

Broccoli Cheddar Soup

2 Tbsp Unsalted Butter or Olive Oil
1 Shallot, chopped
1 medium onion, chopped
1 large potato, peeled, cubed
2 cloves garlic, finely chopped
3 ½ Cups vegetable stock
1 large head broccoli, cut into florets
2/3 Cup grated cheddar, extra for garnish
1 tsp whole grain mustard
½ tsp sea salt
Smoked paprika, olive oil, garnish..



1. Using Processing Bowl, finely chop shallots and onion. Melt the butter (or olive oil) in a large pot over medium-high heat. Stir in the shallots, onion, and a big pinch of salt. Saute for a couple minutes. Stir in the potatoes, cover, and cook for about four minutes, long enough for them to soften up. Uncover, stir in the garlic, then the broth. Bring to a boil, taste to make sure the potatoes are tender, and if they are stir in the broccoli. Simmer just long enough for the broccoli to get tender throughout, 2 - 4 minutes.
2. Using Immersion Wand attachment, starting on Speed 1, begin to puree ingredients in pot. Be sure to keep wand submerged and gradually increase speed while moving wand around the pot. When the soup is smooth, add in cheese and mustard and continue blending. Adjust thickness if needed by adding a bit more stock or milk. Taste for salt if needed.
3. Serve sprinkled with croutons, the remaining cheese, a drizzle of olive oil, and a tiny pinch of smoked paprika.



Carrot Bean Soup

2 tbsp extra virgin olive oil
1 large leek, washed, cut into large chunks
1 tsp kosher salt
¼ tsp ground black pepper
16 oz (250g) cannellini beans, drained
3 medium carrots, washed, cut large chunks
1 garlic clove, peeled
½ tsp curry powder
4 cups vegetable broth



Instructions:

1. Heat the oil in a large saucepot set over medium heat. Add the leeks, sweating for 10 minutes until softened, seasoning with salt and pepper.
2. Add the cannellini beans, carrots, garlic, and curry powder. Cook for 3 – 4 minutes until aromatic, then add your cooking liquid and bring to a boil.
3. Reduce mixture to a low simmer and allow to cook for 30 minutes, tasting and adjusting seasoning if necessary.
4. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
5. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 60 seconds. Serve with a light drizzle of extra virgin olive oil and freshly cracked black pepper, if desired.





Chocolate Peppermint Frappuccino

¼ cup chocolate milk powder
¼ cup peppermint syrup
½ cup coffee
1 cup milk
2 cups ice
1 cup heavy cream



Directions: Add heavy cream to mixing bowl. Using Whisk attachment, start mixing on speed 1, gradually increasing to speed 5. Continue mixing using a stirring motion until you have whipped cream. Set aside. Switch out to Wand attachment and load all other ingredients into the Vitamix Blending Jar in order listed. Lower wand into jar and start on low speed. As you begin to break down ingredients, gradually increase speed while lowering wand up and down in container. Once you can see it becoming more liquid, push wand to bottom at high speed and allow power to pull all ingredients down and finish. Pour into mugs, spoon on whipped cream and sprinkle cocoa and crushed candy canes.





Lemon Ginger Turmeric Rise

3-4 (3 if LARGE 4 if smaller) Lemons
(Seedless) 1 With Skin, 3 without skin
3 Nice Large Chunks Fresh Ginger
(peeled)
4-6 Tbsp Raw Honey
2 Tbsp Organic Turmeric (If you can get
fresh, 2-3 nice chunks peeled)
1 cup ice
1 cup water



Instructions:

Load all ingredients in order into Blending Jar. Using Immersion blender and gradually increasing speed as you go, push down and blend in container finishing on high speed until completely blended. Transfer to 2-3oz jars and store in refrigerator. Shake prior to drinking.





Lemon Herb White Bean Dip

2 cans cannellini beans, drained, rinsed
2 tbsp pine nuts, toasted
1/3 cup extra virgin olive oil
½ tsp Italian flat leaf parsley, leaves only
2 fresh thyme sprigs, leaves only
½ lemon, zested and juiced
2 tbsp champagne vinegar
1 tsp kosher or sea salt



Instructions:

1. Place ingredients in the Vitamix Immersion Blending Jar or appropriately sized container.
2. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 60 seconds or until desired consistency is achieved



High Protein Gluten Free Bread

4 Whole Eggs + 2 Yolks
90g Plain Greek Yogurt
120g Whey Protein Powder
30g Collagen Powder
¼ tsp salt
1 tsp Baking Soda



Instructions:

1. In the Blending Jar add the Eggs, Yolks and Greek Yogurt. Use the Immersion Wand on Speed 2 to mix until well combined.
2. In a separate bowl, combine protein, collagen, salt, and baking soda. Using Whisk mix well until all dry ingredients are combined.
3. Add the wet ingredients from the Blending Jar to the bowl. Using the Whisk attachment blend starting on Speed 1 and slowly increase to Speed 3 and whisk until smooth and completely blended.
4. Grease a Tupperware and line it with parchment paper. Pour the batter and smooth the top.
5. Bake at 190°C (375°F) for 30 minutes, or until the top is golden and a toothpick inserted in the center comes out clean.



Red Chimichurri

¾ Cup loosely packed fresh flat parsley leaves
¼ cup packed fresh cilantro leaves
4 medium garlic cloves, peeled
¼ cup red wine vinegar
1/3 cup extra virgin olive oil
2 tsp smoked paprika
½ tsp kosher salt
½ tsp black pepper
¼ tsp crushed red pepper flakes
1 cup roasted red peppers



Directions: In the Vitamix Processing Bowl load all ingredients with the Peppers last to weigh down the other ingredients. Start on speed 2 and pulse to chop and start the process of all ingredients gathering in bowl. Increase to speed 4 and continue processing until all ingredients come together into a consistent texture.



Tomato Soup

1 tbsp Avocado Oil
1 medium Yellow Onion, Finely Chopped
½ tsp sea salt
3-4 cloves garlic, minced
1 tsp dried oregano
½ tsp dried parsley
½ tsp dried basil
2 tbsp tomato paste
1 can (796ml) whole tomatoes
2 cans butter beans, drained & rinsed
4 cups vegetable broth
1 dried bay leaf
1 tbsp balsamic vinegar
½ tsp fresh ground pepper
Garnish: Croutons, Parmesan, Parsley



Instructions:

1. Using Processing Bowl, add quartered yellow onion to finely chop using Speed 2 pulsing on and off.
2. Heat a large pot over medium-high heat and add avocado oil. Add diced yellow onion and sea salt. Cook stirring often for 6-8 minutes until glossy and slightly golden.
3. Add minced garlic, dried oregano, parsley, basil, and tomato paste. Cook for another minute stirring constantly.
4. Add a can of tomatoes including the liquid, butter beans, vegetable broth, and a bay leaf.
5. Break up the tomatoes a little bit with a spatula and stir everything together.
6. Bring to a boil, lower the heat and simmer for 20 minutes partially covered.
7. Take the soup off the heat, remove the bay leaf, and use an immersion blender to puree the soup and add little half and half.
8. Season with black pepper and add balsamic vinegar or a squeeze of lemon (optional).
9. Serve with yogurt, croutons, fresh herbs, parmesan, or any other toppings of your choice.

