

I protect every cell, and make your brain work well.



Billie Blueberry

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



Bobby Blackberry

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



Rosie Raspberry

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



Barry Banana

What ingredients we are going to need

Mixed frozen berries, Bananas, Greek yoghurt.

It is so easy to do

Place 2 cups mixed Berries, 1 Banana and 1 carton Greek yoghurt per 10 children into a blender. Blend until smooth. (TIP:When using frozen Berries it is best to put the Yoghurt in first).

Why it is good for us

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.

Greek Yoghurt contains probiotics which are healthy bacteria that keep your gut and digestive system healthy. It also contains lots of protein, helping you to keep your muscles strong and stay full and satisfied for longer.

Not only do berries taste great, they are also super healthy for you. Berries contain nutrients called phytochemicals which help protect your bodies cells from damage. Berries are super heroes who help your body fight against disease, they are good for your brain and your heart, your skin and your hair.

Together this is probably the best nutrient packed post workout smoothie you can have. It will boost your energy levels and help to build up and repair your muscles. Delicious and Nutritious.