

Pumpkin Soup

Processing: 6-7 minutes

1 cup (240 ml) chicken or vegetable broth	½ teaspoon paprika (optional)
¼ cup (60 ml) unsweetened coconut milk	¼ teaspoon cayenne pepper (optional)
1 ½ cups (368 g) canned pumpkin	½ teaspoon freshly ground nutmeg
½ cup (58 g) sliced onions, sautéed	salt and freshly ground black pepper, to taste
1 ½ garlic cloves, roasted	
1 ½ Tablespoons brown sugar	

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from vented lid.

Note: *Garnish with toasted pumpkin seeds. Substitute vegetable broth for a vegetarian option.*

Vegan Eggnog

Processing: 15 seconds

2 cups (480 ml) vanilla soy milk

¼ teaspoon ground cloves

¼ teaspoon ground nutmeg

½ teaspoon ground cinnamon

⅓ cup (80 ml) brandy

2 ½ Tablespoons (38 ml) maple syrup

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Turn machine on and slowly increase speed to Variable 10.
- 4.** Blend for 15 seconds.
- 5.** Serve over ice.



Pumpkin Latté

Processing: 30 - 45 seconds

1 cup (240 ml) hot or warm milk

¼ cup (60 ml) strongly brewed coffee, hot

¼ cup (60 g) canned pumpkin

1 Tablespoon white chocolate chips

¼ teaspoon granulated sugar

¼ teaspoon ground cinnamon

¼ teaspoon nutmeg

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Turn machine on and slowly increase speed to Variable 10, then to High.
- 4.** Blend for 35 to 45 seconds or until desired consistency is reached.

Sweet Potato Soup

Processing: 5-6 minutes

¼ (43 g) small onion, peeled

½ Tablespoon olive oil

1 (270 g) sweet potato, baked

½ (75 g) apple, seeded

1 (70 g) carrot, halved

1 vegetable bouillon cube

1 ½ cups (360 ml) water

- 1.** In a saucepan, sauté onion in olive oil for 5 minutes or until tender.
- 2.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 3.** Select Variable 1.
- 4.** Turn machine on and slowly increase speed to Variable 10, then to High.
- 5.** Blend for 5 to 6 minutes or until heavy steam escapes from the vented lid. Serve immediately.

Cranberry Maragrita

Processing: 35-45 seconds

Cranberry Jam:

¾ cup (75 g) fresh cranberries

¼ cup (50 g) granulated sugar

¼ cup (60 ml) water

2 Tablespoons (30 ml) orange juice

1 teaspoon orange zest

Cocktail:

8 Tablespoons (120 g) cranberry jam

2 ounces (60 ml) lime juice

4 ounces (120 ml) orange juice

6 ounces (180 ml) tequila

5 cups (1.2 L) ice cubes

- 1.** To make the Cranberry Jam, bring cranberries, sugar, water, and orange juice to a boil in a medium saucepan. Reduce the heat and simmer, stirring occasionally, until thick with jam consistency, about 30 to 40 minutes. Mix in the zest and let cool.
- 2.** Place 8 tablespoons jam, lime juice, orange juice, tequila, and ice into the Vitamix container in the order listed and secure lid.
- 3.** Select Variable 1.
- 4.** Turn machine on and slowly increase speed to Variable 10, then to High.
- 5.** Blend for 35 to 45 seconds or until desired consistency is reached.

Mixed Nut Butter

Processing: 1 minute

2 cups (256 g) roasted peanuts, roasted salted, dry roasted, or honey roasted

$\frac{3}{4}$ cup (96 g) roasted pecans

$\frac{1}{4}$ cup (32 g) sliced almonds

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Turn machine on and slowly increase speed to Variable 10, then to High.
- 4.** Blend for 1 minute, using the tamper to press the ingredients into the blades, until desired consistency is reached.

Pumpkin Muffins

Processing: 10 seconds

2 large eggs	2 teaspoons baking soda
¼ cup (60 ml) light olive oil	1 teaspoon allspice
1 cup (245 g) pumpkin, freshly cooked or canned	1 teaspoon cinnamon
¼ cup (60 ml) skim milk	1 ¾ cups (219 g) unbleached, all-purpose flour
¾ cup (150 g) granulated sugar	½ cup (120 g) chocolate chips, mini or regular
½ teaspoon salt	

1. Preheat oven to 350°F (180°C). Lightly coat muffin pan with vegetable cooking spray or use cupcake liners.
2. Place eggs, oil, pumpkin, milk, and sugar into the Vitamix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and slowly increase speed to Variable 5.
5. Blend for 10 seconds.
6. In a medium-size mixing bowl, combine salt, baking soda, allspice, cinnamon, flour and chocolate chips in the order listed.
7. Pour pumpkin mixture into bowl containing dry ingredients. Mix by hand just until dry ingredients are moistened.
8. Spoon into the prepared muffin pan, filling each cup ¾ full.
9. Bake 20 to 25 minutes or until a toothpick inserted in the center of one muffin comes out clean.
10. Cool on wire rack for 5 minutes, then carefully remove each muffin from muffin pan. Serve warm or at room temperature.



Fall Freeze

Preparation: 30-60 seconds

2 Tablespoons milk

2 Tablespoons cream cheese

¼ pie pumpkin, baked and flesh removed or
½ cup (240 ml) solid pack canned pumpkin

½ cup firmly packed brown sugar

½ teaspoon vanilla extract

½ teaspoon pumpkin pie spice

3 cups (1.4 l) ice cubes

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Turn machine on and slowly increase speed to Variable 10, then to High.
- 4.** Use the tamper to press ingredients into the blades.
- 5.** In about 30 to 60 seconds, the sound of the motor will change and four mounds should form.
- 6.** Stop machine. Do not over mix or melting will occur. Serve immediately.