

3 Ingredient Tomato Soup

Ingredients

- 4 TBS butter
- ½ large sweet onion, large chop
- 1 (28 oz.) can San Marzano peeled tomatoes

Directions

1. Place butter in sauce pan, sauté onions until soft. Transfer to container.
2. Add tomatoes, chicken stock and salt.
3. Start the blender on its lowest speed, then quickly increase to its highest speed.
4. Blend for 6 seconds, or until heavy steam escapes from the vented lid. Serve immediately.

Fruit Salad Smoothie

Ingredients

- 2 cups (320 g) green grapes
- 1 Med. (125 g) seedless orange, peeled & quartered
- 1 sliver of pineapple with core or 80 g chunks
- 1 large strawberry – without green
- 3-4 tbs. honey
- ½ banana
- 1 (30g) sliver of red cabbage with core
- 1 (20 g) thin slice lemon with rind
- 1/8" piece (12g) thin slice raw red beet
- ¼ (40g) of green apple with stem, no seeds
- 1 medium skinny organic carrot, unpeeled
- 1 piece celery 5" long with leaves
- 2 Cups (260 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds.

Peach Soy Sherbet

Ingredients

- 1 cup (250 ml) of soy milk
- 2 pitted dates or honey, to taste
- ½ teaspoon vanilla extract
- 1 lb. (454 g) of frozen peach slices

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.

Tortilla soup

Ingredients

- 2 cups chicken stock
- ½ roma tomato
- ½ carrot
- ½ stock celery
- 2 tbsp. chopped onion
- 1 garlic clove, peeled
- 1 tbsp. chopped yellow squash
- 2 tbsp. chopped red bell pepper
- ¼ cup chopped cabbage
- 1 white mushroom
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 tsp taco seasoning
- Dash of cumin

Optional add-ins

- 2 pcs. Of ½" x 4" long pieces of grilled chicken (warmed)
- 2 tbsp. of sliced olives and 2 tbsp. of fresh corn kernels with ¼ pc. Of jalapeno, seeded
- 9 white tortilla chips lightly crushed to fit into lid opening
- ¼ cup of cheddar cheese

Garnish

- Sour cream with spoon
- 2 red chips, 1 blue chip

Directions

1. Place all ingredients into the Vitamix container in the order listed, except for optional add-ins. Secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 6 minutes, or until heavy steam escapes from the vented lid.
4. If adding optional ingredients, reduce speed to Variable 3 and remove the lid plug. Add ingredients through the lid plug opening.
5. Secure the lid plug. Blend for an additional 10 seconds on Variable 5. Taste soup and add extra spices or seasonings to suit your taste.

Chocolate Orange Fondue

Ingredients

- 1 ½ cups heavy whipping cream
- 2 tsp. grated orange peel
- 8 oz. Of semi-sweet chocolate chips
- 3 tbsp. grand mariner or triple sec

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select variable 1.
3. Turn machine on and slowly increase speed to variable 10, then to High.
4. Blend for 5 minutes or until melted and smooth. You may need to use the tamper to break up air pockets that form during blending.

Summer Splash Smoothie

Ingredients

- 1 cup water
- 1 tbsp. agave nectar
- 2 oz. Of honeydew, no rind, sliver
- 5 oz. Of cantaloupe, no rind, sliver, cut into 2 pcs.
- 1 cup of frozen peach slices
- 1 cup of frozen pineapple chunks

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 40 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.

Corn and Shrimp Chowder

Ingredients

- 1 lb. frozen corn, thawed, room temp
- 1 cup vegetable stock
- ½ cup heavy cream
- ½ tsp. thyme
- ¼ cup chopped onion
- Salt and black pepper

Add Ins

- 3 tbsp. cooked corn
- 3 oz. roasted red pepper
- 4 oz. cooked shrimp

Garnish

- Cooked shrimp, bits of cooked bacon, minced parsley

Directions

1. Place all ingredients except add-ins and garnish into the Vitamix container and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to Variable 10. Blend for 6 minutes or until heavy steam escapes from vented lid.
3. If adding optional ingredients, remove the lid plug. Add ingredients through the lid plug opening.
4. Secure the lid plug. Blend for an additional 10 seconds on Variable 5 or PULSE on variable 5. Taste soup and add extra spices or seasonings to suit your taste.

Vanilla Custard Sauce

Ingredients

- 1 egg yolk
- 2 cups milk with 1 tbsp. vanilla extract
- ¼ cup flour
- ½ cup sugar
- 1/8 tsp salt
- 1 tsp butter, room temp

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, then to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.

Peanut Butter

Ingredients

- Measuring cup with:
- 1 ½ cups (220 g) dry roasted nuts and 1 ½ cups (220g) of honey roasted nuts.

Directions

1. Place nuts into the Vitamix container and secure lid.
2. Start the machine on its lowest speed and quickly increase to its highest speed.
3. Use the tamper to press the ingredients into the blades.
4. In 1 minute, you will hear a high-pitched chugging sound. Continue using the tamper until the peanut butter begins to flow freely through the blades. For a creamy peanut butter blend for a total of 2 minutes.



Caramel Espresso Frappuccino

Ingredients

- 1 cup (240 ml) whole milk or other milk substitutes
- ½ cup (120 l) coffee (or espresso), cold
- ¼ cup (60 ml) caramel sauce
- ¼ cup (25 g) chocolate milk powder
- 2 cups (260 g) ice cubes

Directions

1. Place all ingredients into the Vitamix Container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients towards the blades.
3. Blend for 25 to 30 seconds, or until desired consistency is reached.

Whipped Cream

Ingredients

- 2 cups (480 ml) heavy cream
- 3 tbsp. (40g) granulated sugar, or date syrup or no sweetener

Directions

1. Place ingredients into the Vitamix container and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for approximately 15 seconds for soft peaks. Do not over mix. Serve within two hours.

Hummus

Ingredients

- ¼ cup lemon juice
- 2 cans (850 g) organic chick peas drained and rinsed
- 2-3 cloves garlic, peeled
- ¼ cup olive oil
- ¼ cup organic tahini
- 2 pinches of salt
- 1 pinch pepper
- Cumin to taste

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute, using the tamper to press ingredients toward the blades. Season to taste with salt if desired.

Apple Sauce

Ingredients

- 4 (560 g) medium apples, halved, seeded
- 2 whole strawberries, no green
- ½ lemon peeled or 2 tbsp. lemon juice

Directions

1. With a peeler to paring knife, remove the peel and white pith from the lemon, leaving just the flesh
2. Place all ingredients in to the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 1 minute.



Minty Green Smoothie

Ingredients

- 1 cup water
- 2 cups pineapple chunks
- 2 cups baby spinach
- ¼ cup mint leaves
- ½ medium banana
- 2 cups ice

Directions

1. Place all ingredient into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds.

Real Strawberry Ice Cream

Ingredients

- ½ cup (120 ml) whole milk, soy milk or milk alternative
- ½ cup (120 ml) heavy cream or coconut milk
- ¼ cup (60 ml) honey or date syrup
- ¼ tsp vanilla extract
- 1 pound (454g) frozen strawberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 30-45 seconds, using the tamper to press ingredients toward the blades. After about 30 seconds, the sound of the motor should change and four mounds will form.



Peanut Butter Cup Milkshake

Ingredients

- 1 ¼ cup almond milk
- 2 tablespoons chocolate syrup
- 2 cups vanilla ice cream
- 2 tbsp. peanut butter

Directions

1. Place all ingredient into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds.



Going Green Smoothie

Ingredients

- 1 cup (120 ml) water
- 1 cup (170 g) green grapes
- ½ cup (85 g) pineapple
- ½ med banana, peeled
- 3 cups (90 g) of lightly packed fresh spinach
- ½ cup (70 g) Ice cubes

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, then to High.
4. Blend for 45 seconds or until desired consistency is reached. Serve immediately.

Garden Pea Soup with Ham

Ingredients

- 2 cups chicken broth
- 1 small peeled cooked potato
- 8 oz. frozen sweet peas, cooked off
- ½ shallot, peeled and cooked off with peas
- 1/8 tsp lemon zest
- 1 tsp salt

Add-ins:

- 1 oz. dry sherry
- 2 large chunks about 4" long of ham to fit through lid plug.
- ½ cup cooked carrots in 1" rounds

Directions

1. Place all ingredients except add-ins and garnish into the Vitamix container in the order listed and secure lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 6 minutes or until hot steam escapes from vented lid.
3. If adding optional ingredients, remove the lid plug. Add ingredients through the lid plug opening.
4. Secure the lid plug. Blend for an additional 10 seconds on Variable 5 or PULSE on Variable 5. Taste soup and add extra spices or seasonings to suit your taste.

Minestrone

Ingredients

- 2 cups (480 ml) chicken stock
- 15 oz. can dice tomatoes
- 1 garlic clove
- ¼ cup chopped carrots
- ½ cup chopped onion
- 1 pc. Of 4" celery
- 1/8 tsp. pepper
- ½ teaspoon salt
- ¼ tsp dried oregano
- ¼ tsp. dried basil
- 2 tbsp. tomato paste

Add ins:

- 1/4 cup garbanzo beans
- ¼ cup diced steamed zucchini
- ¼ cup canned corn, drained
- ¼ cup canned kidney beans, drained

Garnish:

- ¼ cup grated cheese and minced Parsley.

Directions

1. Place all Soup Base ingredients except add-ins and garnish into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 6 to 7 minutes or until heavy steam escapes from vented lid.
4. Reduce speed to Variable 2 and remove lid plug. Add beans, zucchini, corn. Secure lid plug. Blend for an additional 10 seconds. Serve immediately.

Carrot Ginger Tofu Soup

Ingredients

- 2 cups (480 ml) chicken broth
- 2 cups (240 g) chopped carrots
- ¼ small onion, peeled, chopped
- 4 garlic cloves, peeled, chopped
- 2 tablespoons olive oil
- ½ tsp salt
- Pinch of white pepper
- 1 tbsp. chopped fresh ginger root, peeled
- 1/3 cup light silken tofu

Directions

1. Place carrots, onion and garlic into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 4 or 5.
4. Blend for 10 seconds or until chopped.
5. Heat oil in a small pan and sauté chopped ingredients until onion is clear and carrots are tender. Add a little broth, if needed.
6. Place remaining ingredients into the Vitamix container, add sautéed ingredients and secure lid.
7. Select Variable 1.
8. Turn machine on and slowly increase speed to Variable 10, then to High.
9. Blend for 4-6 minutes or until heavy steam escapes from the vented lid.

Whole Fruit Cherry Margarita

Ingredients

- 1 peeled orange (150g)
- 1 peeled lemon (70g)
- 1 peeled lime (35g)
- 1 cup (130 g) frozen cherries
- 2 cups ice cubes (240g)
- 6 oz. silver tequila
- 2 oz. triple sec
- 2 oz. water
- 6 tbsp. (75 g) sugar dissolved in the alcohol mixture.

Directions

1. With a peeler or paring knife, remove the peel and white pith from the fruits, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed.
4. Blend for 30 to 45 seconds or until desired consistency is reached, using the tamper to press the ingredients toward the blades.

Frozen Strawberry Margarita

Ingredients

- 1 peeled orange (150g)
- 1 peeled lemon (70g)
- 1 peeled lime (35g)
- 1 cup (120 g) fresh strawberries, no green
- 1 cup (130 g) frozen strawberries in measuring cup
- 2 cups ice cubes (240g) in measuring cup
- 6 oz. silver tequila
- 2 oz. triple sec
- 2 oz. water
- 6 tbsp. (75 g) sugar dissolved in the alcohol mixture.

Directions

1. With a peeler or paring knife, remove the peel and white pith from the fruits, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed.
4. Blend for 30 to 45 seconds or until desired consistency is reached, using the tamper to press the ingredients toward the blades.



Watermelon Slushie

Ingredients

- 3 cups (480 g) seedless red watermelon in 1" chunks
- 1 cup (240 ml) water
- 1 ½ cups (195 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest setting and quickly increase to its highest speed. Blend for 45 seconds.



Mixed Fruit Frozen Daiquiri

Ingredients

- 1 ½ cups (180g) fresh strawberries
- 3 oz. (90g) fresh raspberries
- 2 oz. (50g) fresh blueberries
- 1 lime (35g) peeled
- 1 cup vodka with
- 3 TBS (35g) sugar dissolved into vodka
- 2 cups (240g) ice cubes.

Garnish with lime wedge and whipped cream.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 30 to 45 seconds or until desired consistency is reached, using the tamper to press the ingredients toward the blades.

Watermelon Margarita

Ingredients

- 2 cups (280 g) cubes, seedless watermelon
- 1 lime (35g) peeled
- 1 cup (120g) fresh strawberries, no green
- 6 oz. tequila
- 2 oz. triple sec
- 3 tbsp. (35g) sugar dissolved into liquor
- 3 cups (360g) ice cubes

Directions

1. With a peeler or paring knife, remove the peel and white pith from the lime, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed.
4. Blend for 30 to 45 seconds or until desired consistency is reached, using the tamper to press the ingredients toward the blades.



White Chocolate “Cheesecake” Fondue

Ingredients

- ¾ cup (180 ML) heavy cream
- ¼ cup (60 g) low fat sour cream
- 3 oz. (85 g) mascarpone cheese
- 4 oz. (112 g) Neufchatel cheese
- 1/8 cup sugar
- 1/8 tsp nutmeg
- 1/8 tsp cinnamon
- ½ tsp vanilla extract
- 4 oz. (112 g) white chocolate, chopped

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, then to High.
4. Blend for 3 minutes with tamper as necessary or until mixture is smooth and warm.

No-Nut Butter

Ingredients

- 1¼ cup (160 g) sunflower seeds, unsalted, roasted
- ¼ cup (35 g) flaxseed
- 2 Tablespoons sesame seeds
- ¼ cup (60 ml) sunflower oil
- 1 Tablespoons honey
- ¼ teaspoon salt, optional

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute 15 seconds, using the tamper to press ingredients toward the blades. Stop machine and scrape down sides of container halfway through blending if necessary.

Gluten-free Pizza Dough

Ingredients

- ½ cup (90 g) white rice
- ½ cup (90 g) brown rice
- ½ cup (60 g) tapioca flour, plus additional for dusting
- ½ tsp. xanthan gum
- ½ tsp. kosher salt
- ½ cup warm water, about 110 degrees Fahrenheit
- ½ tsp. honey
- 1 (7g) package instant fast rise yeast
- ½ Tbsp. extra virgin olive oil

Directions

1. Place the white and brown rice into the Vitamix container and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds or until finely ground into rice flour.
3. Stop the machine and remove the lid. Add the tapioca starch, xanthan gum, and salt. Secure the lid.
4. Add the warm water to a small bowl along with yeast, honey, and olive oil, stirring to combine.
5. Set the machine to Variable 9. Pulse 1-2 times until a well is formed in the center. Through the lid plug opening, pour in the water mixture, then secure the lid plug.
6. Pulse the machine 15-20 times to knead the dough, stopping the machine and removing the lid to scrape the sides of the container as necessary.
7. Once dough ball is formed, remove the dough onto a clean surface and knead lightly with a light dusting of tapioca flour to form a smooth dough ball. Gently roll into one 12" (30 cm) pizza crust, placing on a pizza stone or sheet tray with parchment paper.
8. Top with desired toppings and bake in a [preheated oven set to 375 degrees Fahrenheit for 15-20 minutes, or until edges of crust are lightly browned and toppings are cooked.

Frozen Strawberry Margarita – Skinny Version

Ingredients

- In 6 cup measuring cup:
- 1 peeled orange (150g)
- 1 peeled lemon (70g)
- 1 peeled lime (35-50g)
- 1 cup (120 g) fresh strawberries, no green
- 1 cup (130 g) frozen strawberries in measuring cup
- 2 cups ice cubes (240g) in measuring cup
- 6 oz. silver tequila
- 4 oz. water

Directions

1. With a peeler or paring knife, remove the peel and white part from the fruits, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed
4. Blend for 30-45 seconds or until desired consistency is reached, using the tamper to press the ingredients toward the blades

Quick Non-dairy Chocolate Peanut Butter Ice Cream

Ingredients

- ¾ cup (187 ml) chocolate almond milk
- 35 g unsweetened cocoa powder
- 43 g non-fat dry milk
- 75 g granulated sugar or date sugar or other sugar
- 1 tsp vanilla extract
- 1 TBS peanut butter
- 500 g ice cubes (almost 4 cups)

Directions

1. Place all ingredients into the Vitamix Container in the order listed and secure the lid
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.



Sugar Free Mango Sorbet

Ingredients

- 2 TBS water
- 2 cups (310 g) fresh mango chunks
- 1 cup (135 g) frozen mango chunks
- 1 ½ cups (190 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Start the blender on its slowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.



Sugar Free Peach Sorbet

Ingredients

- 3 fresh peaches (420 g) halved and pitted
- 1 tsp vanilla
- 6 (40g) pitted dates
- 3 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Start the blender on its slowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.



Frozen Strawberry Grape Smoothie

Ingredients

- 2 cups green grapes
- 2 cups red grapes
- 2 cups frozen unsweetened strawberries
- 1 cup ice

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid. Blend for 45 seconds.

All Green Breakfast Smoothie Bowl

Ingredients

- 1 cup (250 ml) coconut water
- 120 grams frozen bananas
- 1 avocado, pitted, peeled, 115g)
- 1 ½ cups (60 g) baby spinach
- 1 ½ cups (190 g) frozen mango chunks

Toppings

- Coconut, cashews, sliced bananas.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid. Blend for 45 seconds. Using the tamper to push foods down into the blades.



Sweet Turkey Burgers with Mixed Veggies

Ingredients

- ½ slice whole wheat bread
- 3 PCS. of 1" cube pieces of parmesan.
- 2---1/2" wide onion wedges, peeled.
- ½ teaspoon Italian seasoning
- 1 med carrot, cut into 3 pieces
- celery stalk cut into 2" pcs.
- 6 oz. Of turkey tenderloin, cut into ¾" cubes and freeze to semi-solid.

Directions

5. Place bread cheese, onion, seasoning, carrot, and celery into the Vitamix container in the order listed and secure the lid.
6. Select Variable 8. Pulse 8 to 10 times, using the tamper to press the ingredients into the blades. Add turkey pieces and continue to process with tamper. For a smooth textured burger blend on the highest speed for 20-30 seconds.
7. Remove from container and place in a bowl. Divide mixture into patties. Arrange patties onto a baking sheet coated with nonstick spray.
8. Bake at 425°F (220°C) for 8 to 10 minutes. Flip over and bake an additional 6 minutes.
9. Assemble burgers on buns.

