

# Nature's Candy (Juice)

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## Servings: 1

2 cups butterhead lettuce  
1 cored pear  
1 cored apple  
1 cup blueberries  
1 banana  
1 teaspoon maca powder  
water

## Beverages

### 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.

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Per Serving (excluding unknown items): 204 Calories; 1g Fat (5.3% calories from fat); 4g Protein; 51g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Vegetable; 3 Fruit.

## Per Serving Nutritional Analysis

Calories (kcal):	204	Vitamin B6 (mg):	.8mg
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	88.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	113mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	51g
Dietary Fiber (g):	8g
Protein (g):	4g
Sodium (mg):	15mg
Potassium (mg):	879mg
Calcium (mg):	51mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	38mg
Vitamin A (i.u.):	1309IU
Vitamin A (r.e.):	131RE

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## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	3
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

<b>Calories</b> 204	Calories from Fat: 11
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### % Daily Values\*

<b>Total Fat</b> 1g	2%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrates</b> 51g	17%
Dietary Fiber 8g	31%
<b>Protein</b> 4g	
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<b>Vitamin A</b>	26%
<b>Vitamin C</b>	64%
<b>Calcium</b>	5%
<b>Iron</b>	5%

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