

Zucchini Soup

Processing: 6 minutes

2 cups chicken broth	1 teaspoon chopped green bell pepper
½ cup milk	1 potato, baked and peeled
1 teaspoon lemon juice	1 white sweet potato, baked and peeled
1 medium zucchini, halved lengthwise	1 teaspoon salt
1 medium carrot, halved lengthwise	Ground black pepper, to taste
½ celery stalk	Roasted red bell pepper, diced, for garnish

1. Place broth, milk, lemon juice, zucchini, carrot, celery, green bell pepper, potato, sweet potato, salt, and pepper into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 6 minutes, or until heavy steam escapes from the vented lid.
5. Pour into soup bowls and garnish with roasted red bell pepper.

Chef's Note: *To make stew, combine soup with cooked white rice, diced cooked chicken, and diced cooked zucchini. Garnish with diced roasted red bell pepper.*

Roasted Tomato Soup

Processing: 6 minutes

1½ pounds Roma tomatoes, roasted

2 garlic cloves

1 medium yellow onion

2 ounces sun-dried tomatoes in oil

2 Tablespoons tomato paste

4 cups chicken broth

2 teaspoons salt

Oyster crackers, for garnish

- 1.** Place Roma tomatoes, onion, tomato paste, salt, garlic, sun-dried tomatoes, and broth into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 6 minutes, or until heavy steam escapes from the vented lid. Garnish with oyster crackers.

Creamy Tortilla Soup

Processing: 6 minutes

Soup Base:

2 cups chicken broth
14 ounces Roma tomatoes, quartered
½ bunch cilantro, stemmed
1 garlic clove
½ teaspoon ground black pepper
1 avocado, peeled and pitted
½ lime, peeled

Optional:

½ cup canned black beans,
rinsed and drained
½ cup canned corn, drained
2 ounces tortilla chips, crushed

For Garnish:

Sour cream
Cilantro, minced

1. Place all Soup Base ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 6 minutes, or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 1.
6. Start machine and remove lid plug. Add optional ingredients through the lid plug opening. Blend for 10 seconds.
7. Serve garnished with sour cream and cilantro.

Holy Guacamole Soup

Processing: 1 minute

1 cup guacamole	Salt, to taste
1½ cups chicken broth	Ground black pepper, to taste
1 cup milk	1 plum tomato, diced, for garnish
½ cup water	Fried chips, for garnish
½ cup heavy cream	Cilantro, minced, for garnish
2 Tablespoons tequila blanco	

- 1.** Place guacamole, broth, milk, water, cream, tequila, salt, and pepper into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 1 minute.
- 5.** Serve garnished with tomato, fried chips, and cilantro.

Stone Fruit Smoothie

Processing: 30 seconds

$\frac{3}{4}$ cup light soy milk

$\frac{1}{2}$ peach, pitted

1 plum, pitted and halved

2 teaspoons sliced almonds

$\frac{1}{2}$ cup frozen cherries, pitted

1 cup ice cubes

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 30 seconds, or until desired consistency is reached.

Crêpes

Processing: 20-25 seconds

Cream Cheese Filling: ¼ cup granulated sugar

8 ounces cream cheese, softened ½ teaspoon salt

⅓ cup confectioner sugar 10X 2½ cups milk

½ teaspoon vanilla 2 large eggs

1 teaspoon lemon zest 1 Tablespoon butter

Crêpe Batter: 1 teaspoon vanilla extract

2 cups flour

1. Stir together all cream cheese filling ingredients and set aside.
2. Sift flour, sugar, and salt together into a 3-cup measuring cup.
3. Place milk, eggs, butter, and vanilla into the Vitamix container in the order listed and secure lid.
4. Select Variable 1.
5. Start machine and slowly increase to its highest speed.
6. Blend for 10 seconds.
7. Reduce speed to Variable 5.
8. Remove lid plug and pour sifted dry ingredients through the lid plug opening.
9. Blend for 10 to 15 seconds, or until mixed.
10. To cook crêpes, pour 3 Tablespoons batter into a hot, lightly buttered crepe pan or 8-inch frying pan. Tilt to spread batter. Crepe is done when set on top and lightly browned on bottom.
11. Remove from pan. Spread with cream cheese filling and top with Mixed Berry Sauce.

Mixed Berry Sauce

½ cup water

1 – 2 Tablespoons lemon juice

1½ cups fresh or frozen raspberries

1½ cups fresh or frozen strawberries

1 cup fresh or frozen blueberries

¾ cup granulated sugar

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 2 to 3 minutes, or until smooth, using the tamper to press the ingredients into the blades.



Roasted Tomato and Basil Hummus

Processing: 1 minute

9 ounces Roma tomatoes, roasted

1 garlic clove, peeled

¼ cup basil leaves

½ teaspoon hot sauce

¼ cup water

1½ cups garbanzo beans, rinsed and drained

1 Tablespoon extra virgin olive oil

½ teaspoon cumin powder

¼ cup Tahini Paste

½ teaspoon salt

1¼ Tablespoons lemon juice

¼ teaspoon ground black pepper

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 1 minute, or until smooth, using the tamper to press the ingredients into the blades. If necessary, add water through the lid plug opening while the machine is running to keep mixture flowing freely through the blades.

Roasted Eggplant Dip with Mint

Processing: 20–25 seconds

2 pounds eggplant,
halved lengthwise, roasted

1½ teaspoons salt, divided use

1 teaspoon pepper, divided use

2 Tablespoons olive oil
(plus more for brushing)

1½ shallots, peeled and minced

2 Tablespoons lemon juice

¼ cup tahini

2 Tablespoons chopped
flat leaf parsley

1 Tablespoon chopped
mint leaves

1 garlic clove, chopped

- 1.** Preheat oven to 375°F (190°C).
- 2.** Season eggplant with ½ teaspoon salt and ½ teaspoon pepper. Brush the cut faces with olive oil to lightly coat.
- 3.** Roast eggplant, cut side down, on a baking sheet until soft, 30 to 40 minutes. Meanwhile, place shallots in lemon juice with ¼ teaspoon salt. Remove eggplant and cool to room temperature; scoop out the flesh and discard seeds.
- 4.** Combine roasted eggplant with 2 Tablespoons olive oil, shallots, tahini, and parsley. Season with mint, garlic, and remaining salt and pepper.
- 5.** Place mixture into the Vitamix container and secure lid.
- 6.** Select Variable 1.
- 7.** Start machine and slowly increase to its highest speed.
- 8.** Blend for 20 to 25 seconds, or until smooth.
- 9.** Serve in chilled bowls.

Peanut Butter Cup Donut Milkshake

Processing: 1 minute

1 cup milk

4 Tablespoons chocolate syrup

4 cups vanilla ice cream

peanut butter, to taste

2 chocolate glazed donuts

2 small chocolate donuts

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