



Sweet Potato Hummus

1 pound sweet potatoes,
peeled and steamed until tender

1 can (19.5 oz) chickpeas, drained
(reserve ½ cup of liquid), rinsed

¼ cup fresh lemon juice

¼ cup tahini

2 TBS extra virgin olive oil

2 tsp ground cumin

1 garlic clove peeled

½ tsp kosher salt

¼ tsp ground pepper

- 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 1 minute, using the tamper to push the ingredients into the blades.
- 5.** Season to taste with salt.
- 6.** Serve with pita chips & crudités



Coffee Smoothie

1 ½ cups strong brewed coffee,
room temp or cold

6 TBS old fashioned oats,
soaked overnight in coffee

½ cup raw cashews, soaked
overnight in coffee with oats

4 medjool dates, pitted

1 TBS unsweetened cocoa powder

pinch of kosher salt

pinch of cinnamon

2 frozen bananas, halved

- 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 seconds or until smooth.
- 5.** Serve at once in chilled tall glasses garnished with a dollop of whipped cream and a sprinkle of cinnamon.

Black Bean Soup

3 cups (720 ml) low sodium vegetable stock

1 ½ cups (360 g) canned, drained and rinsed black beans (½ beans reserved)

1 ½ cups (360 g) canned, drained and rinsed chickpeas (½ chickpeas reserved)

½ cup (80 g) chopped onion, sautéed

3 garlic cloves, roasted

3 Tablespoons (45 ml) lime juice

1 (10 g) jalapeño pepper, seeded

1 teaspoon ground cumin

¼ teaspoon Kosher salt

⅛ teaspoon freshly ground black pepper

¼ cup (37 g) coarsely chopped red pepper

¼ cup (37 g) coarsely chopped yellow pepper

¼ cup (25 g) chopped scallions, garnish

1. Place vegetable stock, beans, chickpeas, onion, garlic, lime juice, jalapeño pepper, and seasonings 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 the vented lid.
5. Reduce speed to Variable 4 and remove the lid plug. Add peppers and reserved beans through the lid plug opening.
6. Blend for additional 10 seconds. Serve immediately.

Spinach and Artichoke Fondue

2 Tablespoons (30 g) butter	2 teaspoons lemon juice
1 garlic clove, minced	1 Tablespoon cornstarch
6 canned artichoke hearts, drained and diced	1 teaspoon fresh ground black pepper
3 ounces (85 g) frozen spinach, thawed and squeezed "dry"	12 ounces (340 g) cubed Monterey Jack cheese
$\frac{3}{4}$ cup (180 ml) dry white wine	3 ounces (85 g) grated Parmesan cheese
$\frac{3}{4}$ cup (180 ml) water	4 ounces (113 g) crumbled Feta cheese

1. Heat butter in sauté pan over medium heat. Add the garlic, artichokes, and spinach. Sauté for 2 minutes. Set aside.
2. Place wine, water, lemon juice, cornstarch, pepper, and cheeses 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 3-4 minutes until mixture is smooth and warm.
6. Pour mixture into fondue pot.
7. Stir in spinach and artichoke mixture.
8. For dippers, try cubed country French bread, mushroom caps, steamed or grilled asparagus spears, steamed or grilled broccoli, and cauliflower.

Cheese and Whiskey Fondue

1 cup (115 g) sliced onion

1 teaspoon olive oil

1 ½ cups (360 ml) milk

¼ cup (60 ml) whiskey

1 pound (454 g) cheddar cheese, cubed

1 Tablespoon potato starch dissolved in 2 Tablespoons (30 ml) cold water

1. Sauté onions in olive oil until soft.
2. Place into the Vitamix container with the milk, whiskey and cheese in the order listed and secure lid.
3. Select Variable 1.
4. Turn on machine and slowly increase to Variable 10, then to High.
5. Blend for 5-6 minutes or until heavy steam escapes from the vented lid. Stop machine.
6. Remove lid plug and add potato starch mixture through the lid plug opening.
7. Blend for 1 minute. Season to taste with salt and pepper.
8. Pour into a fondue pot to keep warm. Serve with bread cubes.



White Chocolate “Cheesecake” Fondue

1 cup (240 ml) heavy cream	¼ teaspoon grated nutmeg
½ cup (120 g) reduced fat sour cream	¼ teaspoon ground cinnamon
6 ounces (170 g) Mascarpone cheese	1 teaspoon vanilla extract
8 ounces (227 g) Neufchatel cheese	8 ounces (227 g) chopped white chocolate
¼ cup (50 g) granulated 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 3 minutes with tamper as necessary or until mixture is smooth and warm. Pour into fondue pot.
5. For dippers, try cubed pound cake, angel food cake, sliced fresh pears, sliced fresh apples, and dried fruit.