



14-in-1 Green Smoothie

Ingredients

- ½ cup almond milk
- ½ cup coconut water
- 4 oz green seedless grapes
- ½ frozen banana
- 1 pc pineapple with the core
- 5 oz fresh cantaloupe
- 1" piece fresh ginger, peeled
- 1 whole medium seedless orange, peeled/halved
- 1 whole small seedless lemon, peeled/halved
- 2 oz frozen peaches
- 4 pcs frozen mango slices
- 2 cups raw baby spinach
- 1 cup raw baby kale
- 2 cups ice cubes

Directions

1. Place all ingredients into Vitamix container in order listed.
2. Turn machine on speed 1 and increase to 10.
3. Blend for 45-60 seconds or until desired consistency is reached.
4. Serve and enjoy!



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!



Almond Milk

Ingredients

- 3 cups (720 ml) water
- 1 cup (140 g) raw almonds, soaked overnight

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 45 seconds or until desired consistency is reached.
5. Store in refrigerator. Shake well before using.

Notes:

If you desire to strain away sediment, place filtration bag over a large bowl. Pour almond milk slowly into filtration bag and allow to filter through, or stir the milk in the filtration bag with a spatula to encourage it to pass through more rapidly. Almond Milk is high in fiber only if it's not strained.



Applesauce

Ingredients

- 4 apples, seeded, cored, quartered
- 1 teaspoon ground cinnamon
- 1 Tablespoon agave nectar
- 1 teaspoon lemon juice

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or the Purée program (if available).
3. Start the machine, slowly increase to its highest speed, and blend for 1 minute; or start the machine and allow the Purée program to complete.

Substitutions

The agave nectar can be substituted for honey.



Bacon Cheddar Potato Soup

Ingredients

- 2 cups (480 ml) milk
- 2 potatoes, baked
- 1/3 cup (40 g) low fat cheddar cheese, shredded
- 1/4 onion, chopped
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt
- 1 slice bacon, cooked, crumbled

Directions

1. Place milk, one potato, 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 4-5 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.



Bacon Cheeseburger

Ingredients

- ¾ (70g) onion, quartered
- ½ lb. (225g) top sirloin, 1" cubed, partially frozen
- 2 pieces (65g) yellow cheddar, 1" cubed
- 1 strip bacon, raw cut into 5 pieces.
- Salt and pepper to taste

Directions

1. Place empty container on the Vitamix base with lid on, remove the lid plug.
2. Start the machine and increase speed to Variable 3.
3. Insert onion quarters through the lid plug to chop, covering the lid with your hand to stop any onion from flying out of the container.
4. Increase speed to Variable 6.
5. Quickly place cubed sirloin through the lid plug, then yellow cheddar, bacon and salt and pepper.
6. Using the tamper push the ingredients into the blades until burger mixture is combined.
7. Remove mixture and form into two burger patties. Allow to chill and then cook with your desired method.



Black Bean Burgers with Sriracha Aioli

Ingredients

- 14½ ounce (425 g) canned black beans, rinsed, drained
- ¼ cup (30 g) onion, peeled, diced
- ¼ cup (10 g) fresh cilantro leaves
- 2 garlic cloves, peeled
- 2 teaspoons low-sodium soy sauce
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup (60 g) Panko breadcrumbs
- 1 large egg
- 4 other hamburger buns
- ¼ cup (60 g) canola mayonnaise
- 1 teaspoon Sriracha sauce
- 1 teaspoon lime juice
- 2 cups (40 g) arugula

Directions

1. Place black beans, onion, cilantro, garlic, soy sauce, salt, pepper, panko, and egg into the Vitamix container in the order listed and secure lid.
2. Select Variable 8.
3. Turn machine on and off to pulse 8 to 10 times, using the tamper to press the ingredients into the blades.
4. Remove from container and place in a bowl. Let stand 15 to 20 minutes.
5. Divide mixture into 4 patties.
6. Arrange patties onto a baking sheet coated with nonstick spray.
7. Bake at 425°F (220°C) for 8 to 10 minutes. Flip over and bake an additional 6 minutes.
8. For Sriracha aioli, mix the Sriracha, mayonnaise and lime juice together.
9. Assemble burgers on buns with arugula and Sriracha mayo.



Broccoli Cheese Soup

Ingredients

- 1 cup (240 ml) milk
- ½ cup (55 g) low fat cheddar cheese, shredded
- 1½ cup (135 g) broccoli, steamed
- 1 teaspoon onion, peeled, diced
- ½ bouillon cube

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 5-6 minutes or until heavy steam escapes from the vented lid.



Caramel Espresso Frappe

Ingredients

- 1 cup (240 ml) whole milk
- ½ cup (120 ml) espresso, cold
- ¼ cup (60 ml) caramel sauce
- ¼ cup (25 g) chocolate milk powder
- 2 cups (260 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 speed to Variable 10, then to High.
4. Blend for 25 to 30 seconds, or until desired consistency is reached.



Caramel Latte

Ingredients

- 2 cups (480 ml) milk
- 1 espresso
- 4 caramel digestives
- 1 Tablespoon caramel sauce

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 5 minutes or until heavy steam escapes from the vented lid.
5. Serve immediately



Carrot Ginger Apple Juice

Ingredients

- 2 Cups water (Cold)
- 1 lb. Golden Delicious apples, cored and halved
- 1/4 Oz. Fresh Ginger (piece about the size of a dime)
- 2 Cups ice
- 2 Carrots (medium size, washed)

Directions

1. Place water, apples, ginger, and ice in to 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, and blend for 15 seconds
4. Turn speed down from high to speed 10 and remove lid plug.
5. Drop in carrots, then replace lid plug and turn machine back to high. Continue blending for another 60 seconds. Serve and enjoy.



Carrot Ginger Tofu Soup

Ingredients

- 2 cups (240 g) carrots, halved
- ¼ onion, chopped
- 2 garlic cloves, peeled
- 2 Tablespoons (30 ml) olive oil
- ½ teaspoon salt
- ⅛ teaspoon white pepper
- 1 Tablespoon fresh ginger root
- ⅓ cup (70 g) light silken tofu
- 2 cups (480 ml) low sodium vegetable broth

Directions

1. Place carrots, onion and garlic into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 4 or 5.
4. Blend for 10 seconds or until chopped.
5. Heat oil in a small pan and sauté chopped ingredients until onion is clear and carrots are tender. Add a little broth, if needed.
6. Place remaining ingredients into the Vitamix container, add sautéed ingredients and secure lid.
7. Select Variable 1.
8. Turn machine on and slowly increase speed to Variable 10, then to High.
9. Blend for 3-4 minutes or until heavy steam escapes from the vented lid.



Carrot, Rutabaga, Turnip Puree

Ingredients

- 1-pound carrots, cut in 1" pieces, cooked
- 1-pound rutabagas, peeled and cut into 1" pieces, cooked
- ¼ pound turnips, peeled and cut into 1" pieces, cooked
- 4 TBS unsalted butter at room temp.
- 1 tsp Salt.
- Warm Milk and/or warm heavy cream to taste

Directions

1. Place mixture into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn machine on slowly increase speed to the highest speed.
4. Blend for 1 minute, or until desired texture.
5. Serve immediately

Note: To thin mixture add more milk/heavy cream.



Cashew Milk

Ingredients

- 3 cups (720 ml) water
- 1 cup (100 g) raw cashews
- sweetener, to taste

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 45 seconds or until desired consistency is reached.
5. Store in refrigerator. Shake well before using.



Cherry Almond Sorbet

Ingredients

- ½ cup orange juice
- 1/3 cup sugar
- ½ tsp almond extract
- 1 lb. frozen Bing cherries
- 1 cup ice

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, using the tamper to press the ingredients into the blades.
4. In about 30-60 seconds, the sound of the motor will change and you will see the ingredients form into a frozen sorbet. Stop machine.
5. Do not over mix or melting will occur. Serve immediately.



Chocolate Ice Cream

Ingredients

- ½ cup milk
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- ¼ cup nonfat dry milk
- ½ tsp vanilla extract
- 3 cups ice cubes, right out of freezer

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. Use the tamper to press the ingredients into the blades.
4. In about 45 seconds, the sound of the motor will change and four mounds should form.
5. Stop machine. Do not over mix or melting will occur. Serve immediately.



Chocolate Orange Fondue

Ingredients

- 1 cup (240 ml) heavy cream
- 1 $\frac{2}{3}$ cup (280 g) semi-sweet chocolate chips
- 2 Tablespoons butter
- 1 $\frac{1}{2}$ fluidounce (45 ml) Grand Marnier

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 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.



Chocolate Peanut Butter Iced Coffee

Ingredients

- 1 cup (240 ml) cold brew coffee
- ½ cup (120 ml) milk
- 3 Tablespoons chocolate sauce
- 2 Tablespoons peanut butter
- 1½ cup (195 g) ice cubes

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select the lowest setting.
3. Start the machine, slowly increase to its highest speed, and blend for 30 seconds.
4. Serve over extra ice if desired.



Cranberry Lime Sparkle

Ingredients

- ½ cup (120 ml) 100% cranberry juice
- 4 fluidounces (120 ml) light rum
- 2 fluidounces (60 ml) vodka
- 2 Tablespoons granulated sugar
- ¼ other lime, peeled and seeded
- ¼ cup (25 g) cranberries
- 2 cups (260 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 speed to Variable 10, then to High.
4. Blend for 15 to 20 seconds or until desired consistency is reached.
5. Pour into a sugar-rimmed glass and serve immediately.

Notes

To create sugar-rimmed glasses, moisten rims with a lime wedge and then dip the rims in a shallow dish of white or colored sugar.



Dark Chocolate Raspberry Fondue

Ingredients

- 2 cups (350 g) dark chocolate, chopped
- 1½ cup (360 ml) half & half
- 3 Tablespoons powdered sugar
- ½ cup (50 g) raspberries

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 4 minutes, or until steam escapes through lid.
5. Pour into fondue pot. Serve immediately.



Frozen Banana Dessert

Ingredients

- 2 frozen and peeled bananas
- 1 fresh peeled banana
- Chocolate and nuts

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. Use the tamper to press ingredients into the blades.
4. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop machine. Do not over mix or melting will occur. Serve immediately.



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.

Raspberry Syrup

Ingredients

- $\frac{1}{4}$ cup (30 g) raspberries
- 1 teaspoon date syrup

Directions

2. Add all ingredients to the container in the order listed and secure the blade base.
3. Turn the dial to 1 and increase speed to Variable 2. Blend for 20 seconds, leaving some texture.

Notes

To serve, pour the raspberry syrup over the top of the smoothie bowl, and garnish with granola and yogurt.



Frozen Strawberry Grape Smoothie

Ingredients

- 1 cup (170 g) green grapes
- 1 cup (170 g) red grapes
- 1 cup (140 g) frozen strawberries
- ½ cup (70 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 speed to Variable 10, then to High, using the tamper as needed.
4. Blend for 45 seconds or until desired consistency is reached.



Fruit Salad Smoothie

Ingredients

- ½ cup (85 g) grapes
- 1 Large orange, peeled, halved
- 1 slice pineapple, peeled
- ¼ cucumber, peeled
- 1 (100 g) carrot, halved
- ¼ apple, seeded, cored
- 2 cups (260 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 speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.



Fuzzy Navel

Ingredients

- 2 Tablespoons peach schnapps
- 2 Tablespoons triple sec
- 1 cup (250 g) canned peaches, with juice
- 1 Large orange, peeled, halved
- 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 speed to Variable 10, then to High.
4. Blend for 30 seconds or until desired consistency is reached. Serve immediately.



Going Green Smoothie

Ingredients

- ½ cup (120 ml) water
- 1 cup (170 g) green grapes
- ½ cup (85 g) pineapple, peeled, cubed
- ½ banana, peeled
- 2 cups (60 g) spinach
- ½ cup (70 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 speed to Variable 10, then to High.
4. Blend for 45 seconds or until desired consistency is reached. Serve immediately.



Green Smoothie Spinach and Pear

Ingredients

- ½ cup water
- 1 cup green grapes
- 1 orange, peeled, halved
- ½ pear, seeded, halved
- 1 banana, peeled, halved
- 1 slice lemon
- 1 cup baby spinach leaves
- 2 cups 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 speed to Variable 10, then to High.
4. Blend for 45 seconds or until desired consistency is reached. Serve immediately.



Guacamole

Ingredients

- 1 tomato, quartered
- ½ cup (20 g) fresh cilantro leaves, chopped
- ¼ cup (40 g) onion, chopped
- 2 Tablespoons lemon juice
- 1 teaspoon (3 g) salt
- 2 avocados, halved, pitted, peeled

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 3.
4. Blend for 15-20 seconds, using the tamper to press the ingredients into the blades.
5. You may need to stop the machine and run a spatula around the inside of the container to integrate ingredients.
6. Do not over mix. Leave chunky. Serve with tortilla chips.

Notes

When doubling recipe, increase avocados to 4 and increase onion to 1/2 cup (80 g). Many people do not like the flavor of Cilantro, it tastes soapy to them. If you have never had cilantro before and are trying it for the first time. Take a leaf and taste it. If it is soapy or you do not like it just leave it out of the recipe.



Horseradish Cheese Dip

Ingredients

- ¼ cup lager beer or stout
- ¼ cup prepared horseradish
- 2 TBS red onion, chopped
- 1 tsp dry mustard
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ¼ cup soft tofu
- ¼ pound cream cheese
- ¾ pound cheddar cheese, cubed

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, slowly increase to its highest speed, and blend for 1 minute using the tamper to press the ingredients into the blades.



Hot Cheese Sauce

Ingredients

- 2 cups (500 ml) milk
- 1¾ cup (200 g) cheddar cheese
- 1 dash Worcestershire sauce

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 4 minutes or until heavy steam escapes from the vented lid.

Notes

Pour hot cheese sauce over steamed broccoli or macaroni pasta and bake topped with bread crumbs.



Hummus

Ingredients

- 2 cans (900 g) chickpeas, liquid reserved from 1 can
- ¼ cup (35 g) sesame seeds
- 1 Tablespoon olive oil
- ¼ cup (60 ml) lemon juice
- 1 garlic clove
- 1 teaspoon ground cumin
- ⅛ teaspoon salt

Directions

1. Place chickpeas, liquid from 1 can of chickpeas, sesame seeds, olive oil, lemon juice, garlic, and cumin 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 1 minute, using the tamper to push the ingredients into the blades.
5. Season to taste with salt.



Kale and Basil Pesto

Ingredients

- 1 cup (240 ml) olive oil
- 1 cup (120 g) grated Parmesan cheese
- 3 garlic cloves, peeled
- 2 cups (80 g) fresh basil leaves, chopped
- 2 cups (60 g) kale, chopped
- 3 Tablespoons pine nuts
- ¼ teaspoon salt
- ground black pepper, to taste

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Switch machine to Start and slowly increase speed to Variable 10.
4. Blend for 40 seconds.



Lemon Curd

Ingredients

- ½ cup (120 ml) lemon juice
- 5 large eggs
- 1½ cup (335 g) granulated sugar
- ⅛ teaspoon salt
- Zest of 3 lemons
- ½ cup (110 g) unsalted butter, cut into pieces

Directions

1. Place lemon juice, eggs, sugar, salt and zest into the Vitamix container in the order listed and secure lid.
2. Turn machine on and slowly increase speed to Variable 10, then to High.
3. Blend for 5 minutes.
4. Reduce speed to Variable 5 and remove the lid plug. Add butter, 1 piece at a time, through the lid plug opening incorporating butter completely between additions.
5. Replace the lid plug and increase speed to Variable 10.
6. Blend for 30 seconds.
7. Chill before serving or allow to cool slightly and serve at room temperature.



Mushroom Soup

Ingredients

- 3 cups Cremini Mushrooms (washed & stems removed)
- 2 tbsp Olive oil
- 1/2 tsp fresh thyme (chopped)
- 1 cup vegetable stock
- 1 cup plain almond milk (unsweetened)
- 3 oz Cannellini Beans
- 1/2 tsp salt (or to taste)
- 1 clove roasted garlic

Directions

1. Sauté mushrooms in pan with olive oil and fresh thyme and until tender (about 5-6 minutes) set aside (reserve 2 pieces for garnish)
2. Add all other ingredients into the Vitamix in order listed
3. Add in mushrooms and secure lid on top.
4. Turn machine on low speed and increase to high.
5. Blend for 6 minutes until when you will see steam escaping from lid.
6. Serve and garnish with reserved sautéed mushrooms.

Note: Thickness of soup can be adjusted with more or less vegetable stock.



No-Nut Butter

Ingredients

- 2 ½ up (330 ml) sunflower seeds, unsalted, roasted
- ½ cup (85 g) flaxseed
- ¼ cup sesame seeds
- ½ cup (120 ml) sunflower oil
- 2 Tablespoons honey or sugar
- ½ teaspoon salt

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 1 minute 15 seconds, using the tamper to press the ingredients into the blades.



Orange Cider Refresher

Ingredients

- ¼ cup (60 ml) apple cider
- ½ orange, peeled, halved
- ½ apple, seeded, cored
- ½ cup (85 g) pineapple, peeled, cubed
- ½ teaspoon honey
- 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 speed to Variable 10, then to High.
4. Blend for 1 minute, using tamper as needed, or until desired consistency is reached. Serve immediately.



Peach Soy Sherbet

Ingredients

- 1 cup (240 ml) soy milk
- 1 pound (455 g) frozen peaches, softened for 25 minutes
- ¼ cup (60 ml) 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. Turn machine on and slowly increase speed to Variable 10, then to High.
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.



Peanut Butter

Ingredients

- 3 cups (420 g) unsalted peanuts, roasted

Directions

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High, using the tamper to push the ingredients into the blades.
4. In 1 minute, you will hear a high pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change from a high pitch to a low laboring sound. Stop machine.
5. Store in an airtight container. It can also be frozen for longer storage.



Peanut Butter Cup Fondue

Ingredients

- 1 cup (240 ml) heavy cream
- 2 cups (350 g) dark chocolate, chopped
- 3 Tablespoons (45 ml) honey, (optional)
- ½ cup (130 g) peanut butter

Directions

1. Place cream, chocolate and honey 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 4½ minutes.
5. Reduce speed to Variable 5 and remove the lid plug.
6. Add peanut butter through the lid plug opening.
7. Blend for an additional 10 seconds. Pour into fondue pot.

Notes

For Dippers: Sponge cake, pound cake, sliced apples, marshmallows, strawberries, bananas, fresh or canned pineapple chunks



Peanut Cashew Butter

Ingredients

- 1½ cup (215 g) roasted peanuts
- 1½ cup (185 g) roasted cashews

Directions

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High, using the tamper to press the ingredients into the blades.
4. In 1 minute, you will hear a high pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change from a high pitch to a low laboring sound. Stop machine.
5. Store in an airtight container. It can also be frozen for longer storage.

Notes

If using dry roasted nuts, you may need to add oil. Begin with 3 Tablespoons (30 ml) and add more if necessary.



Red Salsa

Ingredients

- ½ onion, peeled, diced
- 1 jalapeño, seeded, quartered
- ¼ cup (10 g) fresh cilantro leaves
- 1 teaspoon lemon juice
- salt and pepper, to taste
- 6 Roma tomatoes

Directions

1. Place onion, jalapeño pepper, cilantro, lemon juice, and six of the tomato quarters into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase to Variable 5.
4. Blend for 15-20 seconds, using the tamper to press the ingredients into the blades.
5. Reduce to Variable 3 and remove the lid plug. Add the remaining tomatoes through the lid plug opening.
6. Blend for an additional 10 seconds or just until desired consistency is reached, using the tamper to press the ingredients into the blades. Do not over mix, leave chunky. Serve with tortilla chips.



Roasted Red Pepper Hummus

Ingredients

- 1 cup (120 ml) water
- 6 ounces (170 g) roasted red pepper
- 2 Tablespoons (30 ml) olive oil
- ½ cup (120 ml) Tahini
- 2 Tablespoons lemon juice
- 2 garlic cloves, peeled
- 1 teaspoon hot sauce
- 3 cups (720 g) canned chickpeas, rinsed, drained
- 1 teaspoon ground cumin
- 1 teaspoon (3 g) salt
- ½ teaspoon ground black pepper

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 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.



Simple Sweet Potato Soup

Ingredients

- 1 ½ cups organic vegetable stock
- 1 cup 2% Greek yogurt
- 1 tsp salt
- ¼ tsp pepper
- 12 oz baked yam, peeled
- ¼ cup raw cashews
- Garnish: Scallions

Directions

1. Place all ingredients into Vitamix container.
2. Select variable speed 1.
3. Turn machine on and slowly increase speed to Variable 10.
4. Blend for 5-6 minutes until mixture is hot and turn off machine. Be careful when removing lid as steam will be escaping.
5. Serve and garnish with chopped scallions.



Snickerdoodle Hummus

Ingredients

- One 15 oz can garbanzo beans, drained and rinsed well
- ¼ cup real maple syrup
- 2 TBS cashew peanut butter
- 1 ½ tsp cinnamon
- ¼ tsp cream of tartar
- 2 tsp almond milk
- 1 tsp vanilla extract
- 1/8 tsp salt

Directions

1. Place chickpeas, liquid from 1 can of chickpeas, sesame seeds, olive oil, lemon juice, garlic, and cumin 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 1 minute, using the tamper to push the ingredients into the blades.
5. Season to taste with salt.



Strawberry Daiquiri

Ingredients

- 4 fluid ounces (120 ml) light rum
- 2 fluid ounces (60 ml) Grand Marnier
- 2 Tablespoons lime juice
- 3 Tablespoons powdered sugar
- 1 cup (140 g) frozen strawberries
- 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.



Strawberry Frozen Yogurt

Ingredients

- 1 cup (240 g) low fat vanilla yogurt
- 1 pound (455 g) frozen strawberries

Directions

1. Add ingredients in the order listed, and secure lid.
2. Start machine at Variable 1, and slowly increase to your machine's highest speed.
3. Use the tamper to press the ingredients toward the blades.
4. After about a minute, you'll notice quadrants forming in the container. Stop the machine.
5. Place mixture in the freezer for 30 minutes, and serve.



Strawberry Rum Lemonade

Ingredients

- 1 lemon, peeled, halved
- ½ cup (90 g) hulled strawberries
- 4 fresh mint leaves
- 1½ cup (360 ml) water
- ¼ cup (50 g) granulated sugar, or Date Syrup to taste
- 4 ounces (60 ml) dark spiced rum
- 3 cups (390 g) ice cubes

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 slowly increase speed to Variable 10
3. Blend for 20 seconds.
4. Serve over ice and enjoy!



Tomato Soup

Ingredients

- 4 TBS butter
- ½ large sweet onion, large chop
- 1 (28 oz.) can san Marzano peeled tomatoes
- 1 ½ cups water or low sodium chicken stock or some cream
- 1 tsp salt.

Directions

1. Place water, peeled tomatoes, tomatoes, bouillon cube, and salt, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1 or the Hot Soups program (if available).
3. Start the machine, slowly increase to the highest speed, and blend for 5 minutes 45 seconds; Stop the machine.
4. Select Variable 1. Start the machine and remove the lid plug. The container and blend for 15 seconds.



Tortilla Soup

Ingredients

- 3 cups (720 ml) chicken broth
- 1 Roma tomato
- 1 (100 g) carrot, halved
- 1 stalk (100 g) celery, diced
- 1 slice onion
- 1 garlic clove
- 1 slice yellow squash
- 1 slice (20 g) red bell pepper
- 1 slice (100 g) cabbage
- 1 mushroom
- 1 teaspoon taco seasoning
- 1/8 teaspoon ground cumin
- salt and pepper, to taste

Directions

1. Place broth, tomato, carrot, celery, onion, garlic, squash, pepper, cabbage, mushroom and seasonings 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 6-7 minutes or until steam escapes from the vented lid.
5. If adding optional ingredients, reduce speed to Variable 2.
6. Remove the lid plug.

Optional Soup Ingredients

Ingredients

- 2 ounces (60 g) boneless, skinless chicken breast, cooked, cubed
- 1/2 jalapeño
- 1/4 cup olives, pitted
- 1/4 cup (30 g) corn
- 2 ounces (60 g) tortilla chips

Directions

1. Drop in chicken, jalapeños, olives, corn, and chips.
2. Blend for an additional 1-5 seconds.



Triple Berry Smoothie

Ingredients

- ½ cup (120 ml) water
- ½ cup (120 g) vanilla yogurt
- ½ cup (85 g) red grapes
- ½ cup (75 g) frozen strawberries
- ½ cup (75 g) frozen blueberries
- ½ cup (60 g) frozen raspberries

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 1 minute or until desired consistency is reached, using the tamper to press the ingredients into the blades.



Tropical Yogurt Freeze

Ingredients

- 1 cup (240 ml) low fat vanilla yogurt
- 1/2 pound (225 g) frozen pineapple
- 1/2 pound (225 g) frozen mango

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. Blend for 55 seconds using the tamper to push ingredients into the blades.
3. If using a machine with programs select the Frozen Desserts Program. Start the machine. Allow machine to complete programmed cycle using tamper to push ingredients into the blades. When the frozen dessert is finished processing you will see 4 distinct mounds at the top of the blend. Optimal temperature for frozen ingredients is 20- 25 degrees Fahrenheit.



Vanilla Custard Sauce

Ingredients

- 6 large pasteurized egg yolks
- 1½ cup (360 ml) half & half
- ½ cup (120 ml) whole milk
- ¼ cup (30 g) all-purpose flour
- ½ cup (100 g) granulated sugar
- ⅛ teaspoon salt
- 1 Tablespoon vanilla extract, optional
- 1 Tablespoon butter, room temperature

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 6 minutes or until heavy steam escapes from the vented lid.



Vanilla Ice Cream

Ingredients

- ½ cup whole milk
- ½ cup sugar
- ¼ cup nonfat dry milk
- 1 tsp vanilla extract
- 4 cups ice

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. Use the tamper to press the ingredients into the blades.
4. In about 45 seconds, the sound of the motor will change and four mounds should form.
5. Stop machine. Do not over mix or melting will occur. Serve immediately.

Notes

If the four mounds do not form add more ice.



Vanilla Iced Mocha

Ingredients

- ¾ cup (180 ml) milk
- 5 Tablespoons (75 ml) espresso
- 5 Tablespoons (75 ml) vanilla syrup
- ⅓ cup (75 ml) chocolate sauce
- 2 cups (260 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 speed to Variable 10, then to High.
4. Blend for 45 seconds, or until desired consistency is reached.



Whole Fruit Cherry Margarita

Ingredients

- ½ cup water
- ¾ cup tequila
- ¼ cup triple sec
- 6 TBS granulated sugar
- 1 medium orange, peeled
- 1 lime, peeled
- 1 lemon, peeled
- 1 cup frozen cherries
- 2-3 cups 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 speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.



Whole Fruit Margarita

Ingredients

- ¼ cup (60 ml) water
- 6 ounces (180 ml) tequila
- 2 fluidounces (60 ml) Grand Marnier
- 1 orange, peeled, halved
- 1 lime, peeled, halved
- 1 lemon, peeled, halved
- 6 Tablespoons (75 g) granulated sugar
- 6 cups (600 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 speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.



Whole Fruit Pina Colada

Ingredients

- ½ cup (120ml) coconut milk
- ¼ cup (60ml) rum
- 1 pineapple, peeled, cored, chunked
- 3 cups (390g) ice cubes

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 30-45 seconds or until desired consistency. Serve immediately