

Chocolate Peanut Butter Almond Milk Ice Cream (2 batches)

Ingredients

2 1/2 Cups Chocolate Almond Milk

2 Tablespoons Peanut Butter

Directions

- 1) Fill an ice cube tray with 2 cups of the Chocolate Almond milk and freeze into cubes
- 2) Add remaining 1/2 cup of Chocolate Almond milk and peanut butter into Vitamix container.
- 3) Add frozen chocolate almond milk cubes.
- 4) Put on container lid and remove lid plug and insert tamper.
- 5) Turn machine to variable 1 and turn on and then increase to high. Use tamper to press the ingredients down into the blades.
- 6) In about 30 seconds, the sound of the motor will change and four mounds should form.
- 7) Stop machine. Do not over mix or melting will occur. Scoop and serve immediately.

Mushroom Soup

Ingredients

- 3 Cups Crimini Mushrooms (Washed & Stems Removed)
- 2 Tablespoons Olive Oil
- 1/2 Teaspoon Fresh Thyme (Chopped)
- 1 Cup Veg Stock
- 1 Cup Plain Almond Milk (Unsweetened)
- 3 oz Cannellini (White) Beans
- 1/2 Teaspoon Salt
- 1 Clove Roasted Garlic

Directions

- 1) Sauté Mushrooms in pan with Olive Oil and Fresh Thyme and set aside (reserve 2 for garnish)
- 2) Add all other ingredients into your Vitamix in order listed
- 3) Add in sautéed mushrooms
- 4) Select variable speed 1
- 5) Turn machine on and slowly increase speed to Variable 10, then to high.
- 6) Blend for 5 minutes or until heavy steam escapes from the vented lid
- 7) Serve and garnish with slivered mushroom slices and fresh thyme sprig.

Cocktail Meatballs

Ingredients

8 1" pieces of top round steak, slightly frozen
1 egg
2 Tablespoons Water
1 slice of fresh bread
2 Tablespoons chopped onion
1/8 Teaspoon Allspice

Sauce:

1 8 oz. can jellied cranberry sauce
¾ cup chili sauce
1 Tablespoon brown sugar or maple syrup
1 Teaspoon lemon juice

Directions

- 1) Preheat oven to 350 degrees.
- 2) Place the meat, egg, water, bread, onion and Allspice in the container and secure the lid.
- 3) Select Variable Speed 1.
- 4) Turn machine on and slowly increase to Variable Speed 5. Remove lid plug and use tamper to push ingredients into the blades. Process until desired consistency is reached.
- 5) Roll into small meatballs.
- 6) Bake in preheated oven for 20-25 minutes, turning once.
- 7) While meatballs are baking, combine cranberry sauce, chili sauce, brown sugar and lemon juice in a small sauce pan over low heat.
- 8) When meatballs are cooked through, add them to the sauce and simmer for 1 hour before serving.