



Caramel Espresso Frappé

Ingredients

- 1 cup (240ml) whole milk
- ½ cup (120ml) espresso (cold)
- ¼ cup (60ml) caramel sauce
- ¼ cup (25g) chocolate milk powder
- 2 cups (260g) 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.
3. Blend for 25 to 30 seconds or until desired consistency is reached.

11.5.2023 Vitamix Pro 750 recipe

Whole Fruit Green Apple Margarita

Ingredients

- ¼ cup (60 ml) water
- 6 ounces (180 ml) tequila
- 2 ounces (60 ml) Grand Marnier or triple sec
- 1/8 teaspoon ground cardamom
- 6 Tablespoons (75 g) granulated sugar dissolved in liquids.
- 1 lime, peeled
- 1 lemon, peeled, seeded, and halved
- 1 Granny Smith Apple, cored and cut in half (170g)
- 5 cups (560g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start machine, slowly increase to its highest speed, and blend for 55 seconds.
4. Pour into salt-rimmed margarita glasses and serve immediately.



Chocolate Orange Fondue

Ingredients

- 1 cup (240ml) heavy cream
- 1 2/3 cups (280g) semi-sweet chocolate chips
- 2 tbsp. (28g) butter
- 1 ½ fl. oz. (45ml) Grand Marnier

Directions

1. Place all ingredients except for Grand Marnier 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 5 minutes or until melted and smooth, using the tamper as necessary to break up any air pockets that may form during blending.
4. Carefully pour mixture into a fondue pot to keep warm. Stir in Grand Marnier and serve.

**For dippers, try sliced fruit such as apples, pears, strawberry, banana, or pineapple. Pound cake, sponge cake, or marshmallows may also be used.*



Bloody Mary Soup

Ingredients

- 1 1/8 cup (270ml) tomato juice
- 1 1/2 (180g) Roma tomato, halved
- 1/2 (40g) carrot
- 1/2 Tablespoon Worcestershire sauce
- 1/2 Tablespoon balsamic vinegar
- 1/2 (20g) lime, peeled
- 4 drops Tabasco sauce
- 1/2 ounce (15ml) vodka

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes 30 seconds.

Brie, Roquefort and Wild Mushroom Fondue

Ingredients

- 4 ounces (115g) shiitake mushroom
- 1 (30g) shallot, peeled
- 1 teaspoon fresh thyme
- 1/2 teaspoon salt
- 1 Tablespoon (15ml) olive oil
- 1 1/2 Tablespoon (15g) all-purpose flour
- 1 1/2 cup (340g) double creme brie
- 1/8 cup (50g) Roquefort cheese
- 1 cup (240ml) dry white wine

Directions

Place shallot, mushroom, thyme into the Vitamix container and secure the lid. Select Variable 8. Pulse 3 to 4 times or until desired consistency is reached. Heat a sauté pan over medium heat and add the oil. Sauté mushroom mixture until golden brown. Set aside. Add the remaining ingredients into the Vitamix container and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds, using the tamper to push ingredients into the blade, or until heavy steam escapes the lid plug. Mix in the mushroom mixture and serve immediately.

Cherry Jubilee

Ingredients

- 1 1/2 ounce (45ml) cherry vodka
- 1 1/2 ounce (45ml) kirsch
- 1 cup (150g) frozen dark sweet cherries
- 1/2 cup (120g) vanilla ice cream

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1. Start the machine and slowly increase to its highest speed. Blend for 30-45 seconds or until desired consistency is reached.

Creamy Celery Soup

Ingredients

- 3/4 cup (180ml) vegetable broth
- 1/4 (30g) onion, peeled
- 1/2 pound (225g) celery, chopped
- 1/4 cup (40g) parsnip, chopped
- 1/2 garlic clove, peeled
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 cup (30ml) heavy cream

Directions

Place all ingredients, except the cream, into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds or until heavy steam escapes from the vented lid.

Curried Carrot Soup

Ingredients

- 3 (250g) carrots
- 1/4 cup (40g) onion, peeled
- 1/4 cup (60ml) soy milk
- 1/2 teaspoon curry powder
- 1 teaspoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup (240ml) vegetable broth

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds. Serve immediately.

Dark Chocolate Raspberry Fondue

Ingredients

- 2 cups (350g) dark chocolate, chopped
- 1 1/2 cup (360ml) half and half
- 3 Tablespoons (30g) powdered sugar
- 1/2 cup (50g) fresh raspberries

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1. Start the machine and slowly increase to its highest speed. Blend for 4 minutes using the tamper to push ingredients into the blades. Serve immediately.

French Onion and Wild Mushroom Soup

Ingredients

- 1 1/2 (130g) onion, sliced
- 1 Tablespoon (15ml) olive oil
- 1/2 bay leaf
- 1/8 teaspoon fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 Tablespoons (30g) unsalted butter
- 1/4 cup (45ml) dry sherry, divided use
- 2 cups (480ml) beef stock
- 1/8 ounce (6g) dried mushrooms
- 1/2 (30g) carrot
- 1 1/2 teaspoon (4g) chia seeds

Directions

Heat a saute pan over medium heat. Add oil, onion and bay leaf. Saute until golden brown, add the butter, thyme, salt and pepper. Deglaze with 2 Tablespoons (30ml) of sherry. Place beef stock, dried mushrooms, carrots and chia seeds into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds or until heavy steam escapes from the vented lid. Reduce the speed to Variable 2 and add the onion mixture, remaining sherry and blend for another 10 seconds.

Frozen Peach and Rosemary Margarita

Ingredients

- 1 sprig rosemary
- 2 peaches, pitted, halved
- 1 Tablespoon agave nectar
- 4 fluid ounces (90 ml) tequila
- ⅓ cup (80 ml) water
- 1½ cup (195 g) ice cubes

Directions

Break the tips off the rosemary sprigs and set aside for garnish. Pick 6 leaves from the woody stems and place in the Vitamix container. Add the remaining ingredients in the order listed and secure the lid. Select Variable 1 or Frozen Dessert Program, start the machine, and slowly increase speed to Variable 10. Blend for 30 to 40 seconds, or until a smooth consistency is achieved. Divide between frozen margarita glasses and garnish with the reserved rosemary sprigs and a slice of fresh peach.

Fruit Smoothie

Ingredients

- 1 cup (170 g) red grapes
- 1 cup (150 g) strawberries
- 1 banana, peeled, halved
- 1 cup (130 g) ice cubes

Directions

Place all ingredients into the Vitamix container in the order listed and secure lid. Select Variable 1 or Smoothie Program. Turn machine on and slowly increase speed to Variable 10, then to High. Blend for 40-45 seconds or until desired consistency is reached. Serve immediately.

Maple Bacon Bourbon Milkshake

Ingredients

- 1 1/2 ounce (45ml) maple crown royal
- 3 ounce (90ml) half and half
- 1/2 piece (20g) brown sugar bacon, cooked
- 1 1/2 cup (350g) vanilla ice cream

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Smoothie Program. Start the machine and slowly increase to its highest speed. Blend for 30-45 seconds or until desired consistency is reached.

Parmesan Balsamic Vinaigrette

Ingredients

- 2 Tablespoons balsamic vinegar
- 1 lemon, peeled, halved
- 1 garlic clove, peeled
- 1 teaspoon salt
- 4½ teaspoon fresh basil leaves, chopped
- 1½ Tablespoon fresh thyme leaves
- ¼ cup (25 g) grated Parmesan cheese
- ¼ teaspoon ground black pepper
- ½ cup (120 ml) olive oil

Directions

Place balsamic vinegar, lemon, garlic, salt, fresh herbs, Parmesan, pepper and ¼ cup (60 ml) olive oil into the Vitamix container in the order listed and secure lid. Select Variable 1. Turn machine on and slowly increase speed to Variable 6. Blend for 5 seconds. Remove the lid plug. Pour remaining ¼ cup (60 ml) oil through the lid plug opening in a slow, steady stream. Replace the lid plug. Slowly increase speed to Variable 10, then to High. Blend for an additional 15 seconds or until emulsified.

Peach Rum Frozen Yogurt

Ingredients

- 3/4 cup (180ml) vanilla yogurt
- 3/4 pound (340g) frozen peaches
- 1 Tablespoon honey
- 1/2 Tablespoon ground cinnamon
- 1/2 Tablespoon dark rum

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Frozen Dessert Program. Start the machine and slowly increase to its highest speed. Blend for 30 to 45 seconds using the tamper to push ingredients into the blades. Serve immediately.

Strawberry Rum Lemonade

Ingredients

- 1 lemon, peeled, halved
- ½ cup (90 g) hulled strawberries
- 4 fresh mint leaves
- 1½ cup (360 ml) water
- ¼ cup (50 g) granulated sugar
- 4 ounces (60 ml) dark spiced rum
- 3 cups (390 g) ice cubes

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 start the machine, and slowly increase speed to Variable 10 Blend for 20 seconds. Serve over ice and enjoy!

Thyme for Tomato Soup

Ingredients

- 3/4 cup (180ml) water
- 7 ounce (200g) canned diced tomatoes
- (100g) Roma tomato
- 1/2 (50g) carrot
- 1 1/2 ounce (35g) sun-dried tomatoes
- 1 Tablespoon onion, peeled
- 1/2 garlic clove, peeled
- 1 Tablespoon fresh thyme leaves
- 1/2 teaspoon fresh oregano leaves
- 1/2 Tablespoon tomato paste
- 1/4 bouillon cube
- 1/4 teaspoon flax meal
- 1/4 cup (60ml) whole milk

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program. Start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds. Serve immediately.

Vitamix Pizza Soup

Ingredients

- 1/2 garlic clove, peeled
- 1/4 cup (40g) onion, peeled
- 2 (20g) mushrooms, sliced
- 1/4 cup (35g) green belled pepper, stemmed, seeded, chopped
- 1/2 Tablespoon olive oil
- 4 slices (8g) pepperoni
- 3/4 ounce (10g) Italian sausage, cooked
- 3/4 cup (180ml) water
- 1 1/2 (150g) Roma tomato, diced
- 1 Tablespoon (15ml) tomato paste
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/4 cup (25g) Mozzarella cheese, shredded
- 1 Tablespoon (5g) grated Parmesan cheese

Directions

Saute garlic, onion, mushrooms, green pepper and 1/2 Roma tomato in the olive oil until tender. Mix pepperoni and cooked sausage together in a small bowl. Set aside. Place water, half of the sauteed vegetable mixture, 1 tomato, tomato paste, and seasonings into the Vitamix container in the order listed and secure the lid. Select Variable 1 or Soup Program, start the machine and slowly increase to its highest speed. Blend for 7 minutes and 30 seconds or until heavy steam escapes from the vented lid. Reduce speed to Variable 2 and remove the lid plug. Add remaining half of sauteed vegetables, meat mixture, and cheeses through the lid plug opening. Blend an additional 5-10 seconds.

White Chocolate "Cheesecake" Fondue

Ingredients

- 1/2 cup (120ml) heavy cream
- 1/4 cup (60ml) low fat sour cream
- 3 ounces (85g) Mascarpone cheese
- 4 ounces (110g) Neufchatel cheese
- 1/8 cup (25g) granulated sugar
- 1/8 teaspoon grated nutmeg
- 1/8 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 4 ounces (110g) white chocolate chips

Directions

Place all ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1. Start the machine and slowly increase to its highest speed. Blend for 4 minutes using the tamper to push ingredients into the blades. Serve immediately.

All Green Smoothie Bowl

Ingredients

- ½ cup (120 ml) coconut water
- ½ avocado, pitted, peeled
- 1 cup (30 g) spinach
- 1 Tablespoon hemp seeds
- 1 cup (150 g) frozen mango
- 2 Tablespoons blueberries
- 2 Tablespoons unsweetened flaked coconut

Directions

1. Place coconut water, avocado, spinach, hemp and mango into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to highest speed.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Top with blueberries and coconut flakes.

Notes

A filling and nutritious breakfast option, loaded with good fats and fiber!

Apple Butternut Squash Soup with Honey Pecan Butter

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 heavy 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.
3. Select Variable 1 or Soup Program.

Honey Pecan Butter: mash 3 TBS unsalted butter, 1 ½ TBS toasted pecans, finely chopped, ½ TBS honey. Roll in plastic wrap in cylindrical shape. Refrigerate until sliced.

Autumn Sweet Potato Smoothie

Ingredients

- 1⅓ cup (225 g) red grapes
- ½ orange, peeled
- Halved sweet potato, cooked and cooled
- ½ apple, seeded, cored
- ¼ cup (25 g) cranberries
- ½ teaspoon fresh ginger root, grated
- 2 dates, pitted
- 2 cups (260 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Caramel Apple Peanut Dip

Ingredients

- 8 ounces (225 g) cream cheese, room temperature
- 1 cup (210 g) brown sugar, packed
- 1 teaspoon vanilla extract
- 3 Tablespoons (55 g) peanut butter
- apple slices, for serving

Directions

1. Place the cream cheese, brown sugar, vanilla, and peanut butter into your Vitamix container in the order listed and secure the lid.
2. Select variable 1 or Purees Program, start the machine, slowly increase speed to its highest setting, and blend for 1 minute; or select the Purée program, start the machine, and allow program to run to completion.
3. Serve with apple slices.

Chicken Minestrone Soup

Ingredients

- 1 cup chicken broth, room temp
- ½ of 14.5 ounce can diced tomatoes
- 1 garlic clove
- ¼ cup chopped carrot
- 1/8 chopped onion
- ¼ cup chopped celery
- ½" square piece red bell pepper, chopped
- ¼ cup chopped yellow squash
- 1/8 tsp black pepper
- ¼ tsp dried oregano
- ¼ tsp dried basil
- ½ tsp salt
- 2 tablespoons tomato paste

Add in's:

- ¼ cup canned chickpeas, drained
- ¼ cup diced zucchini, steamed
- 1 cup canned kidney beans, drained
- ½ cup canned corn, drained
- 2 pieces cooked chicken breast
- ¼ cup parmigiano reggiano cheese grated

Directions

1. Place all ingredients for the soup in the order listed into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Soup Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 1 and remove the lid plug.
6. Add chickpeas, zucchini, kidney beans, corn, chicken and cheese through the lid plug opening. Replace the lid plug.
7. Blend for 1-5 seconds, or until desired texture is reached. If necessary, pour into pot to heat.

Chocolate Marshmallow Milkshake

Ingredients

- ¼ cup (60 ml) half & half
- 2 Tablespoons chocolate sauce
- 2 Tablespoons peanut butter
- 2 cups (260 g) vanilla ice cream
- 4 chocolate covered marshmallow cookies whipped cream, for topping

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 15-30 seconds, using the tamper to press the ingredients into the blades, or until desired consistency is reached.

Chocolate Orange Fondue

Ingredients

- 1 cup (240 ml) heavy cream
- 1⅔ cup (280 g) semi-sweet chocolate chips
- 2 Tablespoons butter
- 1½ fluidounce (45 ml) Grand Marnier

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. 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.
5. Pour into fondue pot. Stir in Grand Marnier.

David's Rumchata Milkshake

Ingredients

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

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Start the machine and increase to its highest speed.
4. Blend for 1 minute or until desired consistency is reached

Four Fruit Smoothie

Ingredients

- 1 Large orange, peeled, halved
- 1 slice pineapple, peeled
- ½ banana, peeled
- 3 strawberries, hulled, quartered
- ½ cup (120 ml) water
- 2 Tablespoons agave nectar
- 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 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 30 seconds, or until desired consistency is reached.

Frozen Champagne Margarita

Ingredients

- 1 medium orange, peeled
- 1 lemon, peeled
- 1 lime peeled
- 6 oz. NV brut champagne
- 2 oz. silver tequila
- 2 oz. Grand Marnier or Triple Sec

Mixed with:

- 6 TBS superfine sugar
- 5 cups ice cubes & 4 margarita glasses

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start the machine on and increase to its highest speed.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into sugar-rimmed margarita glasses.

Frozen Smoothie Bowl

Ingredients

- 1 cup (240 ml) cashew milk
- ½ cup (120 ml) water
- 2 2/3 cups (80 g) kale, chopped
- ¾ papaya (300 g) peeled, seeded, sliced
- 2 ½ (280 g) frozen bananas, peeled, halved
- ¾ avocado (115 g) pitted, peeled
- 1 ¼ apple (125 g), seeded, cored, quartered

Directions

1. Add all ingredients to the container in the order listed and secure the lid.
2. Turn the dial to 1 and slowly increase speed to Variable 8 or Smoothie Program.
3. Blend for 1 minute, or until smooth. Portion into bowls.

Frozen Irish Coffee

Ingredients

- 1 fluidounce (30 ml) whiskey
- 1 fluidounce (30 ml) Bailey's Irish Cream
- ¼ cup (60 ml) milk
- ¼ cup (50 g) granulated sugar
- ¾ cup (180 ml) coffee, cold
- 1½ cup (195 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program .
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 30 seconds, or until desired consistency is reached.

Fruit and Vegetable Breakfast Smoothie

Ingredients

- 2 ½ cups green seedless grapes
- ½ 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 with, core and stem but no seeds
- ½ slice of red raw beet
- 1 medium seedless orange, peeled and halved
- 1 slice of lemon, seeds ok
- 1 TBS Uncooked oats
- 1 TBS Raisins
- 1 TSP whole grain wheat
- 1 carrot, medium size
- 1 celery stalk with leaves
- 3 cups ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Start the machine and increase to its highest speed.
4. Blend for 1 minute, using tamper to press the ingredients into the blades, or until desired consistency is reached.

Holiday Fruit Salad Smoothie

Ingredients

- ½ cup (85 g) grapes
- 1 Large orange, peeled, halved
- 1 slice pineapple, peeled
- ½ banana, peeled
- 4 baby carrots
- ¼ apple, seeded, cored
- 2 cups (260 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 1 minute or until desired consistency is reached.

Homemade Croutons

Ingredients

- French Bread or Whole Wheat bread (recipes in Whole Grains Cookbook)
- 2 cups cubed bread, cut into ½" cubes
- Olive oil to drizzle
- 1 tsp rosemary leaves, chopped
- ½ cup mozzarella cheese, shredded

Directions

1. Place bread cubes on baking sheet, drizzle with olive oil, sprinkle with rosemary and mozzarella. Bake at 400 degrees for 10-15 minutes until golden brown.

Horchata

Ingredients

- 1 cup long grain white rice, uncooked
- 1 cinnamon stick
- ½ cup granulated sugar
- 4 cups water

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Smoothie Program, start the machine and increase to its highest speed.
3. Blend for 1 minute 30 seconds.
4. To serve pour over ice.

Horseradish Cheese Dip

Ingredients

- ¼ cup lager beer or stout
- ¼ cup prepared horseradish
- 2 TBS red onion, chopped
- 1 tsp dry mustard
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ¼ cup soft tofu
- ¼ pound cream cheese
- ¾ pound cheddar cheese, cubed

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Purees Program.
3. Start the machine, slowly increase to its highest speed, and blend for 1 minute using the tamper to press the ingredients into the blades.

Lemon Coconut Curd

Ingredients

- 5 large eggs
- ½ cup lemon juice
- 3 TBS lemon zest, about 3 lemons
- 1 ½ cups granulated sugar
- 1/8 tsp salt
- ½ cup unsalted butter, room temp
- 2 tsp coconut extract

Directions

1. Place eggs, lemon juice, lemon zest, sugar, salt and coconut extract into the Vitamix container and secure the lid.
2. Select Variable 1 or Soup Program, start the machine and increase to its highest speed.
3. Blend for 5:45 seconds, decrease the speed to Variable 3 and remove lid plug. Add the butter through the lid plug, replace the lid lug and blend for an additional 30 seconds on high speed.

Peanut Butter

Ingredients

- 5 cups (590 g) unsalted dry roasted peanuts

Directions

1. Place nuts into the Vitamix container and firmly secure the lid.
2. Select Variable 1 or Purees Program.
3. Start machine and slowly increase to its highest speed.
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, reduce speed to Variable 7.
6. Blend for 30 seconds.
7. Store refrigerated in an airtight container for up to 1 week. It can also be frozen for longer storage.

Peanut Cashew Butter

Ingredients

- 1½ cup (215 g) roasted peanuts
- 1½ cup (185 g) roasted cashews

Directions

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1 or Purees Program.
3. Turn machine on and slowly increase speed to Variable 10, using the tamper to press 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.

Notes

If using dry roasted nuts, you may need to add oil. Begin with 3 Tablespoons (30 ml) and add more if necessary.

Peanut Butter Hot Chocolate

Ingredients

- 4 cups (960 ml) water
- ½ cup (50 g) cocoa powder
- ¼ cup (50 g) peanut butter
- 2 teaspoons vanilla extract
- ½ cup (120 ml) honey

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. Blend for 3 minutes or until hot.

Peanut Butter Stracciatella

Ingredients

- 1 ½ cups heavy cream
- ½ cup granulated sugar
- 2 TBS vanilla extract
- ¼ cup peanut butter
- 1/8 tsp salt
- 5 cups ice cubes
- ¼ cup bittersweet chocolate chips

Directions

1. Place all ingredients into the Vitamix container in the order listed except the chocolate chips and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start the machine and increase to its highest speed
4. Use the tamper to press ingredients into the blades.
5. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Remove the lid plug and add the chocolate chips and continue blending for 15 seconds using the tamper to push ingredients into the blades.
6. Stop machine. Do not over mix or melting will occur. Serve immediately.

Turkey Vegetable Soup

Ingredients

- 1 cup chicken broth
 - ½ of 14.5 oz can diced tomatoes
- ¼ cup onion, chopped
- ½ tsp dried basil
- 1 garlic clove, minced
- ¼ cup chopped carrot
- 1 piece 2" square red bell pepper
- ¼ cup yellow squash

Add-ins:

- 1-2 pieces cooked turkey breast
- ¼ cup canned chickpeas, drained
- ¼ cup diced zucchini, steamed
- ½ cup canned kidney beans, drained
- ½ cup canned corn, drained
- ¼ cup parmesan cheese grated

Directions

1. Place all ingredients except the Add-Ins into the Vitamix container in the order listed and secure lid.
 2. Select Variable 1 or Soup Program.
 3. Start the machine and increase to its highest speed.
 4. Blend for 6 minutes or until heavy steam escapes from the vented lid.
 5. Reduce speed to Variable 3.
 6. Remove the lid plug. Drop in the turkey breast and beans and cheese. Blend for an additional 10 seconds, until chopped.
- Serve with Basil Pesto.

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Basil Pesto Sauce

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 or Purees Program.
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.

Notes

Recipe yields enough sauce to coat 1 pound (455g) of pasta.

Pineapple Coconut Sorbet

Ingredients

- 1 ½ cups lemon coconut curd (see recipe below, make early to let cool)
- 1 ½ lbs. frozen pineapple chunks

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start the machine and increase to its highest speed
4. Use the tamper to press 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.

Pound Cake

Ingredients

- ½ cup (110 g) unsalted butter, softened
- 2 cups (400 g) granulated sugar
- 5 large eggs
- ¾ cup (170 ml) reduced fat buttermilk
- 3 cups (375 g) all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

Directions

1. Preheat oven to 350°F (175°C). Prepare two loaf pans by lightly coating each one with cooking spray and a dusting of flour.
2. Add butter, sugar, and eggs to the Vitamix container in the order listed and secure the lid.
3. Select Variable 1 and start the machine. Remove the lid plug and use the tamper to press ingredients toward the blades. Slowly increase speed to Variable 6 and blend until smooth, about 20 seconds.
4. Stop the machine and add buttermilk to the container. Secure the lid and blend on Variable 1 for 10 seconds.
5. In a metal bowl, whisk together the flour, baking powder, baking soda, and salt. Add the flour mixture to the wet ingredients in the Vitamix container. Secure the lid, remove the lid plug, and insert the tamper.
6. Select Variable 1, start the machine, and slowly increase speed to Variable 6. Blend for 30 seconds, using the tamper to press the ingredients toward the blades.
7. Remove the lid and use a spatula to scrape the sides of the container. Carefully portion out the batter between the two prepared loaf pans, and tap the pans onto your table to even out the mixture.
8. Bake for 50 minutes to 1 hour, or until a toothpick inserted into the center comes out clean.

Pumpkin Pie Smoothie

Ingredients

- ½ cup (135 g) canned pumpkin
- 1 cup (240 ml) milk
- ⅓ cup (80 ml) sweetened condensed milk
- 1 Tablespoon vanilla yogurt
- 1 teaspoon pumpkin pie spice
- 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 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 45 seconds or until desired consistency is reached.
5. Top with whipped cream and a dust of cinnamon.

Rosemary Turkey Potato Soup

Ingredients

- 2 cups milk
- ¼ cup onion, chopped
- ½ tsp dried rosemary
- 1 garlic clove, minced
- 1 chicken bouillon cube
- 2 oz. cream cheese
- 2 small (200g) russet potatoes, cooked and quartered
- 1-2 pieces cooked turkey breast (same quantity as 1 boneless skinless chicken breast)

Directions

1. Place all ingredients except the cooked turkey into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Soup Program.
3. Start the machine and increase to its highest speed.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 3.
6. Remove the lid plug. Drop in the turkey breast. Blend for an additional 10 seconds, until chopped.

Salted Caramel Ice Cream

Ingredients

- ½ banana
- ½ cup dates, pitted
- ¼ cup macadamia nuts
- 1 TBS honey
- pinch salt
- 4 ½ - 5 cups ice

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Turn machine on and slowly increase speed to Variable 10. 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.

Smoked Salmon Spread

Ingredients

- 1 cup (240 g) crème fraîche
- Zest and Juice of 2 lemons
- ¼ cup (60 ml) mayonnaise
- 2 Tablespoons horseradish
- 1 Tablespoon fresh chervil leaves
- 1 Tablespoon fresh tarragon
- 3 Tablespoons fresh chives, chopped
- 12 ounces (350 g) smoked salmon

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Purees Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.

Spiced Pumpkin Coffee Shake

Ingredients

- 2 cups whole milk
- ½ cup canned pumpkin
- 2 TBS sugar
- 1 tsp pumpkin pie spice
- 1 cup strong brewed coffee
- 3 tsp vanilla extract
- 4 cups vanilla ice cream
- 1 cup ice
- Garnish with whipped cream and pumpkin pie spice.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Start the machine and increase to its highest speed.
4. Blend for 1 minute or until desired consistency is reached.

Simple Sweet Potato Soup

Ingredients

- 1 ½ cups Nature's Promise organic vegetable broth
- 1 cup 2% fage yogurt
- 1 tsp salt and pinch pepper.
- 12 oz. by weight, peeled, baked orange or red sweet potatoes
- Garnish: minced green onion

Directions

1. Place all ingredients for the soup in the order listed into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Soup Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.

Strawberry Applesauce

Ingredients

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

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Purees Program.
3. Start the machine, slowly increase to its highest speed, and blend for 1 minute using the tamper to press the ingredients into the blades.

Strawberry Pomegranate Boost Smoothie

Ingredients

- 4/5 cup (200 ml) pomegranate juice
- 1 medium orange, halved
- 2 TBS greek yogurt, plain 0% fat
- 1 small banana
- 2 cups spinach
- 1 TBS flax seed
- 1 cup frozen dark sweet cherries
- 1 cup frozen strawberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Tis the Season Smoothie

Ingredients

- $\frac{3}{4}$ cup (180 ml) cranberry juice
- 1 Tablespoons maple syrup
- 2 green apples, seeded, cored, quartered
- $\frac{1}{2}$ cup (60 g) frozen raspberries
- $\frac{1}{2}$ 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 or Smoothie Program.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 45 seconds or until desired consistency is reached.

Turkey and Apricot Baby Food

Ingredients

- 2 cup turkey breast, cooked, chunky, cooled
- 10 oz. (80 g) dried apricots
- 20 oz. milk or alternative milk product

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Purees Program.
3. Start the machine, slowly increase to its highest speed, and blend for 1 minute

Turkey, Sage and Butternut Squash Baby Food

Ingredients

- 1 ⅓ cup butternut squash, peeled, roasted, cooled
- 1 cup turkey breast, cooked, chunky, cooled
- Fresh sage leaves
- 1 ½ cup milk or alternative milk product

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Purees Program.
3. Start the machine, slowly increase to its highest speed, and blend for 1 minute.

White Xmas Margarita

Ingredients

- 1 med orange, peeled
- 1 lime, peeled
- 1 lemon, peeled
- 6 oz. unsweetened coconut milk
- 4 oz. tequila
- 2 oz. triple sec
- 6 TBS superfine sugar
- 4-5 cups ice cubes
- 4 margarita glasses, garnished with salt rim, ½ lime slice and add whole cranberries on top of pour.

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start the machine on and increase to its highest speed.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.

Whole Fruit Margarita

Ingredients

- ¼ cup (60 ml) water
- 6 ounces (180 ml) tequila
- 2 ounces (60 ml) Grand Marnier or triple sec
- 1 medium orange, peeled, seeded, and halved
- 1 lime, peeled
- 1 lemon, peeled, seeded, and halved
- 6 Tablespoons (75 g) granulated sugar
- 6 cups (1.4 l) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start machine, slowly increase to its highest speed, and blend for 55 seconds.
4. Pour into salt-rimmed margarita glasses and serve immediately.

All Green Smoothie Bowl

Ingredients

- ½ cup (120 ml) coconut water
- ½ avocado, pitted, peeled
- 1 cup (30 g) spinach
- 1 Tablespoon hemp seeds
- 1 cup (150 g) frozen mango
- 2 Tablespoons blueberries
- 2 Tablespoons unsweetened flaked coconut

Directions

1. Place coconut water, avocado, spinach, hemp and mango into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Smoothie Program.
3. Turn machine on and slowly increase speed to highest speed.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Top with blueberries and coconut flakes.

Notes

A filling and nutritious breakfast option, loaded with good fats and fiber!

Bacon Cheddar Potato Soup

Ingredients

- 2 cups (480 ml) milk
- 2 medium Russet potatoes (340 g), baked, halved, divided use
- $\frac{2}{3}$ cup (80 g) shredded Cheddar cheese, divided use
- 2 Tablespoons (20 g) chopped onion, sautéed
- $\frac{1}{2}$ teaspoon dried dill weed
- $\frac{1}{2}$ teaspoon salt
- 1 ounce (30 g) bacon, cooked

Directions

1. Place milk, one potato, half of the cheese, onion, dill, and salt into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Hot Soup program.
3. Start machine, slowly increase to its highest speed, and blend for 5 minutes 45 seconds; or start machine and allow programmed cycle to complete.
4. Select Variable 1.
5. Start machine and remove the lid plug. Add remaining potato, bacon, and cheese through the lid plug opening.
6. Secure lid plug and blend an additional 10 seconds.

Berry Sorbet with Mixed Spices

Ingredients

- ½ ounce (15 g) fresh ginger root, peeled
- 1 cup (240 ml) cold water
- ½ cup (100 g) granulated sugar
- 1 cup (150 g) frozen unsweetened strawberries, thawed for 20 minutes
- 1 cup (140 g) frozen unsweetened blueberries, thawed for 20 minutes
- 1 cup (140 g) frozen unsweetened blackberries, thawed for 20 minutes
- 1 cup (140 g) frozen unsweetened raspberries, thawed for 20 minutes
- 2 cups (300 g) frozen pitted Bing cherries, thawed for 20 minutes
- ½ cup (13 g) fresh mint leaves
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Directions

1. Place ginger, water, and sugar into the Vitamix container and firmly secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start machine and slowly increase speed to Variable 8. Blend for 20 seconds until ginger is finely chopped. Stop machine and remove lid. Add berries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container and firmly secure lid.
4. Select Variable 1 or the Frozen Dessert program.
5. Start machine, slowly increase to its highest speed, and blend for 55 seconds, using the tamper to press the ingredients into the blades; or start machine and allow programmed cycle to complete, using the tamper to press the ingredients into the blades.
6. Serve immediately.

Broccoli Cheese Soup

Ingredients

- 1 cup (240 ml) milk
- ½ cup (55 g) shredded cheddar cheese
- 2 cups (310 g) steamed broccoli, divided use
- 1 teaspoon diced onion
- ½ chicken bouillon cube

Directions

1. Place milk, cheese, 1½ cups broccoli, onion, and bouillon into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Hot Soup program.
3. Start machine, slowly increase to its highest speed, and blend for 5 minutes 45 seconds; or start machine and allow programmed cycle to complete.
4. Divide remaining ½ cup (80 g) broccoli between two serving bowls. Pour soup over broccoli and serve.

Chocolate Strawberry Smoothie Bowl

Ingredients

- 1 $\frac{1}{3}$ cups coconut milk
- 2 small (160 g) halved frozen banana
- 2 cups (cup) frozen strawberries
- $\frac{1}{2}$ cup cacao powder
- 2 Tablespoon (32 g) almond butter [or peanut butter]
- 1 $\frac{1}{3}$ Tablespoon (teaspoon) honey

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Smoothie Program. Start machine and slowly increase to Variable 10.
3. Blend for 45 seconds, tamping as needed.

Cider and Whiskey Cocktail

Ingredients

- ½ cup fresh apple cider
- 2 oz. bourbon whiskey
- 1 Tablespoons real maple syrup
- ½ small lemon, peeled
- 3 cups ice

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Frozen Dessert Program. Start the machine and increase to its highest speed.
3. Blend for 45 seconds, using the tamper to push ingredients into the blades.

Corn Chowder

Ingredients

- 1 Tablespoon butter, room temperature
- $\frac{3}{4}$ cup (120 g) onion
- 18 ounces (520 g) small russet potatoes
- 2 cups (480 ml) vegetable broth
- 3 cups (375 g) corn
- $\frac{1}{2}$ cup (120 ml) milk
- salt and pepper, to taste
- 1 sprig parsley

Directions

1. Heat a medium saucepan over medium low heat. Sauté onion in butter until soft, about 5 minutes. Add potatoes, stock, and 1 cup corn. Simmer with lid on until potatoes are tender, about 15 to 20 minutes.
2. Place mixture and milk into the Vitamix container and secure lid.
3. Select Variable 1.
4. Turn machine on and slowly increase speed to Variable 7.
5. Blend for 10 to 15 seconds.
6. Return mixture to saucepan over low heat. Stir in remaining corn and season with salt and pepper. Serve garnished with fresh chopped parsley.

Cream of Asparagus Soup

Ingredients

- 1½ pounds (680 g) asparagus spears, cooked (reserve 1 cup (180 g) pieces for garnish)
- 1½ cups (360 ml) chicken broth
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ cup (120 ml) heavy cream

Directions

1. Place asparagus, broth, salt, and pepper into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Soup program.
3. Start machine, slowly increase to its highest speed, and blend for 5 minutes 45 seconds; or start machine and allow programmed cycle to complete.
4. Select Variable 1 and start machine. Remove the lid plug and pour heavy cream through the lid plug opening. Secure lid plug.
5. Slowly increase speed to Variable 8 and blend an additional 10 seconds. Serve immediately over reserved asparagus pieces.

Frosé (Frozen Rosé)

Ingredients

- 2 ¼ cups (532 ml) rosé
- 4 ½ cups frozen strawberries [or frozen watermelon cubes, or combo]
- 1 ½ Tablespoon granulated sugar
- 1 ½ cups ice cubes

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Frozen Dessert Program. Start machine and slowly increase to Variable 10.
3. Blend for 60 seconds, tamping as needed.

Frozen Peach and Rosemary Margarita

Ingredients

- 2 teaspoon agave
- 8 oz. tequila
- 2/3 cup water
- 12 rosemary leaves
- 4 cups frozen peaches

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Frozen Dessert Program, start the machine and increase to its highest speed.
3. Blend for 45 seconds using the tamper to push ingredients into the blades.

Frozen Smoothie Bowl

Ingredients

- $\frac{3}{4}$ cup (180 ml) cashew milk
- $\frac{1}{3}$ cup (100 ml) water
- 2 cups (60 g) kale, chopped
- $\frac{1}{2}$ papaya, peeled, seeded, sliced
- 2 frozen bananas, peeled, halved
- $\frac{1}{2}$ avocado, pitted, peeled
- 1 apple, seeded, cored, quartered

Directions

1. Add all ingredients to the container in the order listed and secure the lid.
2. Turn the dial to 1 or Frozen Dessert Program and slowly increase speed to Variable 8.
3. Blend for 1 minute, or until smooth. Portion into bowls.

Fruit Salad Smoothie

Ingredients

- ½ cup (75 g) green grapes
- 1 medium orange, peeled, halved, and seeded
- ½-inch-thick (1½ cm) slice pineapple, core included, halved
- ½ cup (65 g) peeled and chopped cucumber
- 1 medium carrot, halved
- 1 medium apple, quartered and seeded
- 2½ cups (480 ml) ice cubes

Directions

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

Gazpacho

Ingredients

- 3 cups (720 ml) tomato juice, fresh or canned
- ⅓ cup (80 ml) red wine vinegar
- 1 pound (455 g) ripe tomatoes (4–5 large), quartered
- 2½ cups (330 g) peeled and rough chopped cucumber
- ¼ cup (60 ml) olive oil
- 1 small onion (55 g), chopped
- 1 medium sweet green bell pepper (225 g), seeded and quartered
- Dash of hot sauce
- Salt, to taste
- Ground black pepper, to taste

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1.
3. Start machine and slowly increase speed to Variable 2.
4. Blend for 15 seconds.
5. Season to taste with salt and pepper and serve immediately or refrigerate.

Going Green Smoothie

Ingredients

- 1 cup (240 ml) water
- 2 cups (300 g) green grapes
- 1 cup (150 g) pineapple chunks
- 1 ripe banana, peeled
- 4 cups (120 g) fresh spinach, packed
- 1 cup (240 ml) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45 seconds, or until desired consistency is reached.

Guacamole

Ingredients

- 2 ripe avocados, halved, pitted, and peeled
- 1 Roma tomato, quartered
- ½ cup (10 g) fresh cilantro leaves
- ¼ cup (40 g) chopped red onion
- 2 Tablespoons (30 ml) lemon juice
- ½ teaspoon kosher salt

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 4.
3. Pulse 5 to 6 times, or until ingredients are mixed, using the tamper to press the ingredients into the blades.
4. Do not overmix. Leave chunky. Serve with tortilla chips.

Roasted Red Pepper Hummus

Ingredients

- 3 oz roasted red peppers, drained
- 2 (15-ounce / 425-g) cans chickpeas (garbanzos), one drained, one with liquid
- ¼ cup (35 g) raw sesame seeds
- 1 Tablespoon olive oil
- ¼ cup (60 ml) lemon juice
- ¼ cup (60 ml) water
- 1 garlic clove, peeled
- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Purees Program.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45 to 55 seconds, or until desired consistency is reached.

Hot Wing Hummus

Ingredients

- 3 cups of canned chickpeas, drained and rinsed.
- 3 garlic cloves, 2 if large
- ¼ cup tahini
- ¼ cup lemon juice
- 1 Tablespoons white vinegar
- 2 Tablespoons barbecue sauce
- 3 Tablespoons hot sauce
- 1-1/2 tsp paprika
- ¼ tsp kosher salt

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or Purees Program. Start the machine and increase to its highest speed.
3. Blend for 1 minute using the tamper to push ingredients into the blades.

Kale and Basil Pesto

Ingredients

- 1 cup (240 ml) olive oil
- 1 cup (100 g) grated Parmesan cheese
- 3 medium garlic cloves, peeled
- 2 cups (80 g) fresh basil leaves
- 2 cups (135 g) fresh kale leaves
- 3 Tablespoons (25 g) pine nuts
- ¼ teaspoon salt
- Pinch of ground black pepper

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Purees Program.
3. Start machine and slowly increase speed to Variable 3.
4. Blend for 30 seconds, or until desired consistency is reached.

Kona Coffee Peanut Butter

Ingredients

- 4 cups peanuts, roasted salted
- 2 Tablespoon Kona coffee beans
- 1 Tablespoon canola oil

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Purees Program. Start machine and slowly increase to Variable 10.
3. Blend for 1 minute and 30 seconds, tamping as needed.

Lemonade Blush

Ingredients

- ¼ cup agave
- 1 teaspoon chopped fresh rosemary
- ½ cup (120 ml) lemon juice
- 6 cups (930 g) cubed and seeded watermelon
- 2–4 cups (480–960 ml) ice cubes

Directions

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

Minty Green Smoothie

Ingredients

- 1 cup (240 ml) water
- 4 cups (120 g) fresh spinach leaves
- 4 small mint leaves
- 2½ cups (375 g) fresh pineapple chunks
- 1½ cups (360 ml) ice cubes

Directions

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

Mushroom Soup

Ingredients

- 3 cups cremini mushrooms (washed & stems removed)
- 2 Tablespoons olive oil
- 1/2 Teaspoon fresh thyme (chopped)
- 1 cup vegetable stock
- 1 cup plain almond milk (unsweetened)
- 3 oz. cannellini (white) beans
- 1/2 teaspoon Salt
- 1 clove roasted garlic

Directions

1. Heat a medium sauté pan over medium high heat. Add olive oil, mushrooms and thyme to the pan. Sauté until mushrooms are cooked through.
2. Place mushroom mixture and all other ingredients into your Vitamix in order listed.
3. Select Variable 1 or Soup Program. Start the machine and increase to its highest speed.
4. Blend for 5 minutes 45 seconds or until heavy steam escapes.
5. Garnish soup with slivered mushroom slices and a sprinkle of thyme

Peach Soy Sherbet

Ingredients

- 1 cup (240 ml) soy milk
- 1 teaspoon vanilla extract
- 1 pound (450 g) frozen unsweetened peach slices
- ¼ cup (50 g) granulated sugar or other sweetener, to taste

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Start machine and slowly increase to its highest speed, using the tamper to press the ingredients into the blades.
4. Blend for 1 minute, or until desired consistency is reached.

Peanut Butter and Jelly Smoothie

Ingredients

- ½ cup 2% milk
- ⅓ cup nonfat Greek yogurt
- 1 cup (30 g) baby spinach
- 1 small (100 g) frozen banana
- ½ cup frozen strawberries
- 1 Tablespoon (16 g) peanut butter

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Purees Program. Start machine and slowly increase to Variable 10.
3. Blend for 30-45 seconds, tamping as needed.

Real Fruit Slushies

Ingredients

- 2 cups frozen fruit (strawberries, peaches, blueberries, watermelon)
- 1 Tablespoon honey
- 1/2 cup water.

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Smoothie Program. Start machine and slowly increase to Variable 10.
3. Blend for 60 seconds, tamping as needed.

Red Pepper Walnut Pesto

Ingredients

- 1 large red bell pepper
- 2 medium garlic cloves, peeled
- $\frac{3}{4}$ cup (75 g) walnuts, toasted
- $\frac{1}{2}$ cup (30 g) sun-dried tomatoes
- $\frac{2}{3}$ cup (20 g) fresh basil leaves
- $\frac{1}{2}$ cup (50 g) grated Parmesan cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ cup (120 ml) olive oil

Directions

1. Preheat oven to 400°F (200°C). Halve and trim red pepper and place skin side down on the oven rack. Roast 15 to 20 minutes, or until skin is well shriveled but not blackened. Place pepper in a plastic bag for 15 minutes to steam.
2. Place garlic cloves in a medium saucepan, add cold water to cover, and bring to a boil. Reduce heat and simmer for 5 minutes or until soft enough to pierce with a fork. Remove using a slotted spoon and set aside to drain.
3. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
4. Select Variable 1 or Purees Program.
5. Start machine and slowly increase speed to Variable 3. Blend for 30 seconds, or until desired consistency is reached, using the tamper to press the ingredients into the blades.

Strawberry Daiquiri

Ingredients

- 4 ounces (120 ml) light rum
- 2 ounces (60 ml) triple sec
- 2 Tablespoons (30 ml) fresh lime juice
- 1 cup (150 g) frozen unsweetened strawberries,
○ softened for 10 minutes
- 2–4 Tablespoons (16–30 g) powdered sugar

- 2 cups (480 ml) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or Frozen Dessert Program..
3. Start machine, slowly increase to its highest speed, and blend for 45 seconds; or start machine and allow programmed cycle to complete.

Strawberry Yogurt Freeze

Ingredients

- 1½ cups (360 g) vanilla yogurt
- 1½ pounds (680 g) frozen unsweetened strawberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Frozen Dessert program.
3. Start machine, slowly increase to its highest speed, and blend for 55 seconds; or start machine and allow programmed cycle to complete.
4. Serve immediately.

Summer Splash Smoothie

Ingredients

- ½ cup (120 ml) water
- 1 cup (170 g) honeydew melon, peeled, seeded, cubed
- ½ cup (80 g) cantaloupe, peeled, seeded, cubed
- 1 peach, pitted, halved
- 1 cup (165 g) pineapple, peeled, cubed
- 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 to the highest speed.
4. Blend for 30 seconds or until desired consistency is reached.

Sweet Potato Soup

Ingredients

- ¼ onion, peeled, diced
- olive oil
- 1 sweet potato, baked, peeled
- ½ apple, seeded, cored
- 1 carrot, halved
- 1 vegetable bouillon cube
- 1½ cup (360 ml) water

Directions

1. In a saucepan, sauté onion in olive oil for 5 minutes or until tender.
2. Place all ingredients into the Vitamix container in the order listed and secure lid.
3. Select Variable 1 or Soup Program.
4. Turn machine on and slowly increase to the highest speed.
5. Blend for 5-6 minutes or until heavy steam escapes from the vented lid. Serve immediately.

Tomato Thyme Soup

Ingredients

- 1½ cups (360 ml) water
- 1 (14½-ounce / 410-g) can diced tomatoes
- 2 Roma tomatoes, halved
- 1 medium carrot, halved
- ¾ cup (75 g) oil-packed sun-dried tomatoes, drained
- 1 teaspoon flaxseed
- 1½ Tablespoons chopped onion
- 1 garlic clove, peeled
- ½ Tablespoon fresh thyme sprigs (leaves only if sprigs are woody and thick)
- 1 teaspoon fresh oregano leaves
- 1 Tablespoon tomato paste
- ½ vegetable bouillon cube
- ½ cup (120 ml) whole milk, room temperature

Directions

1. Place water, canned tomatoes, fresh tomatoes, carrot, sun dried tomatoes, flaxseed, onion, garlic, thyme, oregano, tomato paste, and bouillon into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Soup program.
3. Start machine, slowly increase to its highest speed, and blend for 5 minutes 45 seconds; or start machine and allow programmed cycle to complete.
4. Select Variable 2.
5. Start machine and remove lid plug. Slowly add milk through the lid plug opening. Secure lid plug.
6. Slowly increase to highest speed and blend an additional 15 seconds.

Tortilla Soup

Ingredients

Soup Base:

- 1 cup (240 ml) low-sodium chicken, beef, or vegetable broth
- 1 Roma tomato, halved
- 1 carrot, halved
- 1 celery stalk, halved
- 1 thin slice of onion, peeled
- 1 garlic clove, peeled
- 1 thin slice of yellow squash
- 1 thin slice of red bell pepper
- 1 thin slice of cabbage
- 1 mushroom
- Salt, to taste
- Ground black pepper, to taste
- 1 teaspoon taco seasoning
- Dash of ground cumin

Optional Ingredients:

- ½ cup (70 g) cooked chicken breast
- ½ fresh jalapeno
- ¼ cup (30 g) pitted olives
- ¼ cup (50 g) unsalted canned corn, drained
- 2 ounces (60 g) baked tortilla chips

Directions

1. Place all soup base ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
3. Select Variable 1 or the Soup program.
4. Start machine, slowly increase to its highest speed, and blend for 5 minutes 45 seconds; or start machine and allow programmed cycle to complete.
5. If adding optional ingredients, select Variable 2. Start machine and remove the lid plug. Add chicken, jalapeños, olives, corn, and chips through the lid plug opening.
6. Blend an additional 10 seconds.

Watermelon Margarita

Ingredients

- 1 ½ cups watermelon
- 1 cup (236 ml) tequila
- ½ cup (118 ml) fresh lime juice
- 4 fl. oz. (118 ml) Triple Sec
- 1 Tablespoon powdered sugar
- 3 cups ice cubes

Directions

1. Place the ingredients into the Vitamix container as listed and secure the lid.
2. Select Variable 1 or Frozen Dessert Program. Start machine and slowly increase to Variable 10.
3. Blend for 45 seconds, tamping as needed.

Whole Fruit Margarita

Ingredients

- ¼ cup (60 ml) water
- 6 ounces (180 ml) tequila
- 2 ounces (60 ml) Grand Marnier or triple sec
- 1 medium orange, peeled, seeded, and halved
- 1 lime, peeled
- 1 lemon, peeled, seeded, and halved
- 6 Tablespoons (75 g) granulated sugar
- 6 cups (1.4 l) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Frozen Dessert program.
3. Start machine, slowly increase to its highest speed, and blend for 55 seconds; or start machine and allow programmed cycle to complete.
4. Pour into salt-rimmed margarita glasses and serve immediately.

Pumpkin Soup

Processing: 6 - 7 minutes

1 cup (240 ml) chicken or vegetable broth

1/4 cup (60 ml) unsweetened coconut milk

1 1/2 cups (368 g) canned pumpkin

1/2 cup (58 g) sliced onions, sautéed

1 1/2 garlic cloves, roasted

1 1/2 Tablespoons brown sugar

1/2 teaspoon paprika (optional)

1/4 teaspoon cayenne pepper (optional)

1/2 teaspoon freshly ground nutmeg

salt and freshly ground black pepper,

to taste

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select Variable 1 or Soup Program.

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 vented lid.

Note: Garnish with toasted pumpkin seeds. Substitute vegetable broth for a vegetarian option.

Pumpkin Latté

Processing: 30 - 45 seconds

- 1 cup (240 ml) hot or warm milk
- 1/4 cup (60 ml) strongly brewed coffee, hot
- 1/4 cup (60 g) canned pumpkin
- 1 Tablespoon white chocolate chips
- 1/4 teaspoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

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 to 45 seconds or until desired consistency is reached.

Sweet Potato Soup

Processing: 5 - 6 minutes

1/4 (43 g) small onion, peeled
1/2 Tablespoon olive oil
1 (270 g) sweet potato, baked
1/2 (75 g) apple, seeded
1 (70 g) carrot, halved
1 vegetable bouillon cube
1 1/2 cups (360 ml) water

1. In a saucepan, sauté onion in olive oil for 5 minutes or until tender.
2. Place all ingredients into the Vitamix container in the order listed and secure lid.
3. Select Variable 1 or Soup Program.
4. Turn machine on and slowly increase speed to Variable 10, then to High.
5. Blend for 5 to 6 minutes or until heavy steam escapes from the vented lid. Serve immediately.

Cranberry Margarita

Processing: 35 - 45 seconds

Cranberry Jam:

3/4 cup (75 g) fresh cranberries

1/4 cup (50 g) granulated sugar

1/4 cup (60 ml) water

2 Tablespoons (30 ml) orange juice

1 teaspoon orange zest

Cocktail:

8 Tablespoons (120 g) cranberry jam

2 ounces (60 ml) lime juice

4 ounces (120 ml) orange juice

6 ounces (180 ml) tequila

5 cups (1.2 L) ice cubes

1. To make the Cranberry Jam, bring cranberries, sugar, water, and orange juice to a boil in a medium saucepan. Reduce the heat and simmer, stirring occasionally, until thick with jam consistency, about 30 to 40 minutes. Mix in the zest and let cool.
2. Place 8 tablespoons jam, lime juice, orange juice, tequila, and ice into the Vitamix container in the order listed and secure lid.
3. Select Variable 1 or Frozen Dessert Program.
4. Turn machine on and slowly increase speed to Variable 10, then to High.
5. Blend for 35 to 45 seconds or until desired consistency is reached.

Pumpkin Muffins

Processing: 10 seconds

2 large eggs

1/4 cup (60 ml) light olive oil

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1 cup (245 g) pumpkin,
freshly cooked or canned
1/4 cup (60 ml) skim milk
3/4 cup (150 g) granulated sugar
1/2 teaspoon salt
2 teaspoons baking soda
1 teaspoon allspice
1 teaspoon cinnamon
1 3/4 cups (219 g) unbleached,
all-purpose flour
1/2 cup (120 g) chocolate chips,
mini or regular

1. Preheat oven to 350°F (180°C). Lightly coat muffin pan with vegetable cooking spray or use cupcake liners.
2. Place eggs, oil, pumpkin, milk, and sugar 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 5.
5. Blend for 10 seconds.
6. In a medium-size mixing bowl, combine salt, baking soda, allspice, cinnamon, flour and chocolate chips in the order listed.
7. Pour pumpkin mixture into bowl containing dry ingredients. Mix by hand just until dry ingredients are moistened.
8. Spoon into the prepared muffin pan, filling each cup 3/4 full.
9. Bake 20 to 25 minutes or until a toothpick inserted in the center of one muffin comes out clean.
10. Cool on wire rack for 5 minutes, then carefully remove each muffin from muffin pan. Serve warm or at room temperature.

Pumpkin Fall Freeze

Preparation: 30 - 60 seconds

2 Tablespoons milk

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2 Tablespoons cream cheese
1/4 pie pumpkin, baked and flesh removed or
1/2 cup (240 ml) solid pack canned pumpkin
1/2 cup firmly packed brown sugar
1/2 teaspoon vanilla extract
1/2 teaspoon pumpkin pie spice
3 cups (1.4 l) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1 or Frozen Dessert Program.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Use the tamper to press ingredients into the blades.
5. In about 30 to 60 seconds, the sound of the motor will change and four mounds should form. Stop machine. Do not over mix or melting will occur. Serve immediately.

Winter Holiday Margarita

1/2 cup fresh pineapple chunks
1 lime peeled
1 seedless lemon peeled
6 oz unsweetened coconut milk
4 oz tequila
2 oz triple sec
6 tablespoons superfine sugar
4 oz blue curacao
5 cups ice cubes.

Directions

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1 or the Frozen Dessert program.
3. Start machine, slowly increase to its highest speed, and blend for 55 seconds; or start machine and allow programmed cycle to complete.
4. Pour into salt-rimmed margarita glasses and serve immediately.

Warm Potato Leek Soup

Processing: 5 - 6 minutes

- 1 leek white part only, sauteed
- 2 tablespoons unsalted butter
- 1 (270 g) russet potato, baked
- 4 cups low sodium chicken broth
- 4 ounces white cheddar cheese cubed

Add-in: 3 strips thick sliced bacon, very crisp

Garnish: minced chives

1. In a saucepan, sauté leek in butter for 5 minutes or until tender.
2. Place all ingredients into the Vitamix container in the order listed and secure lid.

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3. Select Variable 1 or Soup program.
4. Turn machine on and slowly increase speed to Variable 10, then to High.
5. Blend for 5 to 6 minutes or until heavy steam escapes from the vented lid.
6. If adding optional ingredients, select Variable 2. Start machine and remove the lid plug. Add bacon strips through the lid plug opening, process till chopped.
7. Serve with minced chives.