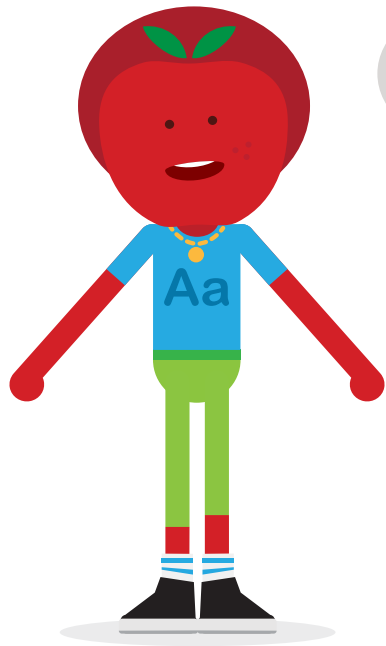


An apple a day,
takes the toxins away.



Adam Apple

I'm so sweet to taste, and help
your body get rid of waste.



Polly Pear

What ingredients we are going to need

Apple and Pear. Optional: cinnamon.

It is so easy to do

Juice 1 Apple and ½ Pear per child.
Mix it up and add a sprinkle of cinnamon to give your
juice a yummy Autumnal flavour.

Why it is good for us

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.
Pears help you to digest food well and go to the toilet, they can help you get sick less and recover faster.
Cinnamon is known to be very beneficial in regulating blood sugar levels which helps to prevent type 2 diabetes.
Together this juice is great for children to prevent large fluctuations in energy levels and mood.