

To help you body cleanse,
we are your friends.



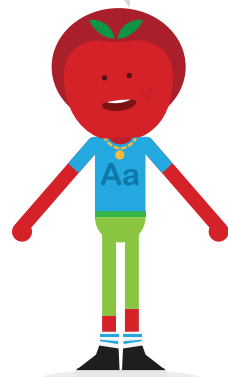
Carol Cranberry

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



OJ Orange

An apple a day,
takes the toxins away.



Adam Apple

What ingredients we are going to need

Cranberries, orange & apple.

It is so easy to do

Juice 1 orange ½ apple and a handful of cranberries per child.

Why it is good for us

Cranberries can protect your stomach, bladder, lungs and digestive system against disease. Eating or juicing fresh cranberries can help your body to fight against some diseases by boosting your immune system. They may also help prevent bacteria from building up on your teeth. 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.

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 is such a wonderful winter juice, it looks and tastes so good and is an ideal timely boost for your body during the winter months