

# Grape Stuff

I help your muscles when you play sport, and I give your heart support.



**Gabby Grape**

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



**OJ Orange**

When you have a cold in your chest, my zest will get you back to your best.



**Lizzie Lemon**

## What ingredients we are going to need

1 cup Red or Green Grapes  
1 Orange  
½ Lemon  
1 cup Sparkling mineral water.

## It is so easy to do

Blend the orange, lemon and grapes until smooth. Pour into a cup and add the sparkling water, mix and serve.

## Why it is good for us

Grapes protect your brain, hair and skin. They help in the fight against diabetes and support muscle recovery.

Lemons can help brighten your mood, clear your mind and help you feel energized and refreshed. Lemons can help sore throats, boost immunity and balance PH levels. They can also help to reduce fever.

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.

Sparkling water is refreshing and hydrating because your body needs lots of water every day.

Together this juice will give you a fantastic boost before or after exercise, the grapes help your muscles to recover after they have worked hard and the water rehydrates you.