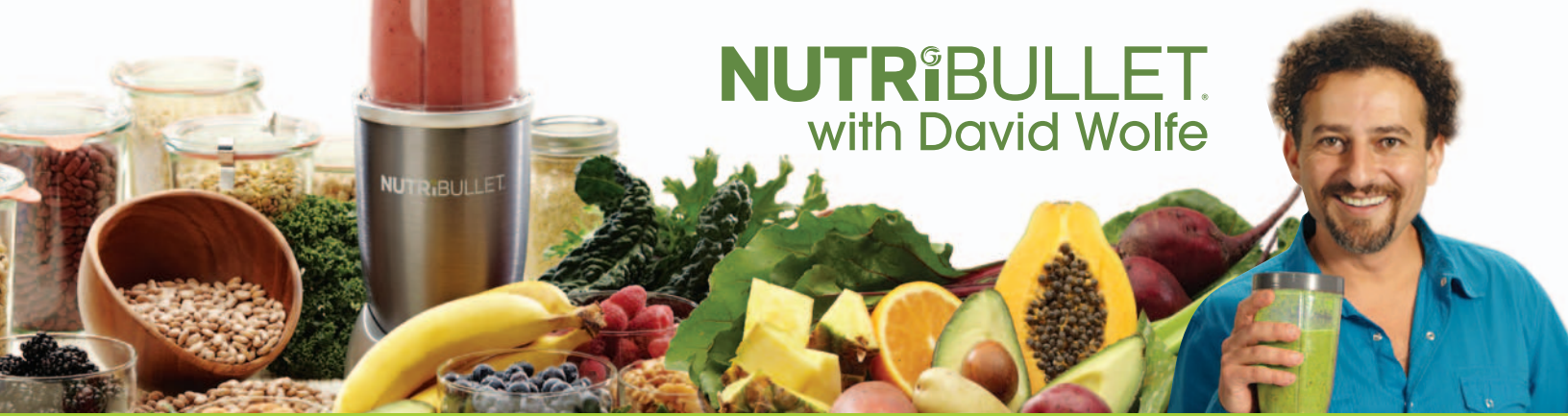


NUTRIBULLET[®]

with David Wolfe



RECIPES

Stress Less Blast

Feeling stressed out and on edge? Take a load off with this stress-relieving NutriBlast. It is filled with calcium and magnesium, which can quickly become depleted during times of stress. Magnesium helps relax your nerves and muscles while calcium supports their proper functioning.

- ½ **Tall** cup of spinach
- 1 cup strawberries
- 1 Tbsp chia seeds
- 1 Tbsp raw almond butter
- 1 tsp chlorella
- Unsweetened almond milk (calcium-fortified) to the MAX line and extract

Energy Elixir

Kick it up a notch with this delicious, energizing elixir. It's a perfect afternoon pick-me-up filled with readily available carbohydrates to provide quick energy along with fiber to help stabilize blood sugar for long lasting energy. This elixir could also be consumed post-workout by adding a scoop of protein powder to the mix. It contains healthy carbohydrates to replenish lost energy stores and coconut water to rebalance electrolytes.

- 2 handfuls of mixed greens
- 1 banana (peeled)
- 1 cup green grapes
- 1 pear (core and seeds removed)
- 10 walnut halves
- Coconut water to the MAX line and extract

Tame the Flame

Help reduce internal heat with this anti-inflammatory Blast! Flavonoid-rich black cherries and omega-3-rich flax seeds and walnuts, combined with fibrous greens provide inflammation relief in a tasty treat. Top it off with turmeric, the spice renowned for its anti-inflammatory properties.

- ½ **Tall** cup of kale
- ½ cup blueberries
- ½ cup cherries (pits removed)
- 1 Tbsp flax seeds or ground flax meal
- 5 walnuts
- ½ tsp turmeric
- Water to the MAX line and extract

Beet Treat

Filled with blood-cleansing beets, this NutriBlast is loaded with nutrients that help detoxify the liver and kidneys. The velvety red color indicates its abundant antioxidants, which help boost immunity and prevent free radical cell damage.

- ½ **Tall** cup spinach
- ½ small beetroot
- 1 carrot
- 1 apple (cored and seeds removed)
- 1 lemon (peeled)
- Water to the MAX line

Sweet Tooth

Help curb your sweet tooth with this dessert-like treat! Re-unite with nature's sweetness without added sugar, fat, and artificial flavors in this fiber-filled NutriBlast to help prevent those crazy blood sugar spikes.

- ½ cooked sweet potato
- 1 banana (peeled)
- 10 cashews or 1 Tbsp cashew butter
- 1 tsp cinnamon
- 1 tsp raw cacao powder (optional)
- Coconut milk beverage to the MAX line and extract