



# Bacon Cheddar Potato Soup

## Ingredients

- 2 cups milk
- 2 small russet potatoes, scrubbed, baked, halved. Split use.
- 1 teaspoon salt
- ½ teaspoon dill weed
- ¼ cup chopped onion, sautéed
- 1 cup of cheddar cheese

Add-ins through the lid plug:

- 1 potato, quartered
- ½ cup cheddar cheese
- 1-2 pieces of crisp apple wood thick sliced cooked bacon

## Directions

1. Place milk, one potato, ½ cup cheese, onion, dill weed, rosemary and salt 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 6 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 3.
6. Remove the lid plug. Drop in remaining potato and bacon. Blend for an additional 10 seconds, until chopped.



# Basil Arugula Pesto Sauce

## Ingredients

- 3 whole garlic cloves, peeled
- 3 Tablespoons pine nuts
- 1 cup fresh basil leaves
- 1 cup fresh baby arugula
- Salt and pepper to taste
- ½ cup freshly grated Parmesan cheese
- ½ cup Extra Virgin Olive Oil

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine, increase to its highest speed. If necessary, use the tamper to press the ingredients into the blades.
4. Blend for 30 seconds or until desired consistency is reached.



# Carrot, Rutabaga, Turnip Puree

## Ingredients

- 1 pound carrots, cooked
- 1 pound rutabagas, cooked
- ¼ pound turnips, cooked
- 3-4 tablespoons unsalted butter, room temp
- milk, to taste
- heavy cream, to taste

## Directions

1. Place the cooked carrots, rutabagas, turnips and butter into the Vitamix container and secure the lid.
2. Select Variable 1. Start the machine and increase to its highest speed. Blend for 1 minute using the tamper to push ingredients into the blades. If the consistency is too thick, add milk and heavy cream to thin.
3. Use immediately or reheat later.



# Chicken Liver Pate

## Ingredients

- 1 pound chicken livers
- 4 shallots, minced
- 4 Tablespoons unsalted butter
- 1-2 Tablespoons brandy
- 2 Tablespoons fresh sage, minced
- ½ cup Parmigiano-Reggiano cheese, grated in Vitamix container

## Directions

1. Clean chicken livers, removing fat and veins
2. In a sauté pan over medium heat, melt the butter. Add the shallots and sweat, being careful not to brown.
3. Add the chicken livers and cook until just done. Deglaze with brandy. Add the sage and warm through. Remove from the pan and cool.
4. Place chicken liver mixture into the Vitamix container and secure the lid.
5. Select Variable 1, start the machine and increase to Variable 5. Using the tamper to push ingredients into the blades.
6. Blend for 1 minute or until the mixture is a smooth consistency.
7. Pack into glass jar, cover and refrigerate for at least 2 hours or up to 5 days.



# Chocolate Peanut Buttercup Milkshake

## Ingredients

- ½ cup milk or almond milk
- 2 Tablespoon chocolate syrup
- 2 cups vanilla ice cream
- 1 Tablespoon peanut butter

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and increase to its highest speed.
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 ½ cups heavy cream
- 2 Tablespoons butter (warmed)
- 2 teaspoons grated orange zest
- 1 cup semi-sweet chocolate chips
- 3 Tablespoon Grand Marnier

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and increase to its highest speed.
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.

## Notes

For dippers, try sponge cake, pound cake, sliced apples, sliced pears, marshmallows, strawberries, bananas, and fresh or canned pineapple chunks.



# Cod and Lobster with Bacon Butter Sauce

## Ingredients

- 1-2 pounds fresh cod filets
- 1-2 lobster tails
- ½ cup water
- ½ cup unsalted butter
- 8-10 slices Applewood bacon, cut into lardons ¼" thick
- 1 Tablespoon fresh tarragon leaves, minced

## Directions

For the sauce:

1. Heat the water, butter and half of the raw bacon lardons in a sauce pan and cook on simmer for 10 minutes.
2. Sauté remaining bacon lardons in butter until crisp. Drain off excess oil and discard. Reserve the bacon.
3. Place the sautéed bacon in the Vitamix container and strain the bacon butter liquid into the container and secure the lid.
4. Select Variable 1, start the machine and increase to its highest speed. Blend for 30 seconds. Season with salt and white pepper to taste.

For the fish:

1. Cut fish filets into two inch pieces. Season with salt and white pepper and sauté in 1 tablespoon of unsalted butter until just cooked through.
2. Remove lobster from shells and slice into ½ inch pieces.
3. Pour bacon butter sauce into a small sauté pan and add the lobster and cook under low heat until lobster is just done, basting all the while with the bacon butter sauce. Do not let the sauce separate.
4. To complete: place a piece of cod on a warmed plate, place a slice of lobster on top and drizzle with sauce. Garnish with minced tarragon.



# David's Rumchata Milkshake

## Ingredients

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

## Directions

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



# Frozen Whiskey Sour

## Ingredients

- 6 oz. of bourbon
- 2 lemons peeled, halved, and seeded
- 1 medium orange, peeled and halved.
- 2 tablespoons sugar
- 3 cups of ice

Add in:

- 1-2 tsp maraschino cherry juice
- Rocks glass with ice

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Start machine, slowly increase to its highest speed, and blend for 55 seconds.
3. Pour into rocks glass



# Horseradish Cheese Dip

## Ingredients

- ¼ cup stout or lager beer
- ¼ cup soft tofu
- ¼ lb. cream cheese
- ¾ lb. cheddar cheese, cubed
- ¼ cup prepared horseradish
- 2 Tablespoon diced red onion
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine, and slowly increase to its highest speed.
4. Blend for 40 seconds, using the tamper to press the ingredients into the blades.



# Jan's Fruit Salad Smoothie

## Ingredients

- 2 ½ cups green grapes
- 1 medium orange, peeled, quartered, seeded
- ½ sliver of pineapple with the core
- 4 strawberries – green and white removed
- 1 banana, peeled
- Slice of red cabbage
- 1 medium carrot
- 1 celery stalk, with leaves
- ¼ granny smith apple, remove seeds
- ½ slice of raw beet
- 1 slice of lemon, with peel
- 2-3 tablespoons of honey
- 2-3 cups of ice

## Directions

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



# Jan's Green Smoothie

## Ingredients

- ½ cup coconut water
- ½ cup almond milk
- 1 piece peeled pineapple with core
- 1 whole Meyer lemon, peeled
- ½ medium orange, peeled
- 1 large piece ginger root, peeled (to taste)
- ¼ piece apple, no seeds
- 4 pieces of frozen mango chunks
- ½ frozen banana
- 1 scoop vanilla protein powder
- 2 cups baby spinach
- 2 cups baby kale
- 1-2 cups ice.

## Directions

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



# Peach Soy Sherbet

## Ingredients

- 1 cup (240 ml) soy milk
- 1 pound (455 g) frozen peaches, softened for 25 minutes
- ¼ cup (60 m) honey
- ½ teaspoon vanilla extract

## Directions

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



# Roasted Red Pepper Alfredo

## Ingredients

- ¾ cup (160 g) silken tofu
- ¾ cup (170 g) fat free cottage cheese
- 2 Tablespoons reduced fat cream cheese
- 1 garlic clove
- 3 Tablespoons (15 g) grated Parmesan cheese
- 2 Tablespoons grated Romano cheese
- 2 Tablespoons light butter spread
- ¼ teaspoon white pepper
- 2 cups (400 g) roasted red peppers

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and increase to its highest speed.
4. Blend for 3-4 minutes or until heavy steam escapes from the vented lid.
5. Serve over hot, cooked fettuccine.



# Roasted Red Pepper Hummus

## Ingredients

- 3 oz. roasted red peppers
- ¼ cup water
- 1 Tablespoon olive oil
- ¼ cup Tahini paste
- 1 ¼ Tablespoon lemon juice
- 1 garlic clove, peeled
- ½ teaspoon hot sauce
- 1 ½ cups canned garbanzo beans, drained
- ½ teaspoon cumin powder
- 1 teaspoon salt
- ½ teaspoon black pepper

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and increase to its highest speed.
4. Blend for 1 minute using the tamper to press the ingredients into the blades, or until smooth. Add additional water if necessary to keep mixture flowing freely through blades.



# Summer Splash Smoothie

## Ingredients

- 1 cup water
- 1 Tablespoon agave nectar
- 1 (2 ounce) slice of honeydew, no rind
- 1 (5 ounce) slice of cantaloupe, no rind, cut into 2 pieces
- 1 cup of frozen peach slices
- 1 cup of frozen pineapple chunks

## Directions

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



# 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 secure the lid.
2. Select Variable 1.
3. Start the machine and increase to its highest speed, blend for 55 seconds.
4. Pour into salt-rimmed margarita glasses and serve immediately.