

# Berry powerful

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



**OJ Orange**

All day long I will  
keep you strong.



**Suzy Spinach**

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



**Barry Banana**

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



**Rosie Raspberry**

I take cuts & bruises away, and  
give you energy to go and play.



**Star Strawberry**

## What ingredients we are going to need

1 cup Orange juice,  
1 cup Spinach  
1 Banana  
1 cup Mixed frozen berries.

## It is so easy to do

Place all ingredients into a blender and blend until smooth. You can always add water, ice or more OJ for your preferred consistency.

## Why it is good for us

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.

Spinach can help to protect your body against disease, protect your eyes, is good for your blood, your skin and your hair. 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. They help with your hydration levels to prevent muscle cramp.

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.

Together this is a Powerful team who help your body absorb the best nutrients from the superstars. This will boost your energy levels before a game or aid your recovery afterwards.