



Immune boosting recipes by

Annabel Karmel



Gymfinity Kids
CLUBS & NURSERIES

join today at:
gymfinitykids.com

Green smoothie

Suitable from one year.

Makes 7 glasses of smoothie.

Ingredients

150g pineapple, diced

50g strawberries, chopped

50g spinach



Method

1. Measure all the ingredients into a blender.
2. Blend until smooth.
3. Serve in glasses.