

What you need:

1 banana



1 orange



Fresh juice from
one lemon half



1/2 mango (100g)

1/2 cup water (3.5 oz)



Electric blender

Directions:

- 1 Cut the lemon in half and squeeze the juice from one half into the blender.
- 2 Peel the orange and banana. Cut them into small pieces and add them into the blender.
- 3 Dice half a mango into cubes and put into blender.
- 4 Measure and add the water.
- 5 Puree in the blender until you have a creamy smoothie.
- 6 Drink to your health. **Prost!**

Power Boost Smoothie



Strengthen your immune system **superpower!**

Your immune system is what protects your body from germs like viruses and bacteria that could make you sick. It's like your body's own superpower, always fighting to keep the bad guys out. One action we can take to help strengthen our superpower is to choose nutritious foods, like this delicious Power Boost Smoothie! Mangos, oranges, lemons and bananas will deliver lots of vitamin C, which is known to boost the immune system, along with other important vitamins and minerals. These fruits also provide plenty of fiber, which helps keep your digestive system running smoothly. So...**drink up and power up!**

