

The Immune Booster (Juice)

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Servings: 1

1 - 2 handfuls rinsed spring greens
1 banana
1 peeled orange
1 cup pineapple
1 handful blueberries
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.

Per Serving (excluding unknown items): 266 Calories; 2g Fat (5.4% calories from fat); 3g Protein; 67g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 4 1/2 Fruit.

Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	.9mg
% Calories from Fat:	5.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	48mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	67g
Dietary Fiber (g):	9g
Protein (g):	3g
Sodium (mg):	11mg
Potassium (mg):	771mg
Calcium (mg):	27mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	53mg
Vitamin A (i.u.):	276IU
Vitamin A (r.e.):	27RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 266	Calories from Fat: 14
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% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrates 67g	22%
Dietary Fiber 9g	34%
Protein 3g	
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Vitamin A	6%
Vitamin C	89%
Calcium	3%
Iron	7%

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