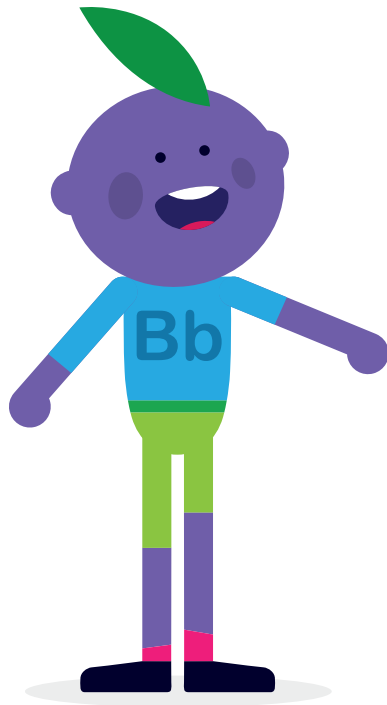


I protect every cell,
and make your brain work



Billie Blueberry

What ingredients we are going to need

Blueberries, Milk, Honey.

It is so easy to do

Blend 2 cups blueberries, 1 litre milk and a squeeze of honey per 10 children.

Why it is good for us

Blueberries do so much good they are a superfood. They can protect your body's cells, can improve learning and memory, slow the aging process and are great for your circulation and veins. Blueberries are anti inflammatory (protect you from disease) and anti bacterial (protect you from getting sick). Milk contains calcium and Vitamin D which are important minerals for healthy teeth and bones. Milk is a good source of energy and of protein so can slow the absorption of the fruit sugars down keeping you satisfied and energised for longer.