



TODAY'S JUICE

ORANGE, PINEAPPLE & APPLE

TO MAKE YOURSELF A GLASS, JUICE THE FOLLOWING:

- Orange (large size) - 1 - remove peel.
- Pineapple - 1/8 - remove skin.
- Apple (large size) - 1 - cut in quarters and remove core.

NUTRITION FACTS

Oranges contain nutrients such as phytochemicals providing protection against chronic diseases such as heart disease.

Pineapples contain manganese, a naturally occurring mineral that aids growth and maintains a healthy metabolism.

The phytonutrients and antioxidants found in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.