



# 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!



# 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.
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. 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. 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 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 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. 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, 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 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
- 1/3 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
- 1/4 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.



# Hummus

## Ingredients

- 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
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. 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.
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. 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. 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.
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

## Ingredients

- 4 cups (590 g) unsalted dry roasted peanuts

## Directions

1. Place nuts into the Vitamix container and firmly secure the lid.
2. Select Variable 1.
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 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. 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. 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.
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 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.



# 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.
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 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 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 Hot 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. 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.