

All-in-One Fruit & Vegetable Breakfast Smoothie

Ingredients

- 2 -1/2 cups green seedless grapes
- ½ inch slice of pineapple with core
- 1 banana, peeled
- Slice of Red cabbage with core
- Green cabbage leaf
- Strawberry with green
- ¼ of a Granny smith apple
- ½ slice of red raw beet
- 1 medium seedless orange, peeled and halved
- 1 slice of lemon
- Uncooked oats and tablespoon
- Honey – 2-3 tablespoons
- Raisins
- 1 carrot – about 4” long
- 1 celery – about 4” long with leaves
- 2-3 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 1 minute and 30 seconds or until desired consistency is reached

Jan's Green Smoothie

Ingredients

- ½ cup homemade almond milk (see recipe below)
- 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 and halved
- 1 whole small seedless lemon, peeled and 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 the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 1 minute and 30 seconds or until desired consistency is reached

Jan's Almond Milk

Ingredients

- 3 cups water
- 1 cup blanched or raw almonds
- 1 TBS. agave
- 2 pitted dates
- 1 tsp vanilla extract

TO MAKE – SOAK ALMONDS OVERNIGHT IN WATER, drain off water and add almonds through vanilla, plus 3 cups water. Process 1 min. –store for 4-5 days in frig.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 1 minute or until desired consistency is reached

Carrot Ginger Apple Juice (1 min)

Ingredients

- 2 cups cold water
- 1 lb. golden delicious apples, cored
- 3 oz. carrot (about 2 carrots, trimmed)
- Small piece fresh ginger, peeled
- 2 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 1 minute or until desired consistency is reached

DAVID's RUMCHATA MILK SHAKE

Ingredients

- 5 oz. rumchata
- 1 oz. vanilla vodka
- ½ oz. cinnamon whiskey
- 1 banana
- 1 TBS peanut butter
- 12 oz. vanilla ice cream
- drizzle with chocolate syrup

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 15 – 20 seconds or until desired consistency is reached

WINTER BLUE MARGARITA

Ingredients

- ½ cup fresh pineapple, in chunks
- In measuring cup:
 - 4 oz. tequila
 - 2 oz. triple sec
 - ½ cup pineapple juice
 - ½ cup cream of coconut
 - ½ cup blue curacao
- In measure cup:
 - 3 cups ice cubes
- Rim glasses with coconut and corn syrup mixture.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 30 – 45 seconds or until desired consistency is reached

WHOLE FRUIT PINA COLADA

Ingredients

- 1 whole ripe pineapple, peeled, cored, deseeded and cut into 8 batons, then cut 4 batons into chunks and put in container.
- Put 4 remaining batons in container.
- Add:
- ½ cup coconut milk
- ¼ cup rum
- 3 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 30 – 45 seconds or until desired consistency is reached

HOLIDAY RUMCHATA

Ingredients

- 8 oz. rumchata
- 2 oz. vanilla vodka
- 2 oz. fireball cinnamon whiskey
- 3 cups ice
- Cinnamon sugar rimmed martini glass or rita glass

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 30 – 45 seconds or until desired consistency is reached

TROPICAL YOGURT GELATO

Ingredients

- 1 cup vanilla yogurt
- 8 oz. frozen pineapple chunks
- 8 oz. frozen mango chunks

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

BANANA CUSTARD

Ingredients

- 2 frozen bananas, halved
- 1 fresh banana, halved

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

BLUEBERRY SORBET

Ingredients

- 1 ½ cups frozen blueberries
- ¼ cup lemon juice
- ¼ cup coconut milk
- agave
- ½ cup ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

BLUEBERRY SHERBET

Ingredients

- 1 ½ cups frozen blueberries
- ¼ cup lemon juice
- ¼ cup homemade almond milk (see recipe below)
- agave, ½ cup ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

MAKE YOUR OWN NUT BUTTER

Ingredients

- 1 ½ cups dry roasted peanuts
- 1 ½ cups of either cashews, walnuts or pecans

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 30 – 60 seconds or until desired consistency is reached.

STRAWBERRY APPLESAUCE

Ingredients

- 5 oz. whole strawberries, green removed
- 3 pink lady apples, cored and quartered, with peel, tossed in 2 TBS lemon juice.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

BANANA DATE APPLESAUCE

Ingredients

- 1 banana, halved
- 3 medjool dates, pitted
- 6 whole strawberries, green removed
- 2 pink lady apples, cored and quartered, with peel, tossed in 1 TBS lemon juice with ¼ tsp cinnamon.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High.
4. Use the tamper to push the food into the blades for 20 – 30 seconds or until desired consistency is reached.

ROASTED CAULIFLOWER SOUP WITH Black Pepper BACON

Ingredients

- 1 tbsp. olive oil
- 16 ounces cauliflower florets
- 1 slice black pepper bacon, diced
- 4 oz. onion, sliced
- 2 oz. carrot, sliced
- 2 oz. celery, sliced
- ½ tsp dried parsley
- ½ tsp dried thyme
- ½ tsp dried rosemary
- 1 tsp salt
- 26 oz. boxed unsweetened almond milk
- 3 slices black pepper bacon, cooked off and crisp

Directions

1. Roast cauliflower, diced bacon, onion, carrot, celery, herbs and oil for 20 minutes at 400 degrees on a sheet pan.
2. Reserve small amount of this mix for garnish.
3. Pour almond milk into the Vitamix container and add the rest of the cauliflower mix.
4. Select Low.
5. Turn machine on and switch to High speed.
6. Blend for 6-7 minutes or until heavy steam escapes from the vented lid, using tamper to push ingredients into the blades.
7. Turn machine off and remove lid plug.
8. Add the 3 slices of cooked bacon and secure the lid plug.
9. Turn machine to Low
10. Using the On-Off Switch, turn the machine on and off quickly to chop the bacon into the soup.
11. Garnish with reserved cauliflower mixture.

APPLE BUTTERNUT SQUASH SOUP

Adapted from your apple acorn squash soup.

Ingredients

- 3 cups butternut squash, peeled, seeded and cubed
- 1 white sweet potato, peeled and cubed
- 1 TBS olive oil
- ¼ cup onion, peeled and chopped
- 1 garlic clove, peeled
- 2 cups chicken or veg broth
- ½ large apple, quartered, seeded
- ¼ cup cream
- ¼ tsp dried thyme
- ½ tsp salt

Directions

1. Steam or roast squash and sweet potato until cooked. Sauté onion and garlic in olive oil until onion is clear and tender.
2. Place the stock, squash and potato mix, garlic and onion mix, apple, cream, thyme and salt into the Vitamix container and secure the lid.

DAVID'S CHEDDAR ALE SAUCE

Ingredients

- 2 tbsp. butter
- 3 tbsp. flour
- 1 garlic clove, peeled
- ¼ cup onion, chopped
- ½ cup ale style beer
- ½ cup chicken stock
- ¼ cup milk
- ¼ cup heavy cream
- 2 cups cheddar cheese, shredded
- 1/3 tsp kosher salt
- 1/8 tsp ground black pepper
- ¼ tsp dry mustard powder

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and flip switch to High. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 4 minutes.

CELERY, APPLE & WALNUT SOUP

Ingredients

- 1 TBS olive oil or butter
- ½ small onion, sliced
- ½ medium granny smith apple, peeled and cored
- ½ lb. celery stalks and leaves, chopped
- ½ of large baked potato
- 2 ½ cups veg or chicken stock
- ½ cup walnuts
- ½ tsp salt
- ¼ tsp pepper
- garnish: Walnut oil

Directions

1. Sauté onion, apple and celery in oil until onion is clear and tender.
2. Place this mixture along with the baked potato, stock, walnuts, salt and pepper into the Vitamix container and secure the lid.
3. Select Low.
4. Turn machine on and switch to High. Blend for 6 minutes or until heavy steam escapes from the vented lid.

LOW-FAT ROASTED RED PEPPER ALFREDO SAUCE 6 min

Adapted from Low-Fat alfredo sauce in recipe book

Ingredients

- 1 cup skim milk
- 2 garlic cloves, peeled
- 2 TBS all purpose flour
- 4 TBS reduced fat cream cheese
- 1 cup cottage cheese
- 1 ½ cups grated parmesan cheese
- 3 TBS light butter spread or butter
- 4 oz. roasted red peppers, drained
- dash ground white pepper
- Tri color tortellini or other colored pasta

Directions

1. Cook pasta in boiling water until done. Drain and reserve.
2. Place milk, garlic, flour, cream cheese, cottage cheese, Parmesan cheese, butter, red peppers and pepper into the Vitamix container in the order listed and secure lid.
3. Select Low.
4. Turn machine on and switch to High.
5. Blend for 5 minutes or until heavy steam escapes from the vented lid.

Grated parm to garnish and minced parsley.

SIMPLE TORTILLA SOUP

Ingredients

- 1 Roma tomato
- 1 stalk celery
- 6 baby carrots
- 1 garlic clove, unpeeled
- 1/2 chicken or vegetable flavored bouillon cube
- 1 1/2 teaspoons taco seasoning
- 2 1/2 cups water
- 1/2 cup frozen corn kernels, thawed
- 1 cup tortilla chips, lightly broken
- 1 cup packed fresh spinach

Directions

1. Place tomato, celery, carrots, garlic, bouillon, taco seasoning and water into the Vitamix container in the order listed and secure lid.
2. Select Low
3. Turn machine on and switch to High.
4. Blend for 7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Low and remove the lid plug.
6. Add corn, tortilla chips and spinach through the lid plug opening. Replace lid plug.
7. Blend for 10 seconds. Serve immediately.

WHIPPED CREAM

Ingredients

- 2 cups heavy whipping cream, cold
- 3 Tablespoons granulated sugar or other sweetener, to taste (optional)
- 1 teaspoon vanilla extract

Directions

1. Place all ingredients into the Vitamix container and secure lid.
2. Select Low
3. Turn machine on and switch to High.
4. Blend for 12 seconds for soft peaks. Do not over mix. Serve within two hours.

CARAMEL ESPRESSO FRAPPE

Ingredients

- 1 cup milk
- ½ cup espresso or strong brewed coffee, chilled
- ¼ cup caramel sauce
- ¼ cup chocolate milk powder
- 2 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low
3. Turn machine on and switch to High
4. Blend for 25 to 30 seconds, or until desired consistency is reached.

ROASTED CAULIFLOWER HUMMUS

Ingredients

5. 2 cups cauliflower florets
6. 3 Tablespoons olive oil, divided use
7. 1 teaspoon curry powder
8. ½ teaspoon sea salt
9. ¼ teaspoon ground black pepper
10. ¼ cup fresh lemon juice
11. 1 (15-ounce) can chickpeas, rinsed and drained
12. ¼ cup sesame seeds
13. 1 garlic clove, peeled
14. 1 teaspoon ground cumin

Directions

15. Preheat oven to 450°F (230°C). Line a sheet tray with parchment paper and set aside. Toss cauliflower florets with 2 Tablespoons olive oil, curry powder, sea salt, and pepper.
16. Spread in an even layer on prepared sheet tray and bake for 20 minutes or until tender, stirring after 10 minutes. Cool.
17. Place remaining 1 Tablespoon olive oil, lemon juice, chickpeas, sesame seeds, garlic, cumin, and roasted cauliflower into the Vitamix container in the order listed and secure lid.
18. Select Low
19. Turn machine on and switch to High
20. Blend for 45 seconds, using the tamper to press the ingredients into the blades.

NO-NUT BUTTER

Ingredients

- 1 ¼ cups unsalted, roasted sunflower seeds
- ¼ cup flaxseed
- 2 tablespoons sesame seeds
- ¼ cup sunflower oil
- 1 tablespoon honey
- ¼ teaspoon salt

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low.
3. Turn machine on and then switch to High Speed.
4. Blend for 1 minute 15 seconds, using tamper to press ingredients into the blades.

TOMATO, ONION AND CHEESE SOUP

Ingredients

- 1 cup chicken stock
- 22 oz. fresh plum tomatoes and canned tomatoes, quartered
- 3 tablespoons tomato paste
- ¼ cup onion
- ½ cup shredded sharp cheddar cheese

Directions

1. Place all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Low speed.
3. Turn machine on and switch to High speed.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.

HOT WING HUMMUS

Ingredients

3 cups of canned chickpeas, drained and rinsed with $\frac{1}{4}$ cup reserved liquid.

3 garlic cloves, peeled

$\frac{1}{4}$ cup tahini

$\frac{1}{4}$ cup lemon juice

1 tablespoon white vinegar

2 tablespoons barbecue sauce

3 tablespoons hot sauce

1 $\frac{1}{2}$ teaspoon paprika

$\frac{1}{4}$ teaspoon salt

Directions

1. Place all the ingredients into the Vitamix container in the order listed and secure lid, reserving the chickpea liquid.
2. Select Low Speed.
3. Turn machine on and switch to High speed.
4. Remove the lid plug and use the tamper to push the ingredients into the blades.
5. Blend for 1 minute and add reserved liquid if needed.

MULTI GRAIN WAFFLES

Ingredients

½ cup whole wheat berries
½ cup oats
½ cup corn kernels
¼ cup rice
¾ cup all purpose flour
4 teaspoons baking powder
2 large eggs
2 cups buttermilk
2 tablespoons sugar
¼ cup vegetable oil

Directions

1. Preheat a waffle iron.
2. To grind the grains place the wheat berries, oats, corn and rice into the Vitamix Dry Container and secure lid.
3. Select Low speed.
4. Turn machine on and switch to High speed. Blend for 60-90 seconds until finely ground. Add all purpose flour, baking powder and sugar and pulse to mix by turning machine on and off quickly.
5. Select Low speed. While machine is running slowly add the eggs and the buttermilk through the hole in the lid. Blend until mixed thoroughly. If batter does not mix completely, turn machine off, remove lid and use a spatula to push the dry ingredients into the wet batter and repeat until incorporated.
6. Brush the preheated iron with oil and follow directions for waffle iron and bake waffles.

SWEET TURKEY BURGERS/MEATBALLS

Ingredients

1 medium carrot, cut into 3 pieces

2 green onions, cut into 2" pieces

3 pieces celery stalk, cut into 2" long pieces

1 slice of whole wheat bread

½ teaspoon Italian seasoning

¼ teaspoon salt

¼ teaspoon pepper

6 ounces of raw turkey breast or thigh, boneless, skinless, cut into 1" pieces, chilled in freezer to semi-frozen

Directions

1. Place carrot pieces into the Vitamix container and secure lid.
2. Select Low speed.
3. Using the ON/OFF switch, turn the machine on and off quickly to chop carrot. Leave in container and repeat with onion and celery.
4. To this mixture add the slice of bread rolled up into a ball, the seasoning and the turkey and secure the lid.
5. Select Low speed.
6. Using the ON/OFF switch, turn the machine on and off quickly using the tamper to push the ingredients into the blades until mixture is fully combined.
7. Form into patties or meatballs and cook until done.