

# Recipe guide.

Recipes, tips  
& more!



**nutribullet**  
SLOW JUICER

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

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Thank you for purchasing the NutriBullet® Slow Juicer.





# NutriBullet® Slow Juicer recipe guide.

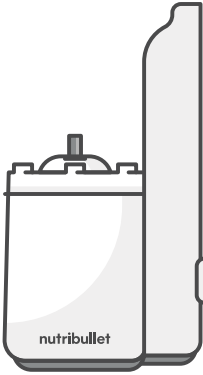
As all true juice devotees know, you can't rush perfection. The NutriBullet Slow Juicer takes its time to bring you the smoothest, most nourishing juice possible — all from the convenience of your countertop.

With its low-speed, heavy-duty motor and steel-tipped auger, this compact and quiet machine makes homemade juices and juice shots to rival the highest-end juiceries'. But with all the juicy options at your fingertips, how do you know where to start? That's where this recipe guide comes in.

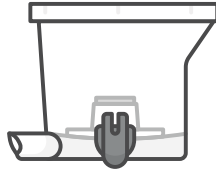
Within these pages, you'll find everything you need to squeeze all of the possibilities out of your new favorite appliance, from assembly and cleaning instructions to deeply nutritive recipes, to ideas for repurposing fiber-rich pulp. All you need to supply is the produce.

So take a look, take inspiration and take a big sip. The best homemade juice can be yours every day.

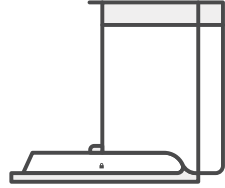
# What's included.



**150 WATT MOTOR BASE**



**JUICE BOWL**



**JUICE BOWL COVER**



**STEEL-TIPPED AUGER**



**JUICING SCREEN**



**ROTATING BOWL BRUSH**



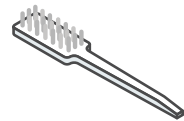
**PULP CONTAINER**



**24 OZ JUICE CONTAINER**

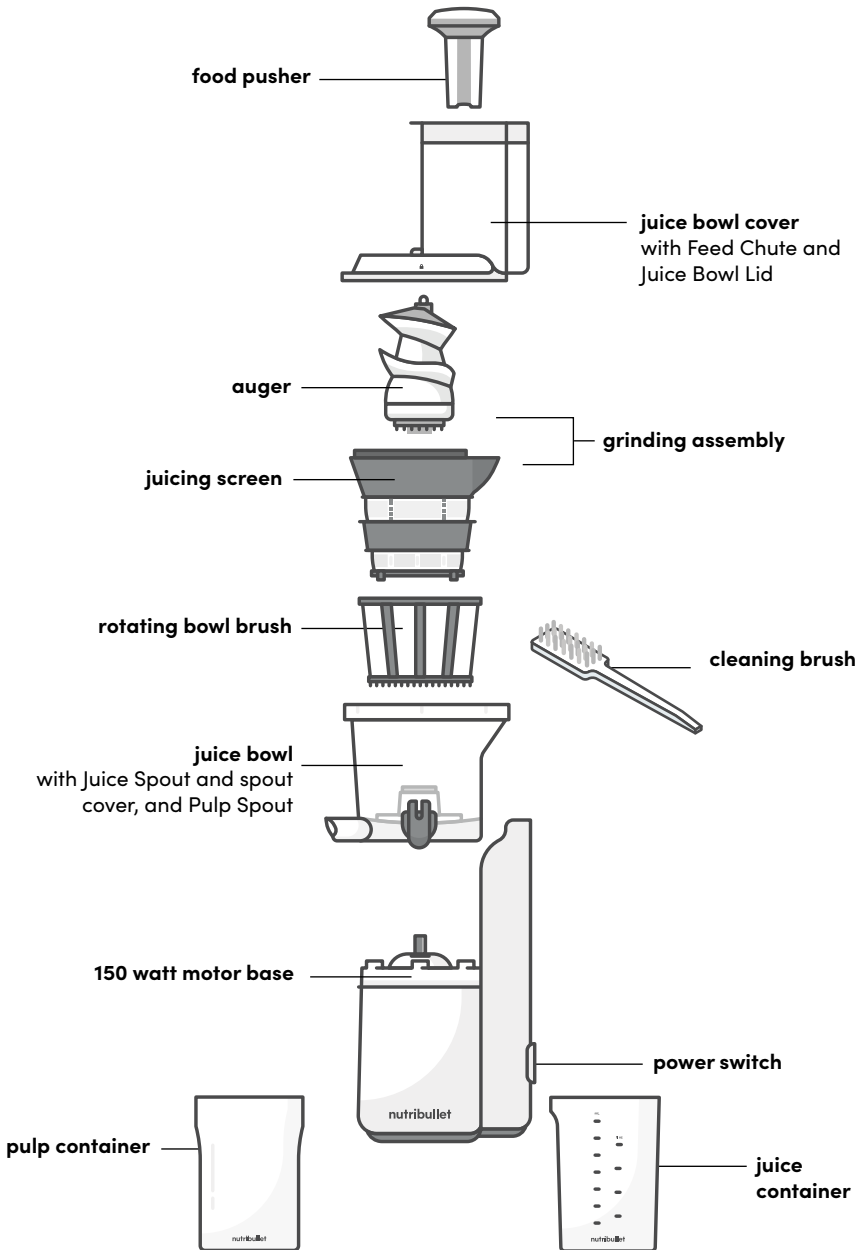


**FOOD PUSHER**



**CLEANING BRUSH**

# Juicer assembly.



# 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**.
- Never place your finger or hand into the feed chute. Only use the enclosed Food Pusher in the feed chute.
- 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 72 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.



# 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 Alternate feeding soft and hard foods into the feed chute. Follow soft foods like oranges with hard foods like carrots for efficient processing and maximum extraction.

Sound good? Let's get juicing.



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



# 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** Cut ingredients down to a size that will easily fit into the feed chute.
- 2** Feed ingredients into the chute.

## **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.

# 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 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the feed chute alternating strawberries with pieces of apple and pear.

## **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.

# 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**
- ½ **LIME**

- 1 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the chute alternating pineapple spears with cucumber and turmeric.

## **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.

# Pineapple greens.



## YIELDS 12 OZ

Get a taste of the tropics and a flood of beneficial phytonutrients in every sip of this green and fruity refresher.

1 BUNCH **COLLARD GREENS**  
(3 CUPS PACKED)

2 CUPS **PINEAPPLE**

2 SPRIGS **MINT**

1 Remove rind from pineapple and chop to a size that will easily fit into the feed chute.

2 Alternate feeding collard greens, pineapple and mint into the chute.

## NUTRITION FACTS PER 8 OZ SERVING

130 Calories, 0.5g Fat, 33g Carb, 22g Sugar, 3g protein.

# 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 Cut ingredients down to a size that will easily fit into the feed chute.

2 Feed ingredients into the feed chute alternating pineapple with carrots and turmeric.

## 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.



# 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 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the chute.

## 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.



# 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 **CUCUMBER**
- 1 **GREEN APPLE, HALVED**
- 1 **2-INCH PIECE GINGER ROOT**
- ½ **LEMON, PEELED (OPTIONAL)**

- 1 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the chute. Roll spinach leaves into a tightly packed ball that easily fits into the chute, and follow with apple slices or cucumber.

## 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.



# 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**

### 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.

- 1 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Alternate feeding sweet potato pieces and pear pieces into the chute.
- 3 After juicing, stir cinnamon into the juice.

# Sunshine delight.



## YIELDS 20 OZ

Skip the fake stuff and fuel growing bodies with succulent juice from real fruits, bolstered with rich green phytonutrients.

- 2 **ROMAINE HEARTS**
- 1 CUP **SPINACH, PACKED**
- 2 CUPS **PINEAPPLE**
- 1 **ORANGE**

### NUTRITION FACTS PER 8 OZ SERVING

100 Calories, 0g Fat, 24g Carbs, 18g Sugar, 2g protein.

- 1 Remove the skin from the orange, remove the rind from the pineapple, and chop to a size that will easily fit into the feed chute.
- 2 Alternate feeding spinach, orange, romaine heart's and pineapple into the chute.

#### TIP

Feed the romaine hearts bottom first to eliminate chopping.



# Peary yummy.



## YIELDS 20 OZ

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

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

- 1 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the chute.

## 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.



# Root awakening.



## YIELDS 10 OZ

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

- |   |                                 |   |  |
|---|---------------------------------|---|--|
| 1 | <b>BEET</b>                     | 1 | Cut ingredients down to a size that will easily fit into the feed chute. |
| 2 | <b>CELERY STALKS</b>            | 2 | Feed ingredients into the feed chute.                                    |
| 2 | <b>CARROTS</b>                  |   |  |
| 1 | <b>2-INCH PIECE GINGER ROOT</b> |   |  |
| ½ | <b>LEMON, PEELED (OPTIONAL)</b> |   |  |

## 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.



# 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 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the chute alternating papaya and cantaloupe with 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!



# Sweet spot.



## YIELDS 16 OZ

Perfect for kids (and kids at heart), this delectable juice delivers an impressive array of immune-boosting nutrients with every sweet and mild sip.

- 2 ZUCCHINI
- 2 CARROTS, MEDIUM
- 2 PEARS, MEDIUM

- 1 Cut ingredients to a size that will easily fit into the feed chute.
- 2 Alternate feeding the zucchini, carrots, and pears into the chute.

## NUTRITION FACTS PER 8 OZ SERVING

150 Calories, 1g Fat, 37g carbs, 23g sugar, 3g protein.

# Emerald green juice.



**YIELDS 16 OZ**

**This sparkling green band of sidekicks delivers deeply nutritive, ultra-hydrating goodness to rev you up for the long road ahead.**

- 4 CUPS **MIXED GREENS (KALE, SPINACH, CHARD)**
- 3 **CELERY STALKS**
- 1 **CUCUMBER**

- 1 Chop celery and cucumber to a size that will easily fit into the feed chute.
- 2 Roll greens into a ball and feed into the chute, alternating with celery, broccoli, and cucumber.

**NUTRITION FACTS PER 8 OZ SERVING**

100 Calories, 0.5g Fat, 20g Carbs, 7g Sugar, 7g Protein.

# 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**

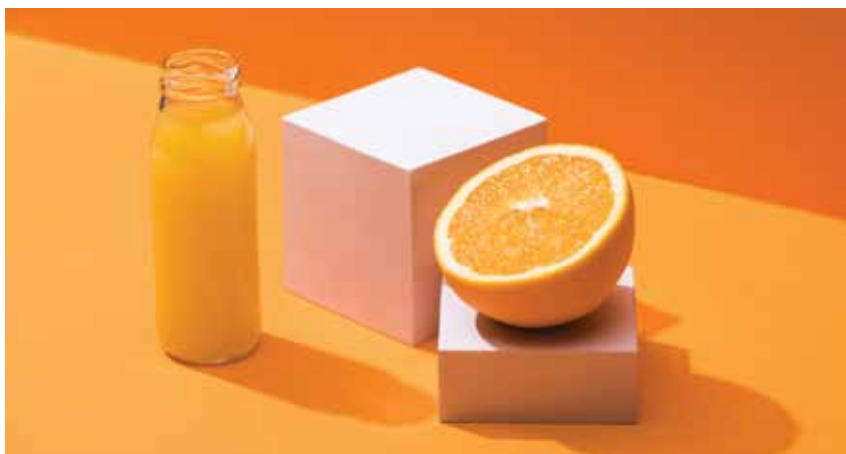
- 1 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed ingredients into the feed chute alternating tomatoes with celery, red pepper, and carrots.

**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.

**TIP**

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



# 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 Cut ingredients down to a size that will easily fit into the feed chute.
- 2 Feed pieces of orange into the chute alternating with pieces of carrot and tumeric.

## 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.



# Garden party.



## YIELDS 20 OZ

The gang's all here in this sweet and tangy blend of garden variety greens and fruits.

- 3 CUPS **KALE**
- 2 **APPLES, MEDIUM**
- 1 **CUCUMBER, MEDIUM WITH SKIN**
- ½ **MEYER LEMON**
- 2 SPRIGS **MINT**

## NUTRITION FACTS PER 8 OZ SERVING

140 Calories, 0g fat, 32g carbs, 19g sugar, 5g protein.

- 1 Remove rind from the lemon. Cut lemon, apples, and kale to a size that will easily fit into the feed chute.
- 2 Alternate feeding the ingredients into the chute. We recommend alternating softer and harder ingredients.



# Orange, enlightened.



## YIELDS 12 OZ

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

- |   |  |   |  |
|---|--|---|--|
| 1 | <b>GRAPEFRUIT, PEELED</b>                                | 1 | Cut ingredients down to a size that will easily fit into the feed chute. |
| 2 | <b>ORANGES, PEELED</b>                                   | 2 | Feed ingredients into the chute.   |
| 3 | <b>CLEMENTINES, PEELED (OPTION TO SWAP FOR 1 ORANGE)</b> |   |  |

## 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.

## TIP

This recipe is also delicious if you add 2 kiwis.

# Carrot apple zinger.



## YIELDS 16 OZ

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

- |   |                                 |   |  |
|---|---------------------------------|---|--|
| 4 | <b>CARROTS</b>                  | 1 | Cut ingredients down to a size that will easily fit into the feed chute. |
| 2 | <b>GREEN APPLES</b>             | 2 | Feed ingredients into the chute.   |
| 1 | <b>2-INCH PIECE GINGER ROOT</b> |   |  |

## 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!



# Deeply green.



## YIELDS 15 OZ

This potent blend of basil, chard, and apple provides a hearty dose of immune-boosting nutrients to replenish your system from the inside-out.

- 3 CUPS **RAINBOW CHARD, PACKED OR 1 BUNCH (6 OZ)**
- 2 **APPLES**
- 3 SPRIGS **BASIL**

- 1 Cut apples to a size that will easily fit into the feed chute.
- 2 Alternate feeding rainbow chard, apple, and basil into the chute.

### TIP

Serve with vodka.

## NUTRITION FACTS PER 8 OZ SERVING

120 Calories, 0.5g Fat, 30g Carbs, 21g Sugar, 2g protein.

# Almond milk.

**YIELDS 16 OZ**

**You saw that right - you can even make home-made almond milk with this slow juicer.**

**1 ½ CUP ALMONDS  
(SOAKED IN WATER  
FOR 8-10 HOURS)**

**1 CUP WATER**

## **NUTRITION FACTS PER 8 OZ SERVING**

76 calories, 6.5g fat, 1.3g carbs, 0g fiber,  
1g sugar, 3g protein. Nutrition facts are  
based on the recipe as listed.

- 1 Strain and rinse almonds.
- 2 Split the almonds into 4 portions.
- 3 Feed 1 portion of almonds into the chute and follow with 1/4 cup water.
- 4 Wait for processing and repeat until all almonds and water are used.
- 5 Transfer to an airtight container and refrigerate up to 5 days.

Optional: remove skin before juicing and strain final product.

### **TIPS**

Add spices, flavors, and sweeteners such as vanilla or cinnamon.

Keep your almond pulp by turning it into almond flour or use the pulp in energy bites or granola.



# 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**

**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.

- 1** Cut ingredients down to a size that will easily fit into the feed chute. Remove rind from orange and lemon.
- 2** Feed ginger, lemon, and oranges into the chute alternating oranges and lemons with ginger.
- 3** Mix in apple cider vinegar and cayenne after.



# 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** Feed all ingredients into the feed chute alternating lemons with garlic and ginger.

**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.

# 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 Feed ginger and turmeric into the feed chute.
- 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.

# Liquid gold.

YIELDS 3.3 OZ

**This potent concentration of turmeric, lemon, and black pepper is loaded with anti-inflammatory, immune-boosting compounds to whip you into fighting shape.**

- 3            **2-INCH PIECES  
TURMERIC**
- 2            **SMALL LEMONS,  
PEELED**
- PINCH     **BLACK PEPPER**
- 3 OZ       **COCONUT WATER**

- 1 Feed the lemons and tumeric into the feed chute.
- 2 After the lemons and tumeric are juiced, add the coconut water, and black pepper. Stir & enjoy!

**NUTRITION FACTS PER  
2 OZ SERVING**

15 Calories, 0g Fat, 4g Carbs, 1g Sugar, 0g Protein.







# 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)

# Magic mash loaf cake.

## FROM SWEET SPOT PULP\* (PAGE 21)

### MAKES 8 MUFFINS OR 1 STANDARD LOAF

Juices that mix fruits with veggies make the perfect pulp to fold into this wholesome batter. Here, we recommend using leftovers from the Sweet Spot juice, but any pulp containing carrot, apple, pear, pineapple, zucchini, and/or greens would work great in this recipe.

#### DRY INGREDIENTS

- 1 ¼ CUPS ALL PURPOSE FLOUR
- 1 CUP ROLLED OATS
- 1 TSP BAKING POWDER
- ½ TSP BAKING SODA
- 1 TSP CINNAMON
- ⅛ TSP NUTMEG
- ¼ TSP SALT
- ½ CUP PISTACHIOS OR OTHER NUTS

#### WET INGREDIENTS

- 2 EGGS
- ½ CUP LOW-FAT GREEK YOGURT
- ¼ CUP CANOLA OIL
- ½ CUP MAPLE SYRUP
- 2 TSP VANILLA EXTRACT
- 1 ¼ CUPS PULP

#### NUTRITION FACTS PER SERVING

330 Calories, 13g fat, 1.5g saturated fat, 40g cholesterol, 47g carbs, 5g fiber, 19g sugar, 8g protein.

- 1 Pre-heat oven to 350°F
- 2 Mix all dry ingredients together.
- 3 In a separate bowl, mix all wet ingredients together.
- 4 Fold wet ingredients into the dry ingredients.
- 5 Scoop in ¼ cup + 1 Tbsp into each muffin well or evenly distribute mixture in wells; or line a loaf pan with parchment paper and then evenly pour mixture into the pan.
- 6 Bake muffins or loaf for 20 minutes or until toothpick inserted into center is clean.

#### TIP

To make vegan - swap eggs for flax seeds mix and plant-based yogurt.

\*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.

# 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 CUPS **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.



# No waste pesto.

## FROM EMERALD GREEN JUICE\* PULP (PAGE 22)

### MAKES ABOUT ¼ CUP

Leave no waste behind with this ingenious (and delicious) recipe, which repurposes pulp to make a savory, earthy pesto. We recommend using leftovers from the Emerald Green juice, but you can substitute with spin-offs from any of your greener concoctions.

¼ CUP **PULP FROM EMERALD GREEN\* RECIPE**

1 CUP **BASIL**

1 CUP **SCALLIONS**

2 CLOVES **GARLIC**

¼ CUP **PUMPKIN SEEDS**

½ CUP **EXTRA VIRGIN OLIVE OIL**

**SALT AND PEPPER TO TASTE**

- 1 Add all ingredients to food processor or blender and blend until smooth.
- 2 Serve with toast, pasta, crackers, roasted veggies.

\*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

220 Calories, 22g fat, 3g saturated fat, 6g carbs, 2g fiber, 3g protein

# Veggie patties.

## FROM ROOT AWAKENING & 4-VEG PULP\* (PAGES 19 & 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.

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## SLOW JUICER



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