



## Peach Soy Sorbet

- 1 cup (240 ml) soy milk
- 1 pound (455 g) frozen peaches, softened for 25 minutes
- ¼ cup (60 m) honey
- ½ teaspoon vanilla extract



### 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.
4. Use the tamper to press the ingredients into the blades.
5. In about 30-60 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



## 14-in-1 Green Smoothie

½ cup almond milk  
½ cup coconut water  
4 oz green seedless grapes  
½ frozen banana  
1 pc pineapple with the core  
5 oz fresh cantaloupe  
1" piece fresh ginger, peeled  
1 whole medium seedless orange,  
peeled/halved  
1 whole small seedless lemon,  
peeled/halved  
2 oz frozen peaches  
4 pcs frozen mango slices  
2 cups raw baby spinach  
1 cup raw baby kale  
2 cups ice cubes



### Directions

1. Place all ingredients into Vitamix container in order listed.
2. Turn machine on speed 1 and increase to 10.
3. Blend for 45-60 seconds or until desired consistency is reached.
4. Serve and enjoy!



## Simple Sweet Potato Soup

- 1 ½ cups organic vegetable stock
- 1 cup 2% greek yogurt
- 1 tsp salt
- ¼ tsp pepper
- 12 oz baked yam, peeled
- ¼ cup raw cashews
- Garnish: Scallions



### Directions

1. Place all ingredients into Vitamix container.
2. Select variable speed 1.
3. Turn machine on and slowly increase speed to 10.
4. Blend for 5-6 minutes until mixture is hot and turn off machine. Be careful when removing lid as steam will be escaping.
5. Serve and garnish with chopped scallions.



## Mixed Spiced Berry Sorbet

½ ounce fresh ginger root, peeled  
½ cup fresh mint leaves  
1/8 tsp ground cloves  
1/8 tsp ground allspice  
¼ tsp ground nutmeg  
½ tsp ground cinnamon  
1 tsp vanilla extract  
½ cup granulated sugar dissolved in  
1 cup cold water  
2 cups frozen unsweetened  
strawberries  
2 cups frozen unsweetened  
blueberries  
2 cups frozen pitted Bing cherries



### 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, using the tamper to press the ingredients into the blades.
4. In about 30-60 seconds, the sound of the motor will change and you will see the ingredients form into a frozen sorbet. Stop machine.
5. Do not over mix or melting will occur. Serve immediately.

# Spicy Hummus

Spice up your hummus with your favorite hot sauce. Just remember, the heat level you choose will be intensified in the Vitamix.



## Yield:

3¼ cup (780 ml)

## Total Time:

6 Minutes

## Difficulty:

Easy

## Ingredients

- 15 ounces (425 g) canned chickpeas, rinsed, drained
- 2 Tablespoons hot sauce
- ½ cup (120 ml) Tahini
- 2 Tablespoons lemon juice
- 1 garlic clove
- 1 teaspoon (3 g) salt

## 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 to the highest speed.
4. Blend for 1 minute or until smooth, using the tamper to push the ingredients into the blades.

## Nutrition Information

Serving Size 2 Tablespoons

Amount Per Servings

Calories	25
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	190 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Sugars	1 g
Protein	1 g