

Recipe guide.

Recipes, tips
& more!



nutribullet
JUICER™

Please make sure to read the enclosed
User Guide prior to using your unit.



Contents.

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Thank you for purchasing the NutriBullet Juicer™.



NutriBullet Juicer™ recipe guide.

Fresh, homemade juice doesn't have to be a luxury. With the NutriBullet Juicer™, you now have access to delicious, super nutritious vegetable and fruit juices 24/7.

Whether you're looking to increase your intake of plant-based vitamins and minerals, cut back on processed sugar and preservatives in store-bought juices, or simply want to enjoy a refreshing treat, the NutriBullet Juicer™ is a great addition to any healthy, busy lifestyle.

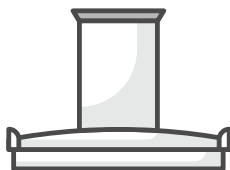
Unsure of where to start? This recipe guide outlines everything you need to master the art of juicing. In addition to user instructions, best practices, and juice recipes, this booklet includes ideas for tasty treats made with leftover fruit and veggie pulp, ensuring no valuable plant-based nutrients go to waste.

So come take a look, grab your favorite produce, and jump right in. The future is looking mighty juicy.

What's included.



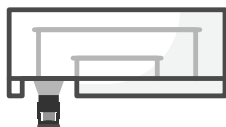
**800 WATT MOTOR
BASE WITH
LOCKING HANDLE**



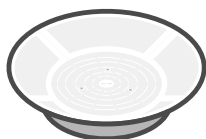
**PULP BASIN COVER
WITH 3" FEED CHUTE**



FOOD PUSHER



**1.5L PULP BASIN WITH
NO-DRIP SPOUT**



STAINLESS STEEL SIEVE



27 OZ JUICE PITCHER

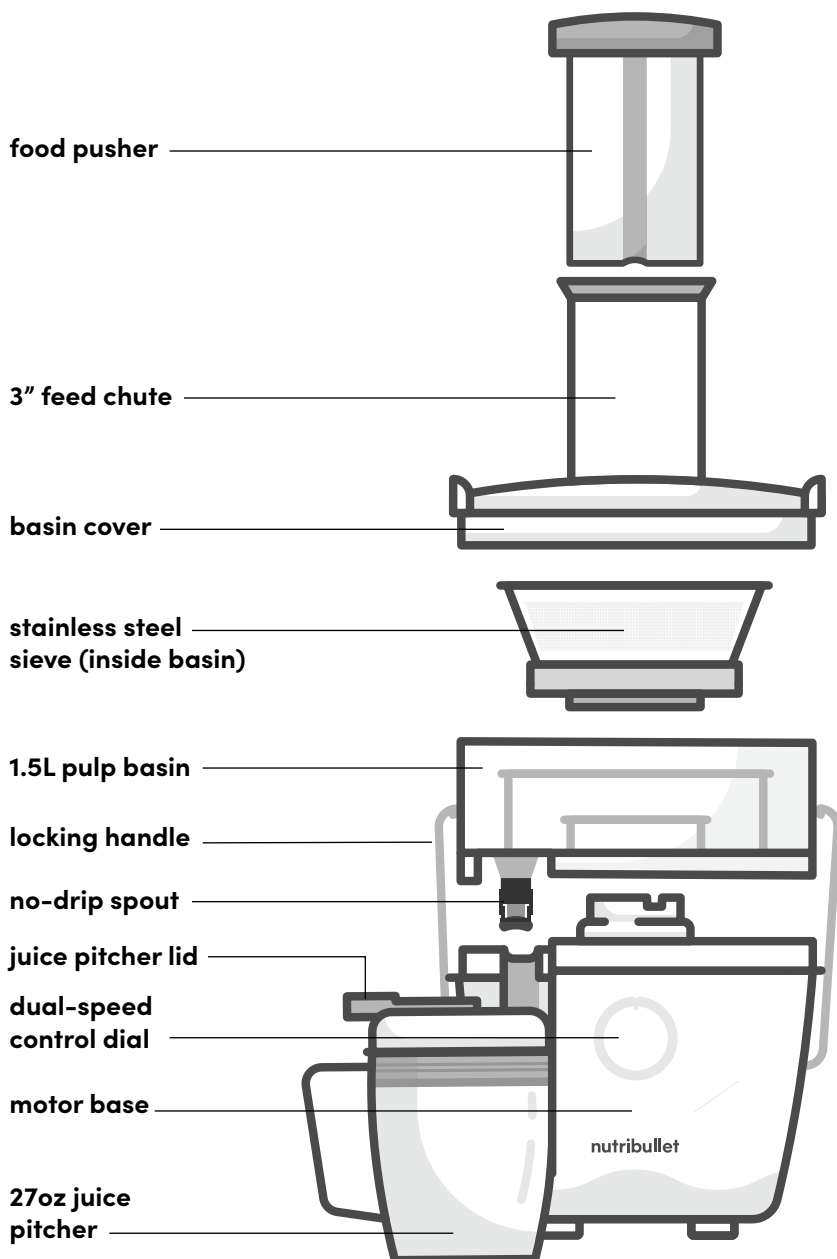


**JUICE PITCHER LID
WITH FROTH SEPARATOR**



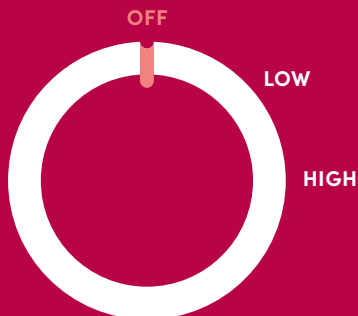
CLEANING BRUSH

Juicer assembly.

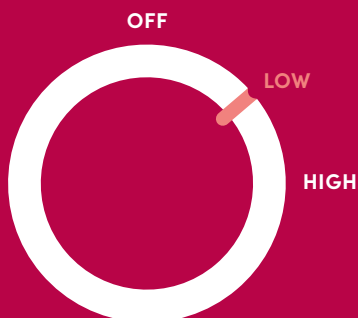


Juicing control dial.

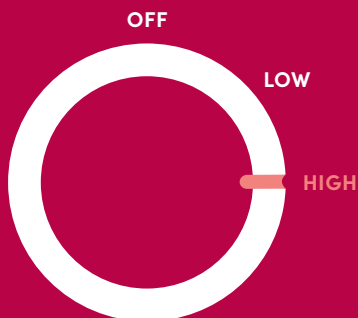
DUAL-SPEED CONTROL DIAL & JUICING SETTINGS



OFF:
Power is **OFF**, the juicer is not running.



LOW:
Best for juicing softer fruits and vegetables.



HIGH:
Best for harder produce like carrots and beets.

Juicing tips.

PROPER PRODUCE PREP

Prepare fruit and veggies before inserting them into the juicer:

- Properly clean produce (rinse with lukewarm water, produce wash, or water and apple cider vinegar)
- Peel or remove skin as needed, and chop food items down to the right size — just small enough to fit easily into the feed chute, without having to force the pieces down with the **Food Pusher**.
- Remove rind from all citrus fruits before juicing.
- Remove large pits and seeds from stone fruits before juicing.

CONSUMING JUICE & PULP

Instead of composting or throwing away the pulp left over after juicing, you can choose to consume it. Keep reading our **Recipe Guide** for some fun tips on what to

do with pulp. By using these creative ideas, you can enjoy pulp in a variety of delicious (and healthy) ways.

- Whether you prefer sweet or savory, you can use pulp to create some tasty treats!
- For best taste, consume juice and pulp within 48 hours of juicing.

NO-GO FOODS

Foods that should NEVER be used in this juicer:

- Foods that do not contain juice to extract (for example, bananas or avocados).
- Frozen fruits or vegetables.
- Stone fruits or other fruits or vegetables that have large pits or seeds that have not been removed. Stone fruits may be used only if the pit or seed has been removed.

JUICING SPEED SELECTION GUIDE

INGREDIENTS	SPEEDS	SEASONS	
Apple	High	All Year	
Beets	High	Summer / Fall / Winter	
Blueberry	High	Summer	
Broccoli	High	Fall / Spring	
Brussels Sprouts	High	Fall / Winter	
Cabbage	Low	Fall / Winter / Spring	
Carrots	High	All Year	
Cauliflower	High	Fall	
Celery	High	All Year	
Cucumber	Low	Summer	
Fennel	High	All Year	
Ginger	High	Fall	
Grapes	Low	Fall	
Grapefruit	Low	Winter	
Kale	High	Fall / Winter / Spring	
Kiwi	Low	Fall / Winter / Spring	
Lemon	Low	All Year	
Lime	Low	All Year	
Melons (all)	Low	Summer	
Orange	High	Winter	
Peaches	Low	Summer	
Pears	High	Fall / Winter	
Pineapple	High	Fall / Winter / Spring	
Plums	High	Summer	
Raspberries	Low	Summer / Fall	
Spinach	Low	Fall / Spring	
Sweet Potato (raw)	High	Fall / Winter	
Tomatoes	Low	Summer	

VITAMINS / NUTRIENTS

source of quercetin

excellent source of folate

good source of vitamin C

high in vitamin C, high in folate, good source of potassium

high in vitamin C, good source of folate

high in vitamin C

excellent source of vitamin A, good source of vitamin C

high in vitamin C, good source of folate

good source of vitamin C, good source of vitamin A

good source of vitamin C

good source of vitamin C and potassium

contains vitamin C, magnesium, and potassium

good source of vitamin K

high in vitamin A, high in vitamin C

excellent source of vitamin A and vitamin C, good source of calcium and potassium

high in vitamin C, good source of potassium and vitamin E

high in vitamin C

high in vitamin C

high in vitamin A, high in vitamin C

high in vitamin C

good source of vitamin C

good source of vitamin C

high in vitamin C

good source of vitamin C

high in vitamin C

high in vitamin A, vitamin C, iron, and folate, good source of magnesium

good source of potassium, high in vitamin A and vitamin C

high in vitamin A, high in vitamin C, good source of potassium

Icon status.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



LOWER CALORIE:

120 calories & under.



HEAVY HITTER:

Provides more than 2 ½ cups of nutrient-packed veggies & fruits.



IMMUNE BOOSTING:

Help keep your body humming right along with these antioxidant-rich recipes.



KID-FRIENDLY:

Pleasing for even the pickiest of palates.



SKIN HEALTH:

Give your skin some extra TLC with these recipes.





Juices.

It's time to get your juice on. For best results, follow these practices:

- 1 Prep all of your ingredients in advance.
- 2 Make sure your juicer is set to the right speed for the ingredient being juiced. Some recipes include a mix of ingredients that require different speeds.

Sound good? Let's get juicing.



For more delicious recipes,
visit [nutribullet.com](https://www.nutribullet.com)

Root awakening.



YIELDS 10 OZ

Start your day right with a cleansing, refreshing glass of root veggie goodness.

- | | | | |
|-----|---------------------------------|---|---|
| 1 | BEET | 1 | Cut the beet in half for easier processing. |
| 2 | CELERY STALKS | | |
| 2 | CARROTS | 2 | Juice all ingredients on HIGH speed. |
| 1 | 2-INCH PIECE GINGER ROOT | | |
| 1/2 | LEMON, PEELED (OPTIONAL) | | |

NUTRITION FACTS PER 8 OZ SERVING

90 calories, 0.5g fat, 21g carbs, 0g fiber, 11g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

Serenely green.



YIELDS 16 OZ

Fortifying spinach, cool cucumber with spicy-sweet ginger and apple make a soothing elixir worthy of any spa menu.

- | | | | |
|--------|---------------------------------|---|---|
| 4 CUPS | SPINACH, PACKED | 1 | Start on LOW speed, juicing handfuls of spinach in between the cucumber and the lemon. |
| 1 | CUCUMBER | | |
| 1 | GREEN APPLE, HALVED | 2 | Toggle to HIGH speed and juice the ginger and apple. |
| 1 | 2-INCH PIECE GINGER ROOT | | |
| 1/2 | LEMON, PEELED (OPTIONAL) | | |

NUTRITION FACTS PER 8 OZ SERVING

110 calories, 0g fat, 23g carbs, 0g fiber, 11g sugar, 4g protein. Nutrition facts are based on the recipe as listed.

Apple-pearberry.



YIELDS 24 OZ

This sweet and sunny juice is a treat for all ages.

**1 CUP STRAWBERRIES,
 STEMS ON**

2 APPLES

2 PEARS

**1 Juice all ingredients
 on **HIGH** speed.**

NUTRITION FACTS PER 8 OZ SERVING

150 calories, 0g fat, 38g carbs, 0g fiber,
26g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

Orange you glad.



YIELDS 10 OZ

A flame-colored juice packed with nutrients that help to boost immunity.

2 CARROTS

2 ORANGES, PEELED

**1 2-INCH PIECE
 TURMERIC, FRESH**

**1 Juice all ingredients
 on **HIGH** speed.**

NUTRITION FACTS PER 8 OZ SERVING

150 calories, 1g fat, 38g carbs, 0g fiber,
27g sugar, 3g protein. Nutrition facts are
based on the recipe as listed.

ABC.

YIELDS 24 OZ

Easy as 1, 2, 3 ... this simple-yet-potent juice provides hearty nutrients to keep you going.

4 GREEN APPLES

2 BEETS

2 CARROTS

1 Juice all ingredients on **HIGH** speed.

NUTRITION FACTS PER 8 OZ SERVING

170 calories, 0.5g fat, 39g carbs, 0g fiber, 27g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

Watermelon kiwi nectar.



YIELDS 27 OZ

Talk about refreshing! This bright, fruity mixture takes chilling out to a whole new level.

4 CUPS WATERMELON

4 KIWIS

2 SPRIGS MINT

1 Juice all ingredients on **LOW** speed.

NUTRITION FACTS PER 8 OZ SERVING

100 calories, 0.5g fat, 26g carbs, 0g fiber, 19g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

Pear celerade.



YIELDS 20 OZ

An ultra-hydrating sipper loaded with electrolytes and natural sweetness to keep you cool all summer long.

- 3 PEARS
- 2 LEMONS, PEELED
- 4 CELERY STALKS

- 1 Start on **LOW** speed and juice the lemons.
- 2 Toggle to **HIGH** speed and juice the pears and celery.

NUTRITION FACTS PER 8 OZ SERVING

140 calories, 0g fat, 37g carbs, 0g fiber, 21g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

Tropic wonder.



YIELDS 24 OZ

Got a taste for the tropics? This sweet and spicy concoction hits the right spot, with just enough cucumber to keep it cool.

- 4 PINEAPPLE SPEARS
- 2 CUCUMBERS
- 3 2-INCH PIECES
TURMERIC, FRESH
- 1/2 LIME

- 1 Juice all ingredients on **HIGH** speed.

NUTRITION FACTS PER 8 OZ SERVING

190 calories, 1g fat, 48g carbs, 0g fiber, 33g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

Orange, enlightened.



YIELDS 12 OZ

Take your morning OJ to the next level with an infusion of tart grapefruit and tangy clementine.

- 1 **GRAPEFRUIT,
PEELED**
- 2 **ORANGES, PEELED**
- 3 **CLEMENTINES,
PEELED
(OPTION TO SWAP
FOR 1 ORANGE)**

- 1 Juice all ingredients on **HIGH** speed.

TIP

This recipe is also delicious if you add 2 kiwis.

NUTRITION FACTS PER 8 OZ SERVING

230 calories, 1g fat, 59g carbs, 0g fiber, 43g sugar, 4g protein. Nutrition facts are based on the recipe as listed.

Carrot apple zinger.



YIELDS 16 OZ

Get your genius juices flowing. Spicy, sweet, and oh-so-refreshing, this is one for the books.

- 4 **CARROTS**
- 2 **GREEN APPLES**
- 1 **2-INCH PIECE
GINGER ROOT**

- 1 Juice all ingredients on **HIGH** speed.

NUTRITION FACTS PER 8 OZ SERVING

150 calories, 0.5g fat, 35g carbs, 0g fiber, 22g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

TIP

This pulp is perfect for adding to muffins or oatmeal for an added boost of fiber!

Autumn spice.

YIELDS 10 OZ

It's not your average juice ingredient, but raw sweet potato is the key to this elixir's powerful nutrient profile.

- 1 SWEET POTATO, MEDIUM, RAW**
- 2 PEARS**
- 1/8 TSP CINNAMON**

- 1** Juice sweet potato and pear on **HIGH** speed.
- 2** Stir cinnamon into juice after.

NUTRITION FACTS PER 8 OZ SERVING

210 calories, 0g fat, 52g carbs, 0g fiber, 25g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

TIP

This pulp is perfect for adding to muffins or oatmeal for an added boost of fiber!

Sunrise in a glass.



YIELDS 16 OZ

Light, sweet, and touched with a hint of earthiness, this special juice delivers that early morning feeling any time of day.

- 2 CUPS PAPAYA**
- 1 CUP CANTALOUPE**
- 2 CARROTS**
- 2 2-INCH PIECES TURMERIC, FRESH**

- 1** Juice papaya and cantaloupe on **LOW** speed.
- 2** Toggle to **HIGH** speed and juice carrots and turmeric.

NUTRITION FACTS PER 8 OZ SERVING

120 calories, 1g fat, 29g carbs, 0g fiber, 20g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

TIP

This pulp is perfect for adding to muffins or oatmeal for an added boost of fiber!

Garden variety.



YIELDS 12 OZ

Vegging out takes on a whole new meaning when you're hitting your system with this nutritious medley.

- 2 **TOMATOES**
- 4 CUPS **BROCCOLI**
- 4 **CELERY STALKS**
- ½ BUNCH **PARSLEY**

- 1 Start on **LOW** speed to juice parsley.
- 2 Toggle to **HIGH** speed and juice tomatoes, broccoli and celery.

**NUTRITION FACTS PER
8 OZ SERVING**

110 calories, 15g fat, 20g carbs, 0g fiber, 9g sugar, 8g protein. Nutrition facts are based on the recipe as listed.

TIP

Add this pulp to spaghetti sauce!

4-veg.



YIELDS 16 OZ

A big dose of veggies in one little glass. If you're into efficiency, this juice is your jam.

- 4 **TOMATOES**
- 3 **CELERY STALKS**
- 1 **RED PEPPER**
- 2 **CARROTS**

- 1 Juice all ingredients on **HIGH** speed.

TIP

This juice can be heated and used as a broth or add this pulp to spaghetti sauce

**NUTRITION FACTS PER
8 OZ SERVING**

100 calories, 1g fat, 21g carbs, 0g fiber, 13g sugar, 4g protein. Nutrition facts are based on the recipe as listed.

Pineapple crowns.



YIELDS 12 OZ

If broccoli juice isn't at the top of your "tasty" list, adding pineapple, ginger, and other mellow veggies makes it much easier to swallow.

2 CUPS **PINEAPPLE**
2 CUPS **BROCCOLI**
4 **CELERY STALKS**
½ **CUCUMBER**
1 **2-INCH PIECE**
 GINGER ROOT

1 Juice all ingredients
on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

170 calories, 1g fat, 41g carbs, 0g fiber,
26g sugar, 5g protein. Nutrition facts are
based on the recipe as listed.

Fiery pineapple carrot.



YIELDS 16 OZ

Sweet, warming carrot and pineapple get a little ginger kick — better make a double batch, this one's a hot commodity.

2 CUPS **PINEAPPLE**
3 **CARROTS**
1 **2-INCH PIECE**
 GINGER ROOT

1 Juice all ingredients
on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

120 calories, 31g carbs, 0g fiber, 21g
sugar, 2g protein. Nutrition facts are
based on the recipe as listed.

Advanced green.

YIELDS 24 OZ

Fennel adds subtle licorice flavor and digestive-soothing properties to this intriguingly refreshing elixir.

- 3 GREEN APPLES**
- 2 CUCUMBERS,**
- 2 FENNEL BULBS**

- 1** Juice all ingredients on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

180 calories, 1g fat, 41g carbs, 0g fiber,
25g sugar, 4g protein. Nutrition facts are
based on the recipe as listed.

Bright start.



YIELDS 10 OZ

A perfectly balanced blend of fruit and veggie goodness.

- 2½ CUPS KALE**
- 1 CUCUMBER**
- 1 LEMON, PEELED**
- 1 GREEN APPLE**

- 1** Juice all ingredients on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

150 calories, 1g fat, 24g carbs, 0g fiber,
18g sugar, 4g protein. Nutrition facts are
based on the recipe as listed.

The greenest.



YIELDS 16 OZ

Get your greens in and get on with your day with this very green, very nutritious beverage.

3 ½ CUPS ROMAINE LETTUCE

1 CUCUMBER

**4 CELERY STALKS,
MEDIUM**

½ BUNCH PARSLEY

1 Juice all ingredients
on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

60 calories, 0g fat, 12g carbs, 0g fiber,
6g sugar, 3g protein. Nutrition facts are
based on the recipe as listed.

Cabbage patch.



YIELDS 20 OZ

If you've been looking for a way to make cabbage kid-friendly, this juice is your ticket. Adults, of course, will enjoy it too.

4 CUPS CABBAGE

1 RED APPLE

1 CUCUMBER

1 CUP STRAWBERRIES

1 Juice all ingredients
on **HIGH** speed.

**NUTRITION FACTS PER
8 OZ SERVING**

110 calories, 0.5g fat, 27g carbs, 0g fiber,
17g sugar, 3g protein. Nutrition facts are
based on the recipe as listed.



Juice shots.

Ok, so these are more 'spring cleaning' than 'spring break,' but downing one of these extra-potent elixirs produces its own kind of thrill.

Designed to give your system a quick hit of concentrated nutrition, the recipes in this section are great whenever you need a boost — like when you feel a cold coming on, or need some digestive assistance.

Whatever the reason, they're here to help you out. Cheers to that!



For more delicious recipes,
visit [nutribullet.com](https://www.nutribullet.com)

Ginger zinger.

YIELDS 10 OZ

Got a cold? Clear your sinuses and get a nice hit of immune-boosting citrus while you're at it with this eye-opener.

- 6 2-INCH PIECES
GINGER ROOT
- 1 LEMON, PEELED
- 2 ORANGES, PEELED
- 1 TBSP APPLE CIDER
VINEGAR
- 1 PINCH CAYENNE PEPPER

- 1 Juice ginger, lemon, and oranges on **HIGH** speed.
- 2 Mix in Apple Cider Vinegar and Cayenne after.

NUTRITION FACTS PER 2 OZ SERVING

35 calories, 0g fat, 9g carbs, 0g fiber, 1g sugar, 0g protein. Nutrition facts are based on the recipe as listed.

Funky fresh.

YIELDS 6 OZ

Embrace the aroma. Garlic is an immune-boosting powerhouse, and with ginger and lemon, you're building your defenses.

- 6 2-INCH PIECES
GINGER ROOT
- 2 LEMONS, PEELED
- 3 GARLIC CLOVES

- 1 Juice all ingredients on **HIGH** speed.

TIP

This juice can also double as a home made salad dressing!

NUTRITION FACTS PER 2 OZ SERVING

20 calories, 0g fat, 5g carbs, 0g fiber, 1g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

Flame tamer.

YIELDS 5 OZ

This shot involves some major power players when it comes to anti-inflammatory compounds — fresh ginger, turmeric and black pepper, plus a little honey and apple cider vinegar to round it out.

- 6 2-INCH PIECES
GINGER ROOT
- 8 2-INCH PIECES
TURMERIC, FRESH
- 1 TBSP HONEY
- 1 PINCH BLACK PEPPER
- 1 TBSP APPLE CIDER
VINEGAR

- 1 Juice ginger and turmeric on **HIGH** speed.
- 2 Mix in remaining ingredients after.

NUTRITION FACTS PER 2 OZ SERVING

50 calories, 0.5g fat, 11g carbs, 0g fiber, 7g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

Lion tamer.

YIELDS 4 OZ

Don't want to mess around with mix-ins? For lean, mean, anti-inflammatory prowess, this one gets straight to the point.

- 3 2-INCH PIECES
GINGER ROOT
- 2 2-INCH PIECES
TURMERIC, FRESH
- 1 PINCH BLACK PEPPER

- 1 Juice ginger and turmeric on **HIGH** speed.
- 2 Mix pepper into the juice after.

NUTRITION FACTS PER 2 OZ SERVING

10 calories, 0g fat, 2g carbs, 0g fiber, 0g sugar, 0g protein. Nutrition facts are based on the recipe as listed.



Pulp recipes.

We don't mean to judge, but let's be real: waste is for the uncreative. Case in point: pulp! This 'byproduct' of the juicing process is a fiber gold mine, and it's super easy to incorporate pulp into all sorts of tasty recipes.

To reap its benefits, empty the contents of your pulp basin into an airtight container after juicing, seal, and refrigerate or freeze for future use. It can be blended into smoothies, stewed as a base for broth, mixed into dips — the possibilities are endless.

Here are a few of our favorite pulpy recipes to get you started.



For more delicious recipes,
visit [nutribullet.com](https://www.nutribullet.com)

Cardamom power bites.

FROM CARROT APPLE ZINGER* PULP (PAGE 20)

MAKES ABOUT 24 — 1 OZ BITES

The perfect snack for pre-workouts, post workouts, mid-morning pangs, afternoon slumps, after school energy, and midnight sweet cravings. Did we miss anything?

- 1 ½ CUPS **PULP FROM
CARROT APPLE
ZINGER* RECIPE**
- 1 CUP **OATS, DIVIDED**
- ½ CUP **CASHEW OR
ALMOND MEAL**
- ¼ CUP **FLAX MEAL**
- ¼ CUP **MAPLE SYRUP**
- ¼ TSP **CARDAMOM,
GROUND**
- ½ CUP **SHREDDED
COCONUT,
COCONUT SUGAR,
OR POWDERED
SUGAR FOR ROLLING
(OPTIONAL)**

* We suggest pulp from our own juice recipes, but you can substitute pulp from any juice with a comparable flavor profile, and enough bulk to bind the other ingredients.

NUTRITION FACTS PER SERVING

50 calories, 1.5g fat, 9g carbs, 1g fiber, 1g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

- 1 Remove any large pieces of pulp to ensure an even consistency.
- 2 In a NutriBullet®, blender, or food processor, blend ½ cup of your oats to create a coarse powder.
- 3 Combine pulp, whole and blended oats, and all other ingredients in a large mixing bowl and stir together until fully combined.
- 4 Using a spoon, form batter into roughly 24 evenly sized bites. Roll by hand into balls. Roll into coconut, coconut sugar, or powdered sugar, if desired. Evenly space the balls out on a baking sheet so they are not touching.
- 5 Refrigerate for at least 1 hour.
- 6 Transfer the firm bites to an airtight container and refrigerate or freeze until ready to eat.

Veggie patties.

FROM ROOT AWAKENING & 4-VEG PULP* (PAGES 16 & 22)

MAKES 6 VEGGIE PATTIES

These satisfying vegan burgers come together quickly and make a great lunch or light dinner.

1 ½ CUPS **ROOT AWAKENING* PULP**

½ CUP **4-VEG* PULP**

2 TBSP **PARSLEY, CHOPPED**

1 **15 OZ CAN OF BLACK BEANS, DRAINED & RINSED**

1 CUP **BROWN RICE, COOKED**

½ CUP **OAT FLOUR**

¼ CUP **BREADCRUMBS**

2 TBSP **OLIVE OIL**

+ 1 TBSP
(for cooking)

* We suggest pulp from our own juice recipes, but you can substitute pulp from any juice with a comparable flavor profile, and enough bulk to bind the other ingredients.

1 In a large bowl, combine **Root Awakening** and **4-Veg** pulp, removing larger chunks for a uniform consistency.

2 Add remaining ingredients to the bowl and mix together by hand, incorporating all ingredients into the mixture. Form patties to desired size and set aside.

3 Heat 1 Tbsp. olive oil in a large skillet over medium-high heat.

4 Add patties, 2-3 at a time and fry about 2-3 minutes per side, until golden brown

5 Serve with your favorite burger fixings.

NUTRITION FACTS PER SERVING

240 calories, 6g fat, 1g sat. fat, 39g carbs, 9g fiber, 8g sugar, 8g protein. Nutrition facts are based on the recipe as listed.

Tomato sauce 2.0.

FROM 4-VEG* PULP (PAGE 22)

MAKES ABOUT 16 OZ OR 2 CUPS

Make your marinara work harder with the addition of high-fiber pulp from your favorite veggies.

1-1 ½ CUPS **PULP FROM
4-VEG* RECIPE**
1 ½ CUP **VEGETABLE BROTH**
2 TSP **TOMATO PASTE**
2 **GARLIC CLOVES,
THINLY SLICED**
2 TSP **ITALIAN SEASONING
(OPTIONAL)**
**SALT & PEPPER
TO TASTE**

- 1 Remove any large pieces from the pulp to ensure an even consistency.
- 2 Add all ingredients to small cooking pot.
- 3 Simmer for 20 minutes and serve over pasta or veggies.

NUTRITION FACTS PER SERVING

60 calories, 6g fat, 1g sat. fat, 39g carbs, 9g fiber, 8g sugar, 8g protein. Nutrition facts are based on the recipe as listed.

- * We suggest pulp from our own juice recipes, but you can substitute pulp from any juice with a comparable flavor profile, and enough bulk to bind the other ingredients.

nutribullet

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