Recipe guide.

Recipes, tips & more!



nutribullet®
COLD PRESS BATCH JUICER

Before operating your nutribullet® Cold Press Batch Juicer, read the User Guide for important safety information. Be sure anyone who uses your nutribullet® knows how to do so safely.



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Thank you for purchasing the nutribullet® Cold Press Batch Juicer



nutribullet® Cold Press Batch Juicer recipe guide.

Make fresh juice in one go. With a 1.5 QT hopper that fits multiple whole ingredients at once, your nutribullet® Cold Press Batch Juicer makes it easy to create all-in-one batches of smooth, delicious juice with less prep.

To get you started, we've pulled together this guide featuring recipes for fresh fruit and vegetable juices and potent wellness shots, plus creative ideas for repurposing leftover pulp for no-waste kitchen prep.

Give them a whirl, then experiment with your own favorite combinations. With so many delicious ways to enjoy fresh juice, there's always something new to squeeze!



One-Batch Fruit & Vegetable Juices.

Fill the Hopper, lock the Lid, and let the juicer do the work. These recipes are designed to be made in a single batch—no additional feeding required.

Juicing for a crowd? Simply double or triple the recipe and repeat for larger batches.

For more delicious recipes,
visit **nutribullet.com**



Pineapple Power Juice.

YIELDS 22 OZ | 5 SERVINGS

Sweet pineapple, cooling cucumber, earthy turmeric, tart lime, and spicy black pepper – this juice offers a full-on flavor sensation in every sip.

2½ CUPS	**PINEAPPLE SPEARS**
1	**CUCUMBER, PEELED**
¼ CUP	**TURMERIC ROOT, WASHED**
2	**LIME PEELED**
¼ TSP	**BLACK PEPPER**

NUTRITION FACTS PER SERVING

60 calories, 0g fat, 0g sodium, 15g carbs, 9g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Turmeric and black pepper are a powerful pair. While turmeric provides curcumin, black pepper contains piperine, which helps your body absorb curcumin more effectively.

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Alternate loading the **Hopper** with pineapple, cucumber, and the remaining ingredients, excluding the black pepper. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
4. Add the black pepper and stir to combine.
5. Enjoy!

Turmeric Citrus Juice.

YIELDS 21 OZ | 5 SERVINGS

A sweet and tangy medley of citrus, spiced with turmeric and black pepper – make this one to brighten up from the inside out.

4	**ORANGES, SMALL, PEELED & HALVED**
¼	**GRAPEFRUIT, LARGE, PEELED**
4	**CLEMENTINES, PEELED**
1	**LEMON, WHOLE, WASHED, SKIN ON**
2	**2-INCH PIECES TURMERIC ROOT**
PINCH	**BLACK PEPPER**

NUTRITION FACTS PER SERVING

50 calories, 0g fat, 0mg sodium, 13g carbs, 0g fiber, 9g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Don't toss your juice pulp! You can repurpose it to add flavor to a variety of recipes, like our Citrus Vinaigrette (pg. 51) and Tea Concentrate (pg. 52).

PRO TIP

This citrus juice is also the perfect base for a classic *Cantarito* – just add a splash of your favorite tequila and top with citrus soda for a refreshing summer cocktail.

1. Alternate loading the **Hopper** with all ingredients, excluding the black pepper. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Add a pinch of black pepper and stir to combine.
6. Enjoy!





Kiwi Melon Mint Juice.

YIELDS 30 OZ | 6 SERVINGS

It doesn't get more refreshing than this combination of kiwi, watermelon, and mint – the perfect hydrating cooler on a hot summer day.

2 CUPS	**WATERMELON, CUBED**
1	**CUCUMBER, PEELED AND QUARTERED**
4	**KIWIS, PEELED**
1	**LEMON, HALVED, SKIN ON**
5	**MINT SPRIGS**
2 CUPS	**COCONUT WATER**

NUTRITION FACTS PER 5 OZ SERVING

75 calories, 0g fat, 0mg sodium, 13g carbs, 0g fiber, 10g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

When combined, watermelon, cucumber, and coconut make a deeply hydrating juice loaded with naturally occurring electrolytes. This is a great mix to enjoy after a long run, a sweaty gym session, or on a hot summer day.

1. Alternate loading the **Hopper** with all ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Pour the juice into a pitcher and stir in the coconut water.
6. Enjoy!

Ruby Pineapple Juice.

YIELDS 34 OZ | 6 SERVINGS

The beets in this recipe give this otherwise golden juice its deep red color, but the flavors of pineapple, celery, and ginger still shine bright.

2	**SMALL BEETS, SCRUBBED AND HALVED**
4	**CELERY STALKS, QUARTERED**
2 CUPS	**PINEAPPLE CHUNKS**
2	**2-INCH PIECES GINGER ROOT**
2 CUPS	**COCONUT WATER**

NUTRITION FACTS PER SERVING
85 calories, 0g fat, 45mg sodium, 18g carbs, 0g fiber, 13g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Alternate loading the **Hopper** with all ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Pour the juice into a pitcher and stir in the coconut water.
6. Enjoy!





Cantaloupe, Papaya & Turmeric Juice.

YIELDS 18 OZ | 4 SERVINGS

Bright orange and bursting with flavor, this vibrant juice will start any day on a sweet and sunny note.

2 CUPS	**CANTALOUPE, CUT INTO LARGE CHUNKS**
2 CUPS	**PAPAYA, CUT INTO LARGE CHUNKS**
2	**CARROTS, LARGE, CUT INTO 2" PIECES**
2	**2-INCH PIECES TURMERIC ROOT**
PINCH	**BLACK PEPPER**

NUTRITION FACTS PER SERVING

80 calories, 0.5g fat, 45mg sodium, 18g carbs, 0g fiber, 13g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Save this pulp and mix into muffin batter to bake moist, flavorful carrot muffins.

1. Alternate loading the **Hopper** with all ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Add a pinch of black pepper and stir to combine.
6. Enjoy!

Hydrating Watermelon Strawberry Cooler.

YIELDS 48 OZ | 8 SERVINGS

This deliciously hydrating mix is filled with plenty of H_2O, plus naturally occurring electrolytes to replenish you from the inside out.

- 3 CUPS **WATERMELON, SEEDLESS, CUBED**
- 2 CUPS **STRAWBERRIES, TOPS REMOVED**
- 3 CUPS **COCONUT WATER**

NUTRITION FACTS PER 6 OZ SERVING

47 calories, 0g fat, 0mg sodium, 10g carbs, 0g fiber, 7g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Packed with skin-loving antioxidants like lycopene and vitamin C, this refreshing juice also delivers natural electrolytes that help support hydration and leave you feeling refreshed from the inside out.

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Alternate loading the **Hopper** with all ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Pour the juice into a pitcher and stir in the coconut water.
6. Enjoy!





Emerald Green Juice.

YIELDS 12 OZ | 3 SERVINGS

A glowing juice made with all things green! It's sweet, it's verdant, and it will make you feel like a million bucks.

2 CUPS	**KALE, PACKED WASHED, DRIED AND MASSAGED**
2	**PEARS, SMALL, HALVED**
4	**CELERY STALKS, MEDIUM, QUARTERED**
2	**CUCUMBERS, SMALL, WASHED AND QUARTERED**
6	**MINT SPRIGS, FRESH**

NUTRITION FACTS PER 4 OZ SERVING

110 calories, 1g fat, 65mg sodium, 25g carbs, 0g fiber, 13g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Kale isn't just here for the color. It's loaded with vitamins K, A, and C to give this juice a serious nutrition boost.

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. While the juicer is running, continue adding the remaining ingredients through the feeder. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!

Apple Citrus Ginger Juice.

YIELDS 14 OZ | 3 SERVINGS

Bright, sweet fruit juice, with a kick! This refreshing elixir delivers warm, energizing refreshment in every sip.

1	ORANGE, PEELED
1	HONEYCRISP APPLE, SMALL
1	GRANNY SMITH APPLE, MEDIUM
1	LEMON, PEELED
1	2-INCH PIECE OF GINGER

NUTRITION FACTS PER SERVING

80 calories, 0g fat, 0mg sodium, 22g carbs, 0g fiber, 16g total sugars, 0g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!





Apple, Beet, & Carrot Juice.

YIELDS 14 OZ | 4 SERVINGS

Why sing your ABC's when you can drink them? This sweet, earthy blend of apples, beets, and carrots is a simple, foundational recipe for any juicing routine.

- 3 **GREEN APPLES, SMALL**
- 3 **BEETS, SMALL, RAW, SCRUBBED**
- 3 **CARROTS, MEDIUM, QUARTERED**

NUTRITION FACTS PER SERVING

90 calories, 0g fat, 75mg sodium, 20g carbs, 0g fiber, 13g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

This vibrant blend delivers naturally occurring nitrates and antioxidants that help support healthy circulation, energy, and overall wellness.

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!

Apple, Pear, & Strawberry Juice.

YIELDS 20 OZ | 5 SERVINGS

Sweet, bright, and bursting with fresh-picked flavor, this kid-friendly fruity juice will put a pep in your step and a smile on your face.

2	**APPLES, MEDIUM, HALVED**
2	**PEARS, MEDIUM, HALVED**
14 OZ	**STRAWBERRIES, FRESH, WHOLE**

NUTRITION FACTS PER 4 OZ SERVING

100 calories, 0g fat, 0mg sodium, 27g carbs, 0g fiber, 18g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Turn your fresh juice into a brunch favorite! Add a splash to sparkling wine for a colorful, naturally fruity twist on a classic mimosa. Use sparkling water for an alcohol-free version!

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!





Gingery Green Juice.

YIELDS 16 OZ | 4 SERVINGS

This medley of spinach, apple, cucumber, and lemon gets a spicy kick from fresh ginger, for a zingy pick-me-up any time of day.

2 CUPS	**SPINACH**
2	**CUCUMBERS, SMALL, QUARTERED**
2	**GREEN APPLES, SMALL, HALVED**
1	**LEMON, WASHED, SKIN ON, HALVED**
1	**2-INCH GINGER ROOT PIECE, WASHED**

NUTRITION FACTS PER 4 OZ SERVING

60 calories, 0g fat, 15mg sodium, 16g carbs, 0g fiber, 10g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!

Garden Veggie Juice.

YIELDS 16 OZ | 4 SERVINGS

It's the whole veggie patch in a glass! This combination of carrot, tomato, celery, and bell pepper is the perfect juice for an energy boost.

- 3 TOMATOES, SMALL, HALVED
- 2 CARROTS, MEDIUM, CUT
- 4 CELERY STALKS, CUT
- 1 RED BELL PEPPER, CLEANED, QUARTERED

NUTRITION FACTS PER 4 OZ SERVING

45 calories, 0g fat, 60mg sodium, 10g carbs, 0g fiber, 6g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Turn this fresh veggie juice into a delicious Bloody Mary–inspired mocktail! Pour over ice and add a squeeze of lemon, a dash of hot sauce, and a sprinkle of celery salt. Garnish with a celery stalk!

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!





Purple Pineapple Juice.

YIELDS 20 OZ | 5 SERVINGS

Pineapple and cabbage may not be the most obvious juice pairing, but the fruit's sweetness and acidity mask the more vegetal flavors, delivering antioxidant benefits in a tropically tangy package.

2 CUPS	**RED CABBAGE, WASHED, CUT**
2	**APPLES, SMALL**
2 CUPS	**PINEAPPLE, SPEARS**
1	**LEMON, WHOLE WASHED, SKIN ON**
1	**2-INCH PIECE GINGER**

NUTRITION FACTS PER 4 OZ SERVING

80 calories, 0g fat, 0mg sodium, 20g carbs, 0g fiber, 14g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

To make a double batch, prepare and juice the recipe a second time!

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!

Pineapple Grapefruit Green Juice.

YIELDS 20 OZ | 5 SERVINGS

If you're looking for refreshment, this juice has it in droves, combining the light, fresh flavors of pineapple, celery, grapefruit, and lemon with the green goodness of parsley and spinach.

2 CUPS	**SPINACH**
2 CUPS	**PINEAPPLE CHUNKS**
3	**CELERY STALKS, SMALL, CUT**
1	**GRAPEFRUIT, SMALL, PEELED**
½ BUNCH	**PARSLEY, WASHED, ABOUT ½ CUP PACKED**
1	**LEMON, WHOLE, WASHED, SKIN ON**

NUTRITION FACTS PER 4 OZ SERVING

80 calories, 0.5g fat, 0mg sodium, 20g carbs, 0g fiber, 11g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Load the **Hopper** with the ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**.
3. Use the **2-in-1 Pusher and Scraper**, as needed to push ingredients through.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
5. Switch the Dial to **REVERSE** for a few seconds, then set the Dial to **OFF**.
6. Enjoy!





Wellness shots.

Goodness comes in small packages!

These recipes use potent ingredients like ginger, citrus, and greens to deliver concentrated doses of plant power.

For more delicious recipes,
visit **nutribullet.com**



Carrot Citrus Ginger Shot.

YIELDS 14 OZ | 7 2-OZ SERVINGS

Full of ingredients known for their immune-boosting compounds, this potent juice shot is the perfect pick-me-up on stuffy sinus days.

2	**CARROTS, LARGE, QUARTERED**
2	**ORANGES, PEELED**
2	**LEMONS, WHOLE**
1.5 OZ	**TURMERIC ROOT (4 1-INCH PIECES)**
1.5 OZ	**GINGER ROOT (4 1-INCH PIECES)**
⅛ TBSP	**BLACK PEPPER**
2 TBSP	**APPLE CIDER VINEGAR**
1 TBSP	**RAW HONEY**

NUTRITION FACTS PER 2 OZ SERVING

60 calories, 0g fat, 15mg sodium, 14g carbs, 0g fiber, 8g total sugars, 2g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Pour any leftover juice into an ice cube tray and freeze. Thaw a cube overnight in the refrigerator for a quick grab-and-go wellness shot.

PRO TIP

After juicing turmeric root, soak your Hopper and Juicing Bowl in water with vinegar to remove any stains.

1. Alternate loading the **Hopper** with all ingredients, excluding the black pepper. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Add a pinch of black pepper and stir to combine.
6. Enjoy!

Pineapple, Turmeric, Ginger Shot.

YIELDS 24 OZ | 12 2-OZ SERVINGS

This golden juice shot combines three powerhouse ingredients into one concentrated elixir.

1	PINEAPPLE, RIPE, PEELED, CORED, & CUT INTO CHUNKS
5 OZ	GINGER, CUT INTO 1-INCH PIECES
4 OZ	TURMERIC, CUT INTO 1-INCH PIECES
¼ TSP	BLACK PEPPER

NUTRITION FACTS PER 2 OZ SERVING

45 calories, 0g fat, 0 mg sodium, 11g carbs, 0g fiber, 6g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

A zesty shot that delivers a bright burst of antioxidants and powerful plant compounds designed to help support digestion, immunity, and combat inflammation.

1. Alternate loading the **Hopper** with all ingredients, excluding the black pepper. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Add a pinch of black pepper and stir to combine.
6. Enjoy!





Green Energy Shot.

YIELDS 16 OZ | 8 2-OZ SERVINGS

This lean, green mix of apple, cucumber, celery, parsley, and lemon packs a mean plant-powered punch.

1	**GREEN APPLE, HALVED**
1	**CUCUMBER, QUARTERED**
6	**CELERY STALKS TRIMMED, HALVED**
½ BUNCH	**PARSLEY**
1	**LEMON, SKIN ON, HALVED**

NUTRITION FACTS PER 2 OZ SERVING

35 calories, 0g fat, 40mg sodium, 8g carbs, 0g fiber, 4g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

This vibrant green shot delivers a refreshing boost of antioxidants and plant-powered nutrients to help you feel energized, revitalized, and ready to take on your day.

1. Alternate loading the **Hopper** with all ingredients. Once loaded, make sure the **Lid** is locked.
2. Set the Dial to **ON**. Use the **2-in-1 Pusher and Scraper** as needed to guide the ingredients through the **Auger**.
3. When the **Juicing Bowl** is full, open the anti-drip spout to empty the juice into the **Juice Cup**.
4. Switch the Dial to **REVERSE** as needed to extract any remaining ingredients. Once all ingredients have passed into the **Juicing Bowl**, set the Dial to **OFF**.
5. Add a pinch of black pepper and stir to combine.
6. Enjoy!



Milk & Pulp Creations.

These recipes get creative, repurposing leftover pulp into new creations and turning your juicer into a nut milk machine.

For more delicious recipes,
visit **nutribullet.com**

Almond Milk.

YIELDS 6 CUPS | 6 SERVINGS

Using your batch juicer for homemade almond milk is an underrated kitchen hack. The Hopper lets you load all your almonds in one go, while the built-in sieve strains the pulp for you.

2 CUPS	**RAW ALMONDS**
2 CUPS	**HOT WATER**
7 CUPS	**FILTERED WATER, DIVIDED**
1 TSP	**VANILLA EXTRACT**
PINCH	**SALT**

NUTRITION FACTS PER 1 CUP SERVING

95 calories, 8g fat, 30mg sodium, 3g carbs, 1g total sugars, 0g added sugars, 3.5g protein. **Nutrition values are approximate and may vary depending on how thoroughly the almond pulp is strained.**

PRO TIP

Shake well before serving. Separation is completely natural since homemade almond milk contains no stabilizers.

PRO TIP

Don't toss your almond pulp! Use it to make Almond Joy Bites (pg. 47), muffins, or crackers, or stir it into your oatmeal for extra texture and fiber.

1. Place the raw almonds in a bowl and cover with hot water. Soak for 30 minutes.
2. Drain and rinse the almonds until the water runs clear. Add the almonds and 2 cups of the filtered water to the **Hopper**. Once loaded, make sure the **Lid** is locked and the anti-drip spout is closed.
3. Set the Dial to **ON**. Gradually add the remaining water, 1 cup at a time, through the feeder.
4. When the **Juicing Bowl** is full, open the anti-drip spout to empty the almond milk into the **Juice Cup**. Stir in the vanilla extract and salt until combined.
5. Transfer the almond milk to a glass bottle and refrigerate. Enjoy within 1 week.





Almond Joy Energy Bites.

MAKES 24 BITES

Put leftover pulp from your homemade almond milk to good use and fold it into these fiber-filled bites! With their complex carbohydrates and healthy fats, they're a perfect snack to enjoy pre-workout, mid-hike, or any time you need a healhty boost.

12	DATES, PITTED
2 TBSP	ALMOND BUTTER
¼ CUP	WATER
1 TBSP	VANILLA EXTRACT
2 CUPS	ALMOND MILK (PG 44) PULP
½ CUP	OATS
3 TBSP	CACAO POWDER
2 TBSP	CHIA SEEDS
½ CUP	UNSWEETENED COCONUT FLAKES
PINCH	SEA SALT
12-16	WHOLE ROASTED ALMONDS
	HOT WATER

NUTRITION FACTS PER SERVING

90 calories, 5g fat, 10mg sodium, 10g carbs, 2g fiber, 6g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

Store energy bites in an airtight container in the refrigerator for up to 1 week or freeze for up to 3 months for an easy grab-and-go snack.

1. Soak the dates in hot water for 30 minutes. Drain, then rinse with cold water until the water runs clear and the dates are cool.
2. In a personal blender, pulse the dates to break them down into a paste. Add the almond butter, water, and vanilla extract, then blend until smooth.
3. Transfer the blended mixture to a medium bowl. Add in the Almond Milk pulp, oats, cacao powder, chia seeds, coconut flakes, and sea salt. Mix until well combined.
4. Roll the mixture into bite-sized balls, about 1 inch in diameter. Press a whole roasted almond into the center of each bite.
5. Place the bites on a baking tray or plate and refrigerate for 1 hour, or until firm.
6. Transfer to an airtight container. Store in the refrigerator until ready to enjoy.

Apple Pear Berry Overnight Oats.

YIELDS 8 CUPS | 8 SERVINGS

Fold leftover pulp from your apple pear strawberry juice – or any fruit juice you love – into oats for an extra dose of fiber and fruity flavor.

2 CUPS	**ROLLED OATS, RINSED**
16 OZ	**APPLE PEAR STRAWBERRY JUICE (PG 24) PULP**
2 TBSP	**CHIA SEEDS**
2 CUPS	**UNSWEETENED ALMOND MILK, STORE-BOUGHT OR HOMEMADE (PG 44)**
1 CUP	**PLAIN GREEK YOGURT**

1. In a large bowl, combine the rolled oats, juice pulp, chia seeds, almond milk, and Greek yogurt. Stir until well combined.
2. Cover the bowl and refrigerate overnight
3. Divide the overnight oats among bowls and top with your favorite toppings and sweetener before serving.

NUTRITION FACTS PER 1 CUP SERVING

200 calories, 5g fat, 30g carbs, 5g fiber, 3g total sugars, 0g added sugars, 9g protein. **Nutrition information is an estimate and does not include the nutritional contribution of the juice pulp used in this recipe, which will account for added fiber and nutrients.**

NUTRITIONIST TIP

Juice pulp is naturally rich in fiber, making it a simple way to reduce food waste while adding texture and nutrition to overnight oats.

PRO TIP

Pre-portion this mixture into single-serve jars to prep grab-and-go breakfasts for the week.





Citrus Honey Vinaigrette.

YIELDS 12 OZ | 6 2-OZ SERVINGS

Repurpose any citrus pulp leftover from juicing into this fresh, tangy salad dressing.

½ CUP	**TURMERIC CITRUS JUICE (PG 8)**
½ CUP	**PULP FROM TURMERIC CITRUS JUICE (PG 8)**
2 TBSP	**APPLE CIDER VINEGAR**
¼ CUP	**OLIVE OIL**
1 TBSP	**HONEY**
1 TSP	**VEGETABLE BOUILLON POWDER**
½ TSP	**GARLIC POWDER**
PINCH	**SALT**

NUTRITION FACTS PER 2 OZ SERVING

157 calories, 9g fat, 14g carbs, 0g fiber, 14g total sugars, 3g added sugars, 0g protein. **Nutrition information is an estimate and does not include the nutritional contribution of the juice pulp used in this recipe, which will account for added fiber and nutrients.**

1. Add all ingredients to a **Blender** in the order listed.
2. Blend until smooth and well combined.
3. Serve with your favorite salad.

PRO TIP

Feel free to swap in regular orange juice for the Turmeric Citrus Juice (pg. 8).

PRO TIP

Omit the vegetable bouillon powder for a lower-sodium dressing option.

Citrus Honey Tea Concentrate

YIELDS 1 CUP | 16 1-TBSP SERVINGS

This tea concentrate is an easy way to make use of leftover pulp. It works especially well with pulp leftover from juices made with citrus, ginger, and/or turmeric, like the Orange Enlightened Juice.

1 CUP	**TURMERIC CITRUS JUICE (PG 8) PULP**
1 CUP	**HONEY**
1 TBSP	**GRATED FRESH GINGER (OPTIONAL)**

NUTRITION FACTS PER 1 TBSP SERVING

60 calories, 0g fat, 17g carbs, 0g fiber, 17g total sugars, 17g added sugars, 0g protein. **Nutrition information is an estimate and does not include the nutritional contribution of the juice pulp used in this recipe, which will account for added fiber and nutrients.**

1. Stir the pulp and honey together until well combined.
2. Transfer to a clean glass jar and refrigerate for 24–48 hours to allow the flavors to meld.
3. To serve, stir 1–2 tablespoons into 8–10 oz hot water. Sweeten with additional honey, if desired.



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