



Nourish Recipe

Reboot Juice

Servings: 1

Recipe courtesy of
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Ingredients

1 grapefruit

1 orange

1 lime

1 clementine

1 lemon



What you'll need



hand juicer

Nutrition Facts

Servings 1

Amount Per Serving

Calories 171

% Daily Value

Total Fat 0.6g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrates 43g 14%

Dietary Fiber 2g 7%

Sugars 16g

Protein 3g 5%

Vitamin A 21%

Vitamin C 309%

Iron 4%

Calcium 6%

Instructions

1. Slice the citrus in half and juice into a glass. Drink up and feel freshly revived.



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