



Peach Soy Sherbet

Serves: 8 / Total Time: 11 minutes

1 cup (240 ml) soy milk
Or milk of choice

2 pitted dates,
or 1 teaspoon honey, to taste

½ teaspoon
vanilla extract, optional

1 pound (454 g)
frozen peach slices

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.



Strawberry Grape Smoothie

Serves: 4 / Total Time: 10 minutes

1½ cup (230 g)
watermelon, peeled,
cut into large chunks

2 cups (280g)
frozen whole strawberries

2 cups (320 g) green grapes

1 cup (130 g) ice cubes

2 cups (320 g) red grapes

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 30-45 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.



Applesauce

Serves: 16 / Total Time: 10 Minutes

8 (1.20 kg)
medium apples,
halved, seeded

4 (30 g)
pitted medjool dates,
or 2 Tablespoons honey

2 teaspoons ground cinnamon

1 lemon, peeled, or
4 Tablespoons lemon juice

1. With a peeler or paring knife, remove the peel and white pith from the lemon, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 1 minute.



Butternut Squash Hummus

Serves: 11 / Total Time: 11 minutes

½ cup (120 ml)
extra virgin olive oil [or water]

¼ cup (35g)
sesame seeds, raw or toasted

2 garlic cloves, peeled

1 lemon, peeled

1 large (525 g)
roasted butternut squash
[or other squash], peeled,
cut into chunks (about 1 large)

1. With a peeler or paring knife, remove the peel and white pith from the lemon, leaving just the flesh.
2. Place all ingredients into the Vitamix container in the order listed and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 60 seconds, using the tamper to press ingredients toward the blades.



Sweet Potato Soup

Serves: 5 / Total Time: 11 Hour 11 Minutes

¼ (45 g)
small onion, peeled

1 (200 g)
medium apple, halved, seeded

2 (540 g)
sweet potatoes, cooked,
whole, peeled if preferred

1 (200 g) medium carrot

3 cups (720 ml)
vegetable stock

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 6 minutes, or until heavy steam escapes from the vented lid. Serve immediately.





Glowing Green Smoothie

Serves: 5 Servings / Total Time: 11 minutes

1½ cup (360 ml) water

¾ pound (340 g)
romaine lettuce

1½ cup (45 g)
baby spinach

3 (205 g)
(small) celery stalks

1 (120 g)
apple, cored, halved

1 (120 g)
pear, cored, halved

1 (110 g)
banana, peeled

½ lemon, peeled

1. Place all ingredient into the Vitamix container in the order listed and secure the lid.
2. Start the machine on its lowest speed, and quickly increase to its highest speed.
3. Blend for 45 seconds or until smooth, using tamper as needed.



Strawberry Vinaigrette

Serves: 24 servings (480 ml) / Total Time: 15 minutes

2½ Tablespoon (40 ml)
rice wine vinegar

2 Tablespoons (30 ml)
fresh lemon juice

1 garlic clove, peeled

3 Tablespoons fresh chives

12 fresh basil leaves

6 sprigs
Italian parsley leaves,
leaves only

1 pound (454 g)
fresh strawberries,

salt and freshly ground
pepper, to taste

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 30 to 40 seconds or until mixture is smooth.



Kale and Pear Green Smoothie

Serves: 4.75 cups (1120 ml) / Total Time: 11 minutes

½ cup (120 ml) water

½ (90g) pear, cored

1 cup (150 g) green grapes

1 cup (60 g) kale

1 (130 g) medium orange,
peeled, quartered

2 cups (260 g) ice cubes

1 (100 g) small banana, peeled

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 45 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.



Broccoli Cheese Soup

Serves: 3 servings (1.4 l) / Total Time: 15 Minutes

1½ cup (360 ml)
almond milk, or milk of choice

½ teaspoon
ground black pepper

¾ cup (180 ml) vegetable stock

1½ cup (180 g)
cheddar cheese,
cut into large chunks

4½ cup (405 g)
broccoli florets,
steamed or roasted

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 5 minutes 45 seconds, or until heavy steam escapes from the vented lid.



Carrot Orange Juice

Serves: 3 servings (1.2l) / Total Time: 11 minutes

4 (520 g) medium
oranges, peeled

2 large carrots (275g)

2 cups (260 g) ice cubes

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



Strawberry Mango Coconut Sorbet

Serves: 2.5 servings (600 ml) / Total Time: 10 Minutes

1 cup (240 ml)
light coconut milk

1½ cup (210 g)
whole frozen strawberries

1½ cup (225 g)
frozen mango chunks

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds, using the tamper to press ingredients toward the blades.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.





Blueberry Avocado Nice Cream

Serves: 8 servings (960 ml) / Total Time: 15 Minutes

$\frac{3}{4}$ cup (180 ml)
canned coconut cream

2 cups (310 g)
fresh blueberries

1 (150 g)
small frozen banana,
peeled, halved

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{4}$ teaspoon ground cardamom

2 (325 g)
avocados, peeled, seeded

2 dates, pitted, or
1 teaspoon honey

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 30 to 45 seconds or until smooth and creamy.
3. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.





Red Salsa

Serves: 16 servings (480 g) / Total Time: 10 minutes

½ (65 g)
medium onion, halved

1 jalapeño,
stemmed, seeded

¼ cup (5 g)
fresh cilantro leaves

½ lime, peeled

½ teaspoon salt, optional

6 (450 g)
large roma tomatoes

1. With a peeler or paring knife, remove the peel and white pith from the lime, leaving just the flesh. Place onion, jalapeño, cilantro, lime, salt, and three of the tomatoes into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to Variable 5. Blend for 10 to 15 seconds, using the tamper to press the ingredients towards the blades until ingredients are chopped. Stop machine.
3. Remove lid and add the remaining tomatoes. Secure lid. Select Variable 5 and pulse until tomatoes are chopped. Do not over mix. Leave chunky. Serve with tortilla chips.



Easy Tomato Sauce

Serves: 20 servings (1.2 l) / Total Time: 17 Minutes

1 can (28 oz, 800 g)
low sodium plum tomatoes

1 cup (240 ml)
vegetable stock

3 ounces (100 g) tomato paste

2 cloves garlic, peeled

1 cup (15 g)
Italian flat leaf parsley

1 teaspoon salt, optional

¼ teaspoon ground black pepper

1. Place broth, tomatoes, paste, garlic, and herbs into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.
3. Blend for 5 minutes 45 seconds, or until heavy steam escapes from the vented lid.

