

When you need to heal a bruise, I'm the one to choose.



Pablo Pineapple

I help digest your food, and brighten your mood.



Murray Mint

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



OJ Orange

I can help you eyes, see in dark night skies.



Chris Carrot

What ingredients we are going to need

Pineapple, Carrot, Orange and mint.

It is so easy to do

Juice 1 slice Pineapple, 1 Carrot, 1 Orange and (Optional 1 mint leaf) per child and serve with a straw.

Why it is good for us

Pineapples can protect you from colds, fight free radicals (that cause disease) and can protect your eyes, skin, nails, teeth and give you energy. They help you to recover from injury and heal sore throats. Pineapples contain bromelain which has been used for centuries to treat bruising, swelling or inflammation of the skin.

Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrot juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy.

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.

Mint Can help Indigestion, flatulence & bloating.

It can help sooth skin to cure infections and itching.

Mint can stimulate your body against depression and fatigue and is beneficial against asthma.

Together these ingredients can give your body a good boost to protect against illness.