

Gluten Free Brownies :30

Preparation: 15 minutes | **Processing:** :30 | **Bake Time:** 30–35 minutes | **Yield:** 9 servings

½ cup (43 g) cornstarch,
spooned and leveled into
measuring cup

¼ cup (20 g) unsweetened
cocoa powder

1 teaspoon ground cinnamon

½ teaspoon salt

6 Tablespoons (84 g)
butter, room temperature,
cut into pieces

¾ cup (150 g)
granulated sugar

1 teaspoon gluten free
vanilla extract

3 large eggs

8 ounces (227 g)
semisweet chocolate chips

1 cup (120 g)
walnut pieces, optional

powdered sugar, optional

1. Preheat oven to 350°F (180°C) and grease an 8-inch (20 cm) square glass pan.
2. In a medium-sized mixing bowl, combine the cornstarch, cocoa powder, cinnamon, and salt. Whisk by hand until well blended.
3. Place butter, sugar, vanilla, and eggs into the Vitamix container in the order listed and secure lid.
4. **Select :30 Setting.**
5. Switch machine to Start and allow machine to complete timed setting.
6. Pour mixture into dry ingredients, add chocolate chips and walnuts and stir together to combine.
7. Pour batter into prepared pan and bake for 30 to 35 minutes or until a toothpick inserted in center comes out clean.

Serving Idea: If desired, dust brownies with powdered sugar prior to serving.

Note: When checking for doneness, because of the melted chocolate chips, the toothpick may not come out clean. To tell if brownies are done, top should be firm to the touch and sides should be just beginning to turn crisp.

Spinach Pesto :30

Preparation: 15 minutes | **Processing:** :30 | **Yield:** 1 ½ cups (360 ml)

½ cup (120 ml)
extra virgin olive oil

½ teaspoon salt

6 cups (146 g) fresh spinach,
lightly packed

½ cup (30 g) coarsely chopped,
fresh parsley leaves

½ cup (40 g)
grated Parmesan

2 Tablespoons (12 g) walnuts

1 garlic clove, peeled

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select :30 Setting.

3. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.

Note: Enough to coat 1 ½ pounds (680 g) cooked tri-color bowtie pasta. A delicious alternative to basil pesto with pine nuts.

Good Morning Smoothie 1:00

Preparation: 15 minutes | **Processing:** 1:00 | **Yield:** 2 $\frac{3}{4}$ cups (660 ml)

$\frac{1}{2}$ cup (120 ml) water

1 cup (150 g) green grapes

$\frac{1}{4}$ cup (25 g)
chopped cucumber

$\frac{1}{2}$ kiwi, peeled

$\frac{1}{2}$ medium apple,
4 ounces (114 g), seeded

$\frac{3}{4}$ cup (65 g)
chopped fresh broccoli

$\frac{1}{2}$ -inch-thick (1.3 cm)
slice lemon, peeled

1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select 1:00 Setting.

3. Switch machine to Start and allow machine to complete timed setting.

Chocolate Banana Malt :20

Preparation: 10 minutes | **Processing:** :20 | **Yield:** 4 cups (960 ml)

1 ½ cups (360 ml)
low-fat milk

1 cup (130 g) vanilla ice cream

½ cup (100 g)
malted milk powder

¼ cup (60 ml)
chocolate syrup*

½ banana, peeled, frozen

1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select :20 Setting.

3. Switch machine to Start and allow machine to complete timed setting.

***Note:** For a vanilla banana malt, omit chocolate syrup.

Gingered Carrot Orange Soup 4:30

Preparation: 20 minutes | **Processing:** 4:30 | **Cook Time:** 10 minutes
Yield: 4 cups (960 ml)

½ pound (227 g)
carrots, chopped

1 medium onion, peeled, sliced

½-inch (1.3 cm)
cube of fresh ginger root

1 Tablespoon butter

2 cups (480 ml) chicken or
vegetable broth, divided use

1 ½ oranges, peeled, halved

¼-inch (.6 cm) piece
orange peel

salt and ground
black pepper

1. Sauté carrots, onions, and ginger in butter over medium heat until soft, about 5 minutes.
2. Add 1 cup (240 ml) of broth and cook an additional 3 minutes.
3. Place oranges, orange peel, cooked vegetable mixture, and remaining broth into the Vitamix container and secure lid.
4. **Select 4:30 Setting.**
5. Switch machine to Start and allow machine to complete timed setting.
6. Season to taste with salt and pepper. Serve immediately.

Note: Garnish with light sour cream and chopped cilantro.

Asian Buffalo Sauce :30

Preparation: 15 minutes | **Processing:** :30 | **Yield:** 1 cup (240 ml)

¼ cup (60 ml) soy sauce

1 teaspoon sesame oil

1 teaspoon hot sauce

2 Tablespoons (30 ml)
honey or agave nectar

1 orange, peeled, halved

1 ½-inch x ½-inch
(4 cm x 1.3 cm)
cube fresh ginger

1 garlic clove, peeled

2-inch (5 cm)
strip of orange peel or
1 teaspoon orange zest

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select :30 Setting.

3. Switch machine to Start and allow machine to complete timed setting.

Note: This is a low-fat twist on traditional Buffalo wing sauce. You can also serve it with grilled ribs, chicken, or tofu.

Fresh Tomato Sauce 1:00

Preparation: 15 minutes | **Processing:** 1:00 | **Cook Time:** 35–40 minutes
Yield: 2 $\frac{2}{3}$ cups (400 ml)

6 medium Roma tomatoes,
25 ounces (710 g), quartered

1 small onion, 2 ounces (57 g),
peeled, halved

1 small carrot,
1 $\frac{1}{2}$ ounces (43 g), halved

2 Tablespoons (30 ml)
tomato paste

1 garlic clove, peeled

$\frac{1}{2}$ teaspoon dried basil

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon fresh lemon juice

$\frac{1}{2}$ teaspoon brown sugar

$\frac{1}{2}$ teaspoon salt

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select 1:00 Setting.

3. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.

4. Pour into saucepan and simmer for 35 to 40 minutes.

Creamy Provençale Basil Sauce :20

Preparation: 15 minutes | **Processing:** :20 | **Yield:** 1 cup (240 ml)

2 Tablespoons (30 ml)
heavy cream

3 ounces (84 g) reduced-fat
cream cheese

1 Roma tomato,
4 ounces (114 g), halved

1 garlic clove, peeled

9 fresh basil leaves

salt and ground black pepper

1. Place heavy cream, cream cheese, tomato, garlic, and basil into the Vitamix container in the order listed and secure lid.

2. Select :20 Setting.

3. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.

4. Season to taste with salt and pepper.

Note: Serve as a sauce with salmon. If using as a dip for fresh vegetables, increase cream cheese to 8 ounces (226 g).

Enchilada Sauce

6:30

1:00

Preparation: 15 minutes | **Processing:** 6:30 / 1:00 | **Yield:** 5 ½ cups (1.3 L)

3 ½ cups (840 ml) chicken or vegetable broth

2 Tablespoons (30 ml) olive oil

2 Tablespoons (30 ml) red wine vinegar

2 Roma tomatoes,
7 ½ ounces (213 g), halved

1 garlic clove, peeled

½ teaspoon dried oregano

1 teaspoon ground cumin

3 Tablespoons (22 g) chili powder

½ Tablespoon smoked paprika

1 Tablespoon sweet paprika

1 teaspoon salt

½ cup (60 g) all-purpose flour

¼ cup (40 g) potato starch mixed in ½ cup (120 ml) chicken or vegetable broth

1. Place broth, olive oil, vinegar, tomatoes, garlic, oregano, cumin, chili powder, paprikas, salt, and flour into the Vitamix container in the order listed and secure lid.

2. Select 6:30 Setting.

3. Switch machine to Start and allow machine to complete timed setting.

4. Select 1:00 Setting.

5. Switch machine to Start. Remove lid plug.

6. Add potato starch mixture through the lid plug opening.

7. Secure lid plug.

8. Allow machine to complete timed setting.

Cranberry Nut Bread :20

Preparation: 20 minutes | **Processing:** :20 | **Bake Time:** 60 minutes

Yield: 1 loaf (16 slices)

1 ½ teaspoons baking powder

½ teaspoon baking soda

1 teaspoon salt

1 cup (120 g)

whole wheat flour

1 cup (125 g) all-purpose flour

1 orange, peeled, with
2-inch (5 cm) strip of peel
remaining, halved

¼ cup (60 ml) light olive oil or
vegetable oil

¾ cup (180 ml) milk

1 cup (225 g) granulated sugar

1 large egg

1 cup (100 g) fresh cranberries

½ cup (60 g)
chopped walnuts

1. Preheat oven to 350°F (180°C). Spray an 8 ½-inch x 4 ½-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine baking powder, baking soda, salt, and flours in a large-size mixing bowl. Set aside.
3. Place orange, oil, milk, sugar, and egg into the Vitamix container in the order listed and secure lid.
4. **Select :20 Setting.**
5. Switch machine to Start and allow machine to complete timed setting.
6. Pour wet mixture into dry ingredients and fold by hand to combine.
7. Gently stir in cranberries and chopped walnuts.
8. Pour batter into the prepared loaf pan.
9. Bake for 60 minutes or until a knife inserted into the center comes out clean.

Dutch Apple Baby :20

Preparation: 20 minutes | **Processing:** :20 | **Bake Time:** 20–25 minutes | **Yield:** 8 servings

Apples

2 Tablespoons (30 g) butter

3 large apples,
15 ounces (426 g),
cored, sliced

¼ cup (50 g)
granulated sugar

½ teaspoon
ground cinnamon

¼ teaspoon ground nutmeg

Pancake

½ cup (120 ml) milk

1 Tablespoon sour cream or plain
yogurt

3 large eggs

1 teaspoon vanilla extract

½ cup (60 g)
all-purpose flour

½ teaspoon salt

Apples

1. Preheat oven to 400°F (200°C). Spray a 9-inch (23 cm) pie pan with cooking spray.
2. Sauté sliced apples in butter with sugar, cinnamon, and nutmeg until slightly soft.
3. Transfer to prepared pie pan.

Pancake

1. Add all pancake ingredients into the Vitamix container in the order listed and secure lid.
2. **Select :20 Setting.**
3. Switch machine to Start and allow machine to complete timed setting.
4. Pour over apples. Bake for 20 to 25 minutes until pancake is set and light golden in color.
5. Garnish with powdered sugar.

Oven Baked Onion Cheese Frittata

Pulse Pulse

Preparation: 20 minutes | **Processing:** Pulse / Pulse | **Bake Time:** 35 minutes

Yield: 8 servings

2 Tablespoons (30 ml) olive oil

½ cup (53 g) chopped onion

1 cup (115 g) diced
summer squash

½ cup (53 g) diced
red bell pepper

½ cup (53 g) diced
green bell pepper

6 large eggs

½ cup (50 g) grated
Parmesan cheese

½ teaspoon dried oregano

⅛ teaspoon ground nutmeg

½ teaspoon salt

¼ teaspoon ground
black pepper

½ cup (65 g) cubed
Cheddar cheese

1. Preheat oven to 350°F (180°C). Spray a 9-inch (23 cm) pie pan with cooking spray.
2. Sauté onion, squash, and peppers in olive oil until soft. Place in bottom of prepared pie pan.
3. Place the remaining ingredients, except the Cheddar cheese, into the Vitamix container in the order listed and secure lid.
4. **Pulse 5 to 10 times** or until desired consistency is reached.
5. Remove lid plug.
6. Add cheese through the lid plug opening, then secure lid plug.
7. **Pulse 5 to 10 times** or until desired consistency is reached.
8. Pour mixture over vegetables. Bake 35 minutes or until set.

Waffles :20

Preparation: 15 minutes | **Processing:** :20 | **Yield:** 4 cups (960 ml) or 8-10 waffles

1 cup (120 g)
whole wheat flour

1 cup (125 g) all-purpose flour

1 Tablespoon baking powder

1 teaspoon salt

2 cups (480 ml) milk

2 large eggs

2 Tablespoons (25 g)
granulated sugar

4 ounces (114 g) soft tofu

1. Combine flours, baking powder, and salt in a medium-size mixing bowl. Set aside.
2. Place milk, eggs, sugar, and tofu into the Vitamix container in the order listed and secure lid.
3. **Select :20 Setting.**
4. Switch machine to Start and allow machine to complete timed setting.
5. Pour wet mixture into the dry ingredients and fold by hand gently to combine.
6. Let batter sit 5 to 10 minutes before baking in waffle maker to yield best texture and flavor.

Chocolate and Cookies Freeze **Pulse** **:30** **Pulse**

Preparation: 10 minutes | **Processing:** Pulse / :30 / Pulse | **Yield:** 4 $\frac{3}{4}$ cups (1.1 kg)

3 chocolate chip cookies
1 cup (240 ml) chocolate milk
 $\frac{1}{4}$ cup (60 ml) honey
2 Tablespoons (10 g) cocoa powder
2 Tablespoons (8 g) nonfat dry milk
2 bananas, peeled, frozen, halved
3 cups (720 ml) ice cubes, divided use

1. Place the cookies into the Vitamix container and secure lid.
2. **Pulse 1 to 2 times** to break up the cookies into small pieces.
3. Transfer to a bowl and set aside.
4. Place the remaining ingredients into the Vitamix container in the order listed and secure lid.
5. **Select :30 Setting.**
6. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.
7. The sound of the motor will change and four mounds should form. Remove lid.
8. Add chopped cookies and 1 cup (240 ml) ice cubes and secure lid.
9. **Pulse 5 to 10 times**, using the tamper to press the ingredients into the blades.

Almond Cookies

:20

:20

Pulse

:20

Preparation: 10 minutes | **Processing:** :20 / :20 / Pulse / :20 | **Bake Time:** 15–20 minutes
Yield: 44 cookies

¾ cup (94 g)
all-purpose flour

¾ cup (90 g)
whole wheat flour

¼ teaspoon salt

¼ teaspoon baking soda

½ cup (120 g)
butter, softened

1 large egg

½ cup (100 g)
granulated sugar

1 Tablespoon milk

½ teaspoon almond extract

½ cup (50 g)
slivered almonds

1. Preheat oven to 350°F (180°C).
2. Combine flours, salt, and baking soda in a medium-sized mixing bowl. Set aside.
3. Place butter, egg, sugar, and milk into the Vitamix container in the order listed and secure lid.
4. **Select :20 Setting.**
5. Switch machine to Start and allow machine to complete timed setting.
6. Remove lid plug and add almond extract and almonds through the lid plug opening. Secure lid plug.
7. **Select :20 Setting.**
8. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.
9. Remove lid and add half of the flour mixture to the Vitamix container. Secure lid.
10. **Pulse 5 to 10 times**, using the tamper to press the ingredients into the blades. Remove lid.
11. Scrape down sides of container with a spatula. Add remaining half of flour mixture to the container and secure lid.
12. **Select :20 Setting.**
13. Switch machine to Start and allow machine to complete timed setting.
14. Portion dough by teaspoons, roll gently, and place 1 inch apart on parchment-lined cookie sheet.
15. Bake 15 to 20 minutes or until golden brown, rotating tray half-way through.

Vegan Truffles

1:00

Preparation: 15 minutes | **Processing:** 1:00 | **Yield:** 24 truffles

½ cup (80 ml) soy milk

1 cup (140 g) raw almonds

¾ cup (130 g)
large pitted dates

2 Tablespoons (30 ml)
agave nectar

1 Tablespoon cocoa powder

¼ cup (40 g) Coco Wheats

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select 1:00 Setting.

3. Switch machine to Start and allow machine to complete timed setting, using the tamper to press the ingredients into the blades.

4. Consistency should be thick like dough. If too thick, adjust by adding more milk.

5. Form into 1-inch (2.5 cm) balls and freeze.

Gazpacho

Pulse

Mario Batali

Preparation: 20 minutes | **Processing:** Pulse | **Yield:** 7 cups (1.7 L)

3 bread slices cut into
½-inch (1.3 cm) croutons

2 large English cucumbers,
11 ½ ounces (327 g), peeled,
quartered, plus 1 cut into
¼-inch (.6 cm) dice, set aside

2 red bell peppers, 7 ounces
(200 g), stemmed, seeded,
quartered, plus 1 cut into ¼-inch
(.6 cm) dice, set aside

5 very ripe beefsteak tomatoes,
1 ¾ pounds (795 g) quartered,
plus 1 cut into ¼-inch (.6 cm)
dice, set aside

2 small jalapeños,
1 ounce (28 g),
seeded and stemmed

1 small red onion,
2 ½ ounces (70 g), peeled,
quartered, plus 1 cut into
¼-inch (.6 cm) dice,
set aside

3 garlic cloves, peeled

2 slices day-old, white bread

½ cup (120 ml) water

4 Tablespoons (60 ml)
red wine vinegar

½ cup (120 ml) Spanish
extra virgin olive oil,
plus more to drizzle

1 cup (240 ml) ice cubes

salt and ground black pepper,
to taste

1. Toast croutons in extra virgin olive oil in a pan until deep golden-brown.
2. Peel the cucumber and stem and seed the peppers.
3. Tear bread into pieces.
4. Place half of the vegetables, bread, water, vinegar, oil, and ice into the Vitamix container and secure lid.
5. **Pulse 20 to 25 times.**
6. Season with salt and freshly ground pepper while still in the blender.
7. Transfer to pitcher.
8. Repeat process with other half of ingredients.
9. Cover and refrigerate until very cold. Place garnishes in small bowls and refrigerate as well. Stir soup well before serving.
10. Serve in shallow bowls with the garnish bowls on the side and drizzle each serving with a little more Spanish extra virgin olive oil.

Green Curry Sauce :20

Sanford D'Amato

Preparation: 15 minutes | **Processing:** :20 | **Yield:** ½ cup (120 ml)

2 teaspoons sesame oil

¼ cup (24 g) peeled,
chopped, fresh ginger root

2 garlic cloves, peeled, sliced

¼ cup (60 ml) dry white wine

1 Tablespoon lime juice

2 teaspoons green curry paste

1 3 ½-ounce (383 g)
can coconut milk

½ teaspoon fish sauce
(preferably Nam Pla)

½ cup (8 g) cilantro leaves

kosher salt, to taste

freshly ground black pepper,
to taste

lime, to taste

1. In a small saucepan, heat sesame oil over medium heat. Add the ginger and garlic and sauté for 30 seconds. Add the white wine and the lime juice and reduce to almost dry. Add the curry paste, coconut milk, and fish sauce and reduce to 1 cup (240 ml) liquid. Let cool 10 minutes.
2. Place the cooked mixture and the cilantro into the Vitamix container and secure lid.
3. **Select :20 Setting.**
4. Switch machine to Start and allow machine to complete timed setting.

Note: This is a perfect sauce served over seared striped bass or crab cakes.