

# Toxin Cleaning Blast (Juice)

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## Servings: 1

1 - 2 handfuls rinsed spinach  
1 cored pear  
1 banana  
1 cored apple  
1 cup pineapple  
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): 184 Calories; 1g Fat (5.4% calories from fat); 2g Protein; 47g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 3 Fruit.

## Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.8mg
% Calories from Fat:	5.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	39mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	47g
Dietary Fiber (g):	5g
Protein (g):	2g
Sodium (mg):	3mg
Potassium (mg):	642mg
Calcium (mg):	18mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	35mg
Vitamin A (i.u.):	131IU
Vitamin A (r.e.):	12 1/2RE

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## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
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> 184	Calories from Fat: 10
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### % Daily Values\*

<b>Total Fat</b> 1g	2%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrates</b> 47g	16%
Dietary Fiber 5g	19%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	58%
<b>Calcium</b>	2%
<b>Iron</b>	5%

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