

Recipe 1

- ✓ 4 bananas
- ✓ 2 pears
- ✓ 2 oranges
- ✓ 240ml apple juice



Just put all the fruit into the smoothie machine and whiz it all up!
Easy!

This drink gives you these nutrients:

- 😊 Beta-carotene
- 😊 Folic acid
- 😊 Vitamins B1, B3, B6 and C
- 😊 Calcium, magnesium, phosphorous, potassium, sulphur



This drink is good for energy, keeping healthy, digestion and your skin

Recipe 2

- ✓ 4 bananas
- ✓ 4 peaches
- ✓ 4 tangerines
- ✓ 240ml orange juice



Juicy peaches make a dreamy combination in this drink!

This drink gives you these nutrients:

- 😊 Beta-carotene
- 😊 Folic acid
- 😊 Vitamins B1, B3, B6 and C
- 😊 Calcium, magnesium, phosphorous, potassium, sulphur and sodium

This drink is good for energy, keeping healthy, digestion and your skin



Recipe 3

- ✓ 2 bananas
- ✓ 4 handfuls of strawberries
- ✓ 150ml natural yoghurt
- ✓ 240ml apple juice



What a great drink for the summer, all those yummy strawberries!

This drink gives you these nutrients:

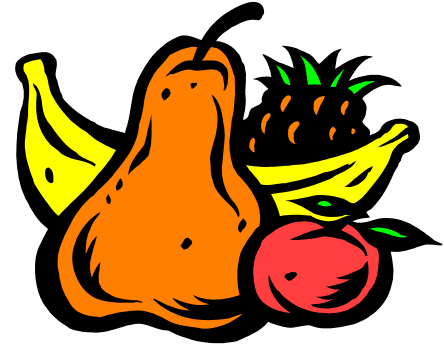
- 😊 Beta-carotene
- 😊 Folic acid
- 😊 Vitamins B1, B3, B5, B6, C and E
- 😊 Calcium, magnesium, phosphorous, potassium, sulphur, zinc and protein



This drink is good for energy, keeping healthy, digestion and your skin

Recipe 4

- ✓ 2 bananas
- ✓ 1 mango
- ✓ 1 pineapple
- ✓ 100ml pineapple juice
- ✓ 150ml natural yoghurt



This is a real tropical treat . . . just bung it all in the blender!!

This drink gives you these nutrients:

- 😊 Beta-carotene
- 😊 Folic acid
- 😊 Vitamins B1, B3, B6, C and E
- 😊 Calcium, iron, magnesium, manganese, phosphorous, potassium, sodium, sulphur, zinc and protein



This drink is good for energy, keeping healthy, digestion and your skin