

# Energy Elixir (Juice)

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## Servings: 1

2 handfuls rinsed spring greens  
1 banana  
1 cup red grapes  
1 cored pear  
1/8 cup walnuts  
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): 300 Calories; 9g Fat (25.2% calories from fat); 6g Protein; 57g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fruit; 1 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	300	Vitamin B6 (mg):	.8mg
% Calories from Fat:	25.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	67.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	38mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

<b>Polyunsaturated Fat (g):</b>	6g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	57g
<b>Dietary Fiber (g):</b>	6g
<b>Protein (g):</b>	6g
<b>Sodium (mg):</b>	5mg
<b>Potassium (mg):</b>	851mg
<b>Calcium (mg):</b>	38mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	18mg
<b>Vitamin A (i.u.):</b>	300IU
<b>Vitamin A (r.e.):</b>	30RE

**% Daily Values** 0 0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 300 Calories from Fat: 76

### % Daily Values\*

<b>Total Fat</b> 9g	14%
Saturated Fat 1g	4%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrates</b> 57g	19%
Dietary Fiber 6g	22%
<b>Protein</b> 6g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	29%
<b>Calcium</b>	4%
<b>Iron</b>	6%

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