsamic vinegar.

It is so easy to do

Wash and drain a bag of spinach, peel and thinly slice 2 oranges, add to spinach then sprinkle with a bag of pine seeds. Drizzle with Olive oil and Balsamic vinegar to taste.

Why it is good for us

Spinach can help to protect your body against disease, protect your eyes, is good for your blood, your skin and your hair.

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. Pine seeds are a tasty protein boost which can also boost your energy and help your body stay satisfied for longer.

Together the vitamins in the oranges help you body absorb the minerals in the spinach well and coupled with the pinenuts, gives your body a powerful healthy boost.