



Amazing greens!

They are FULL of antioxidants and vitamin C! Building your body's defence system and saying NO to nasty colds!

They contain lots of vitamin A which arms your immune system and helps you to see in the dark!

They are bursting with Calcium! For extra amazing teeth!

They are rammed FULL of vitamin K which is essential for healthy happy blood and healing cuts and bruises.

PLUS green veggies are packed with dietary fibre, which helps get rid of the toxins in your body and keeps your insides clean!