



Almond Butter

Yield:

1 ¼ cups (175 g)

Total Time:

11 Minutes

Difficulty:

Intermediate

Ingredients

- 2 cups (475 g) raw almonds
- 2 Tablespoons canola oil

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. Use the tamper to press the ingredients into the blades.
5. In 1 minute you will hear a high-pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change and become low and laboring. Stop machine.
6. Store in an airtight container. It can also be frozen for longer storage.



Bacon Cheddar Potato Soup

Yield:

4 cups

Total Time:

20 Minutes

Difficulty:

Intermediate

Ingredients

- 2 cups (480 ml) milk
- 2 potatoes, baked
- $\frac{1}{3}$ cup (40 g) low fat cheddar cheese, shredded
- $\frac{1}{4}$ onion, chopped
- $\frac{1}{2}$ teaspoon dried dill weed
- $\frac{1}{2}$ teaspoon dried rosemary
- $\frac{1}{2}$ teaspoon salt
- 1 slice bacon, cooked, crumbled

Directions

1. Place milk, one potato, cheese, onion, dill weed, rosemary and salt 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 4-5 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 3.
6. Remove the lid plug. Drop in remaining potato and bacon. Blend for an additional 10 seconds, until chopped.



Berry Frozen Yogurt

Yield:
3 cups (720 ml)

Total Time:
6 Minutes

Difficulty:
Easy

Ingredients

- 1½ cup (360 ml) vanilla yogurt
- ½ Tablespoon honey
- 1 cups (290 g) frozen blueberries
- 1 cups (420 g) strawberries, frozen

Directions

1. Add ingredients in the order listed, and secure lid.
2. Start machine at Variable 1, and slowly increase to your machine's highest speed.
3. Use the tamper to press the ingredients toward the blades.
4. After about a minute, you'll notice quadrants forming in the container. Stop the machine.
5. Place mixture in the freezer for 30 minutes, and serve.



Broccoli Cheese Soup

Yield:

2 cups

Total Time:

15 Minutes

Difficulty:

Intermediate

Ingredients

- 1 cup (240 ml) milk
- ½ cup (55 g) low fat cheddar cheese, shredded
- 1½ cup (135 g) broccoli, steamed
- 1 teaspoon onion, peeled, diced
- ½ bouillon cube

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 5-6 minutes or until heavy steam escapes from the vented lid.



Caramel Frappuccino

Ingredients

- 4 oz. water
- 1 TBS espresso powder
- ½ cup milk
- ¼ cup caramel sauce
- 1 cup ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable speed 1 or the Smoothie program (if available).
3. Start the machine, slowly increase to its highest speed, and blend for 45 seconds; or start the machine and allow the Smoothie program to complete.



Chocolate Ice Cream

Yield:

4 cups

Total Time:

11 Minutes

Difficulty:

Intermediate

Ingredients

- ½ cup milk
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- ¼ cup nonfat dry milk
- ½ tsp vanilla extract
- 3 cups ice cubes, right out of freezer

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. Use the tamper to press the ingredients into the blades.
4. In about 45 seconds, the sound of the motor will change and four mounds should form.
5. Stop machine. Do not over mix or melting will occur. Serve immediately.



Chocolate Mousse

Yield:
750

Total Time:
5 Minutes

Difficulty:
Easy

Ingredients

- 2 cups (480 ml) heavy cream
- ¼ cup (60 ml) chocolate sauce

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 15-20 seconds. The sound of the motor will change tone as the mousse is set.



Corn Soup

Ingredients

- 1 lb frozen corn, thawed, room temp
- 1 ½ cups vegetable stock
- ½ tsp thyme
- ¼ cup chopped onion
- Salt and Black pepper

ADD INS:

- 3 TBS cooked corn
- 3 oz roasted red pepper
- 4 oz chicken breast
- GARNISH: your choice

Directions

1. Add ingredients to the Vitamix container in the order listed and secure the lid
2. Select Variable 1.
3. Start the machine, slowly increase to its highest speed and blend for 5 minutes and 45 seconds
4. Season to taste with salt and pepper





Dark Chocolate Raspberry Fondue

Yield:
3.5 cups (840 ml)

Total Time:
9 Minutes

Difficulty:
Easy

Ingredients

- 2 cups (350 g) dark chocolate, chopped
- 1½ cup (360 ml) half & half
- 3 Tablespoons powdered sugar
- ½ cup (50 g) raspberries

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 4 minutes, or until steam escapes through lid.
5. Pour into fondue pot. Serve immediately.



Frosted Cosmopolitan

Yield:
1 serving

Total Time:
11 Minutes

Difficulty:
Easy

Ingredients

- ½ cup cranberry juice
- 4 oz. vodka
- 2 oz. triple sec
- ¼ oz. sweetened lime juice
- 1 tsp superfine sugar
- 2 cups ice cubes
- 2 martini glasses + garnish

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 35 seconds, or until desired consistency is reached.



Frozen Banana Dessert

Yield:
5 cups

Total Time:
6 Minutes

Difficulty:
Easy

Ingredients

- 2 frozen and peeled bananas
- 1 fresh peeled banana
- Chocolate and nuts

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. Use the tamper to press ingredients into the blades.
4. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop machine. Do not over mix or melting will occur. Serve immediately.



Fruit Smoothie

Yield:
2.5 cups (600 ml)

Total Time:
6 Minutes

Difficulty:
Easy

Ingredients

- 1 cup (170 g) red grapes
- 1 cup (150 g) strawberries
- 1 banana, peeled, halved
- 1 cup (130 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 40-45 seconds or until desired consistency is reached. Serve immediately.



Going Green Smoothie

Yield:
2.75 cups (675 ml)

Total Time:
11 Minutes

Difficulty:
Easy

Ingredients

- ½ cup (120 ml) water
- 1 cup (170 g) green grapes
- ½ cup (85 g) pineapple, peeled, cubed
- ½ banana, peeled
- 2 cups (60 g) 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.



Green Smoothie Spinach and Pear

Yield:
2.75 cups (675 ml)

Total Time:
11 Minutes

Difficulty:
Easy

Ingredients

- ½ cup water
- 1 cup green grapes
- 1 orange, peeled, halved
- ½ pear, seeded, halved
- 1 banana, peeled, halved
- 1 slice lemon
- 1 cup baby spinach leaves
- 2 cups 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.



Hummus

Yield:
1 ¼ cups

Total Time:
6 Minutes

Difficulty:
Easy

Ingredients

- 1 cans (425 g) chickpeas, half of the liquid drained
- 1 Tablespoon sesame seeds
- ½ Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1 garlic clove, peeled
- 1 teaspoon ground cumin
- ⅛ teaspoon salt

Directions

1. Place chickpeas, liquid from 1 can of chickpeas, sesame seeds, olive oil, lemon juice, garlic, and cumin 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.



Mushroom Soup

Ingredients

- 3 cups crimini mushrooms sautéed with fresh thyme in EVO
- 1 cup Veg stock
- 1 cup plain almond milk (unsweetened)
- 3 oz. cannellini white beans
- ½ tsp salt
- 1 roasted clove of garlic
- Garnish with sautéed mushrooms and minced fresh thyme.

ADD INS for pulse: halved sautéed mushrooms and sautéed sliced onions.

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 4-5 minutes or until heavy steam escapes from the vented lid.



Orange Cider Refresher

Yield:
2 cups (480 ml)

Total Time:
11 Minutes

Difficulty:
Easy

Ingredients

- ¼ cup (60 ml) apple cider
- ½ orange, peeled, halved
- ½ apple, seeded, cored
- ½ cup (85 g) pineapple, peeled, cubed
- ½ teaspoon honey
- 1 cup (130 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 1 minute, using tamper as needed, or until desired consistency is reached. Serve immediately.



Peanut Butter

Yield:
1¾ cup (420 g)

Total Time:
10 Minutes

Difficulty:
Intermediate

Ingredients

- 3 cups (420 g) unsalted peanuts, roasted

Directions

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High, using the tamper to push the ingredients into the blades.
4. In 1 minute, you will hear a high pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change from a high pitch to a low laboring sound. Stop machine.
5. Store in an airtight container. It can also be frozen for longer storage.



Pesto Sauce

Yield:
1 ½ cups (360 ml)

Total Time:
11 Minutes

Difficulty:
Easy

Ingredients

- ½ cup (120 ml) olive oil
- ½ cup (60 g) grated Parmesan cheese
- 3 garlic cloves, peeled
- 2 cups (80 g) fresh basil leaves, chopped
- 3 Tablespoons pine nuts
- salt and pepper, to taste

Directions

1. Place all ingredients, except salt and pepper, 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 7.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.



Roasted Red Pepper Soup

Ingredients

- 3 cups vegetable stock
- 1 jar (314 grams, 11 oz.) roasted red peppers in water, drained
- 1 tomato cut in quarters
- ¼ small onion, cut up
- 1 garlic clove, peeled
- 2 TBS fresh thyme leaves
- 1 tsp salt
- ½ tsp ground black pepper

Directions

1. Combine 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.



Strawberry Applesauce

Yield:
2 cups

Total Time:
10 Minutes

Difficulty:
Easy

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 Variable 4.
3. Pulse 10 - 12 times using the tamper to press the ingredients into the blade. Remove lid and scape ingredients down towards the blade.
4. Select Variable 4 and pulse an additional 10 - 12 times scraping sides of container as needed.
5. Continue steps until desired consistency is reached.



Strawberry Frozen Yogurt

Yield:

3 cups

Total Time:

11 Minutes

Difficulty:

Easy

Ingredients

- 1 cup (240 g) low fat vanilla yogurt
- 1 pound (455 g) frozen strawberries

Directions

1. Add ingredients in the order listed, and secure lid.
2. Start machine at Variable 1, and slowly increase to your machine's highest speed.
3. Use the tamper to press the ingredients toward the blades.
4. After about a minute, you'll notice quadrants forming in the container. Stop the machine.
5. Place mixture in the freezer for 30 minutes, and serve.



Tomato Soup

Ingredients

- 4 TBS butter
- ½ large sweet onion, large chop
- 1 (28 oz.) can san Marzano peeled tomatoes
- 1 ½ cups water or low sodium chicken stock or some cream
- 1 tsp salt.

Directions

1. Place water, peeled tomatoes, tomatoes, bouillon cube, and salt, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or the Hot Soups program (if available).
3. Start the machine, slowly increase to the highest speed, and blend for 5 minutes 45 seconds; Stop the machine.
4. Select Variable 1. Start the machine and remove the lid plug. The container and blend for 15 seconds.



Whole Fruit Margarita

Yield:
8 cups

Total Time:
11 Minutes

Difficulty:
Intermediate

Ingredients

- ¼ cup (60 ml) water
- 6 ounces (180 ml) tequila
- 2 fluidounces (60 ml) Grand Marnier
- 1 orange, peeled, halved
- 1 lime, peeled, halved
- 1 lemon, peeled, halved
- 6 Tablespoons (75 g) granulated sugar
- 6 cups (600 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, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.