

Summer day dream

Summer

I grow upon a tall palm tree,
you get healthy fats and oils from me.



Coco Coconut

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



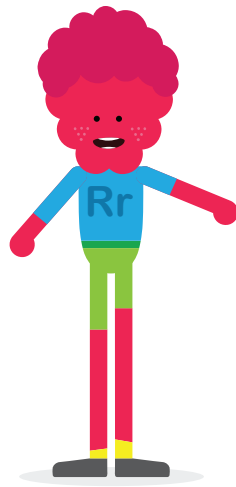
Barry Banana

I am bursting with Vitamins A, B and C,
I will keep your eyes and skin healthy.



Marilyn Mango

I'm a disease fighting berry,
who can make you feel merry.



Rosie Raspberry

What ingredients we are going to need

Coconut milk, Mango, Banana, Raspberries.

It is so easy to do

Blend 2 cups mango, 1 banana and 2 cups raspberries with 1 litre coconut water per 10 children. (If you have nut allergies, use a substitute for the coconut milk)

Why it is good for us

Coconut milk contains healthy fats which may help protect the body from infections and viruses. It is high in fat so should be consumed in moderation.

Coconut milk does contain many vitamins and minerals and is lactose free so is a suitable alternative for those with lactose intolerance.

Mangos are great for your skin and your eyes. They can help protect your body against disease, fight diabetes improve digestion and boost your immunity.

Raspberries are not only delicious, they have the power to make you happy!! Raspberries can help to rid your body of toxins, keep your brain sharp, slow the aging process and fight against free radicals that can cause disease. They can help your body with digestion, give you energy and are good for your skin and nervous system.

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.

Together this smoothie packs in a bunch of filling nutrition and is well served over ice on a hot summer's day. Enjoy!