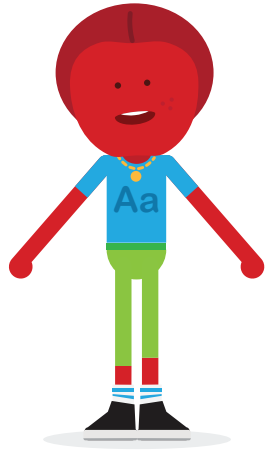


# Mighty muscle power

An apple a day,  
takes the toxins away.



Adam Apple

I remove congestion,  
to help you with digestion.



Kiki Kiwi

All day long I will  
keep you strong.



Suzy Spinach

## What ingredients we are going to need

1 cup Apples juice  
1 cup fresh Spinach  
1 Kiwi.

## It is so easy to do

Blend ingredients until smooth.

## Why it is good for us

Spinach can help to protect your body against disease, protect your eyes, is good for your blood, your skin and your hair.

Kiwis can help your body digest food and relieve constipation. They are good for your skin and can boost your immune system.

Apples can help to protect your teeth, keep your brain sharp, fight disease, help control your bowels, help remove toxins and help you maintain a healthy weight.

Together this drink packs a bunch of power and can leave you feeling strong, energised and full of vitality. Drink before your match to charge your batteries.