

# Life Boost Blast (Juice)

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## Servings: 1

1 - 2 handful rinsed kale  
1 pitted peach  
1 banana  
1 handful strawberries  
1/8 cup flax seeds  
1/8 cup goji berries

## Home Juicing How-To:

1. Wash the ingredients; remove the stems and peel the citrus. Thin-skinned fruits and vegetables, like apples or cucumber, don't need to be peeled.  
2. Halve large fruits and vegetables so they'll fit into the juicer tube.  
3. Turn the juicer on and feed the ingredients into the tube one at a time. Juice hard vegetables at a high speed and softer fruits at a low speed. Pour into a glass and drink up.

## No Juicer? No problem!

Run firm ingredients through a food processor fitted with a grating disk. Transfer to a bowl, remove the disk and insert the standard blade. Puree the ingredients for 5 minutes, then press through a fine-mesh strainer.

## Beverages

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Per Serving (excluding unknown items): 204 Calories; 7g Fat (28.2% calories from fat); 5g Protein; 35g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fruit; 1 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	204	Vitamin B6 (mg):	.9mg
% Calories from Fat:	28.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	63.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	76mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	35g
Dietary Fiber (g):	8g
Protein (g):	5g
Sodium (mg):	8mg
Potassium (mg):	614mg
Calcium (mg):	46mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	99IU
Vitamin A (r.e.):	10RE

% Daily Values 0 0%

### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 204 Calories from Fat: 57

### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 1g	4%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrates</b> 35g	12%
Dietary Fiber 8g	33%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	30%
<b>Calcium</b>	5%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.