

Eat a handful of me,
to keep you germ free.



Bobby Blackberry

I give you energy fast and slow,
when you want to go, go, go!



Barry Banana

What ingredients we are going to need

Bananas, Blackberries, Vanilla Yoghurt.

It is so easy to do

Mix 1 Banana and 2 cups of Blackberries with a 1 litre carton of vanilla yoghurt per 10 children and blend that up until it is smooooooth!
Yummy Yummy.

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. Bananas give you instant and constant energy and are a great snack before or after sport. They can help control your body temperature and help your body deal with diarrhea and constipation. Yoghurt is a great source of Calcium for strong bones. Together this ends up a beautiful purple colour. It looks and tastes delicious and is a brilliant re-fuel post exercise. The addition of the yoghurt should help you keep full and satisfied for longer.