



# Basic Meringue

## Ingredients

- 4 egg whites at room temperature
- ½ teaspoon cream of tartar

## Directions

1. Place ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select Variable 1. Start the machine, and increase to variable speed 5.
3. Run for 15 to 30 seconds until soft peaks form.



# Caffe Mocha

## Ingredients

- 1 cup skim milk
- 1 cup leftover coffee, room temp
- 1/8 tsp vanilla extract
- 1/2 cup semi-sweet chocolate chips

## Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase to its highest speed.
3. Blend for 5-6 minutes or until steaming.
4. Pour into cup and serve immediately



# Chocolate Mousse

## Ingredients

- 1 ½ cups very cold whipping cream
- 3 Tablespoons chocolate sauce
- ½ shot Baileys Irish cream

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 15-20 seconds. The sound of the motor will change tone as the mousse is set.



# Chocolate Orange Mousse

## Ingredients

- 2 cups (480 ml) heavy cream
- ½ teaspoon orange zest
- ¼ cup (60 ml) chocolate sauce

## Directions

1. Place all ingredients into the container in the order listed and secure lid.
2. Turn the dial to 1 and slowly increase speed to 10.
3. Blend for 35 to 40 seconds or until desired consistency is reached.



# Cold Brew Cappuccino

## Ingredients

- 1 cup (240 ml) cold skim milk
- ½ teaspoon instant espresso powder
- 1 cup (240 ml) cold brew coffee
- 2 cups (260 g) ice cubes
- sweetener, if desired

## Directions

1. Place milk and instant espresso into the Vitamix container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 6, and blend for 30 seconds. (If making a half recipe for a single serving, reduce the blending time to 15 seconds.)
3. Portion equally into 2 (16-ounce) (480-ml) cups. Pour ½ cup (120 ml) cold brew coffee over each glass. Top with 1 cup (130 g) ice cubes per cup. Sweeten if desired.

## Notes

Important: Cold skim milk is a must for this recipe. It will not work with 1%, 2%, or whole milk. Likewise, it needs to be as cold as possible. A lower speed with the skim milk is what helps create this foam. Recipe makes 2 1/4 cups (540 ml) milk foam.



# Cold Foam Cappuccino

## Ingredients

- 1 cup very cold non-fat milk
- 1 large coffee mug filled with 6 oz. cold espresso

## Directions

1. Place milk into the Vitamix Aer Disc Container and secure the lid.
2. Select Variable 1, Start the machine and increase speed to Variable 5. Blend for 45 seconds.
3. Pour foam into coffee.



# Fresh Fruit Foam

## Ingredients

- 150-200 g fresh fruit (raspberries, strawberries, banana or other fresh fruit)
- 1 egg white
- Can add sugar or sweetener for more sweetness.

## Directions

1. Place raspberries and egg white into the Vitamix Aer™ disc container in the order listed and secure lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 10 and blend for 20 seconds until fruit breaks apart, using the tamper if needed.
3. Decrease speed to Variable 5 and continue to blend for 5 – 10 seconds until foam has formed.



# Garlic Aioli

## Ingredients

- 3 large pasteurized egg yolks
- ¼ cup (60 ml) lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1¼ cup (330 ml) light olive oil

## Directions

1. Place yolks, lemon juice, salt-and-pepper mix, and garlic into the Vitamix Aer™ disc container in the order listed, and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 6, and run for 15 seconds.
3. While the machine is still running, remove the lid plug and slowly pour oil through the lid plug opening. As the mixture begins to thicken, the oil may be added at a faster rate. Finish pouring the oil and, after blending for another 15 seconds, replace the lid plug. Increase speed to Variable 10 and run for 3 to 5 seconds. Stop the machine.
4. Refrigerate in an airtight container for up to 1 week.



# Hollandaise

## Ingredients

- 6 large pasteurized egg yolks
- 2 Tablespoons lemon juice
- ¼ teaspoon salt
- 2-3 dashes of your favorite hot sauce
- 1½ cup (360 ml) melted butter, warm

## Directions

1. Place yolks, lemon juice, salt, and hot sauce (plus any optional add-in ingredient you want) into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 8, and run for 30 seconds.
3. While the machine is still running, remove the lid plug and slowly pour warm butter through the opening. As the mixture begins to thicken, the butter may be added at a faster rate. Finish pouring the butter and after blending for another 30 seconds, replace the lid plug. Increase speed to Variable 10 and run for 3 to 5 seconds.



# Mayo without Egg

## Ingredients

- 100 ml or 3.38 oz. of milk
- 1 teaspoon lemon juice
- 1 teaspoon vinegar
- 3 Tablespoon Dijon mustard
- 6 oz. of oil
- salt and pepper to taste

## Directions

1. Place milk, lemon juice, vinegar, mustard, and spices into the Vitamix Aer™ disc container in the order listed and secure lid.
2. Select Variable 1. Start the machine and slowly increase to Variable 5 and blend for 15 seconds.
3. Remove lid plug and slowly pour oil through the lid plug opening.
4. Secure lid plug. Increase speed to Variable 10 and blend and additional 10 seconds until thickened.



# Mayonnaise

## Ingredients

- 6 large pasteurized egg yolks
- 2 Tablespoons lemon juice
- 2½ teaspoon dry mustard
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- 1¼ cup (300 ml) canola oil

## Directions

1. Place eggs, mustard, salt, and lemon juice 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. Blend for 10 seconds.
4. Reduce speed to Variable 8. While machine is running, remove the lid plug and pour in the oil in a thin, steady stream through the lid plug opening until completely used and mixture thickens (about 30 seconds).
5. Stop machine and stir in any oil sitting on top.
6. Refrigerate in separate container and use within 2-4 weeks.

## Option 2

- 3 large egg yolks, room temp
- ¼ cup lemon juice
- ¼ tsp salt
- ¼ tsp pepper
- 1 tsp mustard powder or Dijon mustard
- 1 ¼ cup light olive oil

Follow same directions as Mayonnaise



# Mint Julep

## Ingredients

- 1/2 cup bourbon
- 1/2 cup cold water
- 1/2 cup sugar
- 20 mint leaves
- 4 cups ice cubes

## Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5.
3. Blend for 30 seconds.
4. Pour over ice filled glass. Garnish with mint.



# Mojito

## Ingredients

- 6 cups (680 g) ice cubes
- 45 fresh mint leaves
- 8 ounces (240 ml) simple syrup
- 8 ounces (240 ml) fresh lime juice
- 8 ounces (240 ml) white rum
- 8 ounces (240 ml) club soda

## Directions

1. Place 1½ cups (195 g) ice in each of four highball glass and set aside.
2. Place mint, simple syrup, lime juice, and rum into the Vitamix Aer™ disc container in the order listed and secure the lid.
3. Select the lowest setting. Start the machine, slowly increase to Variable 6, and run for 45 seconds.
4. Strain the whole batch and pour evenly into each highball glass. Top with 2 ounces (60 ml) club soda and garnish with mint.



# Muddled Screwdriver

## Ingredients

- 2 slices orange, halved
- 1 slice lemon
- 3 oz. vodka
- 9 oz. orange juice
- 1 cup ice

## Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5.
3. Blend for 30 seconds.
4. Pour over ice filled glass.



# Non Fat Dessert Topping

## Ingredients

- 1/2 cup extra cold nonfat milk
- 3-5 drops vanilla
- 1 packet of sweet and low or other sweetener e.g. stevia drops

## Directions

1. Place milk, vanilla and sweetener into the Vitamix Aer™ disc container in the order listed and secure lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 5 and blend for 15 – 20 seconds until foam has formed.



# Pineapple Raspberry Rum Cooler

## Ingredients

- 2 Tablespoons frozen raspberries
- 2 chunks fresh pineapple
- 1/4 cup ice cubes
- 3 ounces coconut water
- 3 ounces pineapple juice
- 1 oz. light rum

## Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5.
3. Blend for 30 seconds.
4. Pour over ice filled glass.



# Raspberry Whipped Cream

## Ingredients

- 3 cups (720 ml) heavy cream
- 1/3 cup (65 g) granulated sugar
- 1 cup (125 g) raspberries

## Directions

1. Place all ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, increase to its highest speed, and run for 45 seconds to 1 minute, using the tamper to press ingredients into the disc toward the end of the run time.



# Tomato –Basil Vinaigrette

## Ingredients

- ¼ cup (60 ml) white balsamic vinegar
- 2 teaspoons honey
- 2 teaspoons dry mustard
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 2 fresh basil leaves, each torn into 3-4 pieces
- 1 cup (175 g) grape tomatoes, halved
- 1 cup (240 ml) olive oil

## Directions

1. Place balsamic vinegar, honey, mustard, lemon juice, salt, basil, and tomatoes into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to its highest speed, and run for 1 minute.
3. Reduce speed to Variable 8. Remove the lid plug and add oil in through the lid plug opening in a steady stream. Once all the oil is added, replace the lid plug and run for 15 seconds.