



Salsa

3 Roma tomatoes, quartered
60 grams red onion, quartered
½ jalapeño pepper, deseeded
5-6 Sprigs Cilantro washed
½ lime to squeeze in
½ tsp Salt



Directions: Start by loading half of the tomatoes, then onion, cilantro, salt. Add in remaining tomatoes so that they push down on top of the cilantro and squeeze in the juice from the half lime. Set to speed 2 and pulse the unit on and off until you reach the desired consistency.



Four Fruit Smoothie

- 1 Cup Ice
- $\frac{3}{4}$ Cup pineapple chunks
- $\frac{1}{2}$ Medium orange, peeled & seeded, cut in half
- $\frac{1}{2}$ banana, peeled and cut in 2
- 6 large strawberries
- 1 Cup Water



Directions: Load all 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 the smoothie.



Balsamic Vinaigrette

- 1/2 cup balsamic vinegar
- 1 tbsp dijon mustard
- 1 tbsp honey
- 1 garlic clove, grated
- 1 tsp salt
- 1 tsp Italian seasoning
- 1.5 cups Olive Oil



Directions: Fill Vitamix Blending Jar (or Mason Jar) with vinegar, Dijon, honey, garlic, salt, & Italian seasoning. Insert Immersion Wand down into bottom of the jar. Set to speed 2 and to begin mixing. Slowly drizzle in the oil running on speed 2 while lifting the wand up and down slightly until all oil is emulsified with the other ingredients. When done dressing should be completely emulsified and have a slightly creamy consistency.





Caramel Espresso Frappuccino

- ¼ cup chocolate milk powder
- ¼ cup caramel sauce
- 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 drizzle with caramel.



Butternut Squash Soup with Apple

- 2 Tbsp Butter
- 2 large leeks
- 1 Large onion
- 1 Large Potato
- 2 Cups cubed Butternut Squash
- 1 Cup diced Carrots
- 1 Granny Smith Apple, peeled, cored, and sliced
- 1 Quart Chicken Stock
- ¼ Cup dry white wine
- ½ Cup light cream
- ¼ tsp nutmeg
- Chopped Chives for Garnish



Directions: Melt butter in a large pot over medium heat. Stir in leeks and onions; cook and stir until onion softens and turns translucent, about 5 minutes. Add potato, squash, carrots, apple, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until vegetables are soft, about 20 minutes. Insert Immersion wand into pot all the way to bottom. Being on low speed (1) and move wand around pot while keeping submerged to break up large pieces. Slowly increase to speed 3. As soup becomes smoother increase to speed 5 keeping submerged at bottom to avoid any splatter. Settle in middle of pot and allow to run at speed 5 until all soup is pulled to center and is smooth. Decrease to speed 1 and slowly add white wine and cream. Serve and garnish with sage or chives.



Chimichurri

1 cup fresh Italian flat leaf parsley, leaves only, washed
¼ cup fresh cilantro, leaves only, washed
¼ cup fresh oregano, leaves only, washed
1/3 cup red onion quarters
3 cloves garlic, peeled
½ tsp red pepper flakes
½ cup extra virgin olive oil
¼ cup red wine vinegar
3 tbsp fresh lemon juice
1 tsp salt



Directions: In the Vitamix Processing Bowl load all ingredients with the onions 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.



Dill Onion Dip

2 TBS olive oil
1.5 cups (380 g) sour cream
 $\frac{3}{4}$ cup (150 g) mayo
 $\frac{1}{4}$ tsp garlic powder
1 tsp dill weed
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp white pepper
1 medium onion, quartered



Directions: In the Vitamix Processing Bowl add the onion. On speed 2, pulse unit on and off until onions are finely chopped. In a mixing bowl, add all other ingredients and the finely chopped onions. Using the Whisk attachment, blend all ingredients together. Serve or transfer to container to store in refrigerator.





Green Smoothie

200 Grams Ice Cubes
½ Banana
30 grams spinach leaves
70 grams pineapple chunks
150 grams grapes
1 ½ Cup Water



Directions: Load all 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 the smoothie.



Guacamole

2 small quarters red onion
1 half small Roma tomato cut into 2
2 peeled avocados, halved
½ (15 g) jalapeno, deseeded
5-6 nice sprigs cilantro, no stems
½ lime to squeeze in
½ tsp salt



Directions: Start by loading half of the avocado, then onion, jalapeño, cilantro, salt. Add in remaining avocados so that they push down on top of the cilantro and squeeze in the juice from the half lime. Set to speed 2 and pulse the unit on and off until you reach the desired consistency.



Homemade MAYO

6	Large Egg Yolks
3 Tbsp	Fresh lemon Juice
3 tsp	Dijon
½ tsp	Kosher Salt
1 ½ Cup	Vegetable Oil



Directions: Fill Vitamix Blending Jar (or Mason Jar) with oil, Dijon, lemon juice, and salt. GENTLY drop in egg yolks so they do not break and they sink together to the bottom of the jar. Put Immersion wand down into the bottom of the jar on top of the yolks. Start on low speed and slowly increase while slowly raising wand. You will see emulsion occur and mayonnaise will begin to form. Raise wand up and down to fully mix. Seal and refrigerate after using.



Mushroom Soup

3 cups Vegetable Stock
1 ½ Cup Almond Milk
½ Cup Cannellini Beans
1 tbsp Salt
4 cloves ROASTED Garlic
4 lbs Crimini mushrooms, rough
chopped
1 Bunch Fresh Thyme
Olive oil
1 cup light cream



Directions: Sauté mushrooms in large pot using olive oil, salt, and 2 sprigs of fresh thyme. Cook mushrooms until they have sweat out most of their liquid and reduced in size, remove sprigs of thyme. Reserve 2 tbsp of the cooked mushrooms to chop up for garnish later. Add all other ingredients to the pot and simmer for 30 minutes on stovetop. Insert Immersion wand into pot all the way to bottom. Being on low speed 1 and move wand around pot while keeping submerged to break up large pieces. Slowly increase to speed 3. As soup becomes smoother increase to speed 5 keeping submerged at bottom to avoid any splatter. Settle in middle of pot and allow to run at speed 5 until all soup is pulled to center and is smooth. Decrease to speed 1 and slowly add cream. Adjust salt to taste. Serve and garnish with chopped mushrooms and thyme sprigs.





Peanut Butter

$\frac{3}{4}$ cup roasted peanuts

$\frac{3}{4}$ cup honey roasted peanuts



Directions: Load peanuts into the Vitamix Processor Bowl and snap-on lid. Attach motor and beginning on low speed, increase speed 5 (max). Blend 1-2 minutes and you start to see the creamy texture.



Potato Leek Soup

3 Tbsp Unsalted Butter
3 Cloves peeled garlic, smashed
2 lbs Yukon Gold Potatoes, peeled & roughly chopped
7 Cups Chicken or Vegetable Stock
2 Bay Leaves
3 Sprigs Fresh Thyme
1 tsp salt
¼ tsp black pepper
1 Cup heavy cream
Chives for garnish



Directions: Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.

Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.

Use Immersion blender to puree, then slowly add cream to finish.





Pumpkin Frappuccino

- 1/2 Cup Coffee
- 1/2 Cup Milk
- 2 Tablespoon Pumpkin Puree
- 3 Tablespoon Maple Syrup
- Pumpkin Spice
- 1 Cup 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 dust with fall spices.



Whole Fruit Margarita

5 Cups Ice
¼ Cup Water
6oz Tequila
2oz Triple Sec
Whole Medium Orange, Peeled and seeded
Whole Medium Lemon, Peeled and seeded
2 Whole Limes, Peeled and seeded



Directions: Add all ingredients to the pitcher in order listed. Using Immersion Wand attachment, start on speed 1 and slowly lower into pitcher to begin to break up ingredients. Gradually increase to speed 3 while moving wand further down into pitcher in gentle up and down motion. Once ingredients begin to come together, increase to speed 5 and continue blending, until desired consistency is reached. Serve and garnish with lime.

