

Jan's Green Smoothie

1 C Coconut Water
2 Tbs. Agave
1 C Green Grapes
½" Sliver Pineapple with core
½ Banana
1 Slice Seedless Cucumber
¼ Peeled Avocado
1 Slice Lime
1 Small Rib Celery with Leaves
4 Sprigs Curly Parsley
¼ Apple with Stem, no seeds
2 C Baby Spinach
1 C Baby Kale
2 C Ice

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

Peach Guacamole

1 Roma Tomato $\frac{1}{4}$ & Seeded
4 Avocados
2 Ripe Peaches
 $\frac{1}{4}$ Red Onion Chopped
1 Jalapeno Halved & Seeded
 $\frac{1}{4}$ C Fresh Cilantro
Juice 3 Limes
Kosher Salt to taste

1. Place $\frac{1}{4}$ tomato, $\frac{1}{2}$ an avocado, $\frac{1}{2}$ of the peaches, onion, jalapeno, cilantro, lime juice and salt into the Vitamix container listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 3.
4. Blend for 15 to 20 seconds, using the tamper to press the ingredients into the blades.
5. Add remaining ingredients into the Vitamix container and secure lid.
6. Select Variable 1.
7. Turn machine on and slowly increase to Variable 3.
8. Blend for 15 to 20 seconds, using the tamper to press the ingredients into the blades.
9. Do not over mix. Leave chunky. Serve with tortilla chips.

Citrus Honey Refresher

1 C Water

1 Orange peeled (pith removed) and halved

3 Large Lemons peeled (pith removed) and halved

1 Tbs. Fresh Lemon Zest

.2-.3oz Fresh Ginger halved

½ C Honey

2 C Ice

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

Chipotle Peanut Butter

1 ½ C. Honey Roasted Peanuts

1 ½ C. Roasted Peanuts

1Tbs. Chipotle peppers in Adobo sauce

1. Place peanuts and peppers into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High using the tamper to press the ingredients into the blades.
4. In 1 minute, you will hear a high-pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change to a low, laboring sound. When you hear this, stop the machine.
5. Refrigerate in an airtight container for up to one week. It can also be frozen for longer storage.

Ground Bacon Cheeseburger

3 PCS onion quarters

6 PCS cubed meat (slightly frozen)

6 PCS 1" pc of bacon (frozen)

2 PCS 1" cube cheddar cheese

1. Place onions into the Vitamix container and secure lid.
2. Select Variable 3.
3. Use On/Off switch to pulse a few times to desired consistency.
4. Add meat, bacon and cheese to container and secure lid.
5. Select Variable 1.
6. Turn machine on and slowly increase speed to Variable 5, using the tamper to press the ingredients into the blades.
7. Process until a ground consistency is reached. Do not over process.

Fresh Lemon Curd

5 Large Eggs

¼ C Fresh Lemon Juice

Zest of 3 Lemons

1 ½ C Sugar

1/8 tsp. Salt

½ C Unsalted Butter Cut into Pieces

1. Place the eggs, lemon juice, zest, sugar and salt into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10 and then to High.
4. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.
5. Select Variable 1 and remove lid plug. Slowly increase speed to Variable 3.
6. Add butter one piece at a time until incorporated. Replace lid plug and blend an additional 30 seconds.
7. Allow to cool slightly in a large bowl (about 20 to 30 minutes) before serving.
8. Lemon Curd may also be chilled, uncovered and served cold.

Red Pepper Crab Soup

Ingredients

- 1/4 cup (38 g) chopped onion
- 1 Tablespoon olive oil
- 1 cup (240 ml) chicken broth
- 1 cup (240 ml) half and half mixed with 1 Tablespoon all-purpose flour
- 3 (492 g) large red peppers, roasted
- 2 cups (270 g) imitation or fresh crab meat, cooked
- 1 Tablespoon lemon juice
- Pinch cayenne pepper
- 1/4 teaspoon salt

Directions

1. Sauté onions in olive oil.
2. Place sautéed onion, broth, half and half with flour, red peppers, lemon juice, and cayenne pepper into 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 6 minutes or until heavy steam escapes from the vented lid. Add salt.
6. Reduce speed to Variable 2 and remove the lid plug. Drop crab meat through the lid plug opening. Stop machine and serve immediately.

For a non-dairy alternative, substitute soy milk for low fat or skim milk. This recipe has been written for the Vitamix 5200 with Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Chocolate Marshmallow Milkshake

Ingredients

1/4 cup (60 ml) half & half
2 Tablespoons (30 ml) chocolate syrup
2 Tablespoons (32 g) peanut butter
2 cups (260 g) vanilla ice cream
4 chocolate covered marshmallow cookies
Whipped cream for garnish

Directions

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 15-30 seconds, using the tamper to press the ingredients into the blades, or until desired consistency is reached.

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