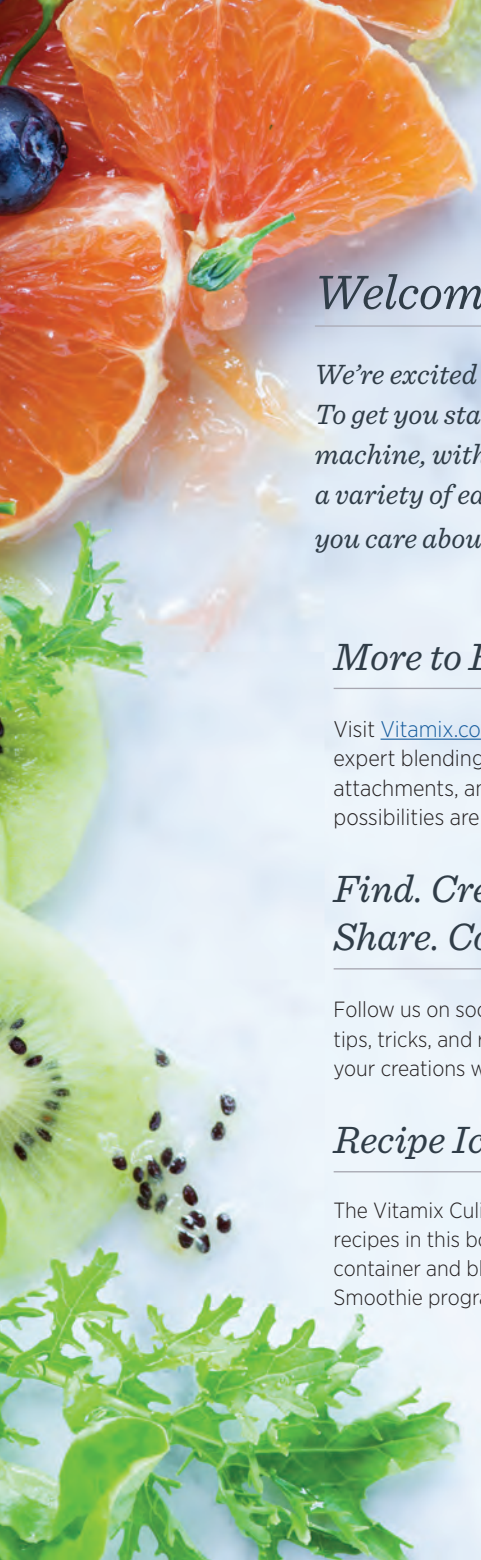


Vitamix

First Blends

A guide to getting started with your new Vitamix machine



Welcome to the Vitamix family!

We're excited to be a part of your whole-food nutrition journey. To get you started, here's a simple guide to getting to know your machine, with step-by-step instructions for your first blend and a variety of easy, delicious recipes to help you nourish the people you care about most.

More to Explore

Visit Vitamix.com for healthy recipes, expert blending tips, containers, attachments, and accessories. The possibilities are endless

Find. Create. Share. Connect.

Follow us on social media for more tips, tricks, and recipe inspiration. Share your creations with us using #MyVitamix.

Recipe Icons

The Vitamix Culinary Team created the recipes in this booklet for our 48-ounce container and blenders with the Smoothie program.

Programs

Smoothies

Containers

48 **48-ounce container**

First Blend

01 PUT IT TOGETHER

Remove the blender motor base and container from the box. Set the container on top of the motor base and add the lid. Your blender is now assembled.

02 FIND A HOME

Designate a spot on your counter near an outlet as your blender's new home.

03 WASH UP

Fill the container halfway with warm water, add a drop of dish soap, and secure the lid. If your blender has a cleaning program, run it until complete. Otherwise, select your blender's lowest speed (Variable 1), start the blender, and quickly increase to its highest speed (Variable 10). Blend for 1 minute, stop the machine, and rinse the container.

Your first blend is complete! Let's make something!

04 GATHER INGREDIENTS

For your first recipe, we recommend a quick smoothie. Use this chart to design your own smoothie with the ingredients you have on hand.

Choose 1 liquid:

- 1 cup (240 ml) soy milk
- 1 cup (240 ml) water
- 1 cup (240 ml) yogurt

Choose 2 fruits + vegetables:

- 1 apple
- 1 banana, peeled
- 1 cup (140 g) strawberries
- 1 cup (140 g) peaches
- 1 cup (140 g) blueberries
- 1 cup (140 g) mango, peeled
- 1 cup (140 g) grapes
- ½ cup (75 g) papaya, peeled
- 1 orange, peeled
- 1 carrot
- 1 cup (130 g) melon, peeled
- 2 stalks celery
- 1 cup (140 g) pineapple
- ½ cup (75 g) cucumber

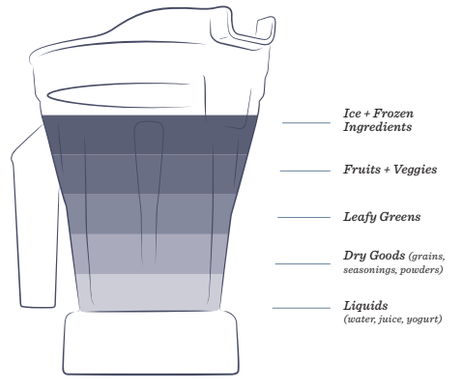
*If you prefer a colder, thicker smoothie, add ½ cup ice cubes or frozen fruit.

Choose 1 green: (optional)

- 2 cups (60 g) spinach
- 1 romaine heart
- 1 cup (140 g) kale
- ½ cup (75 g) raw broccoli
- 1 small head of Bibb or Boston lettuce
- ½ head of romaine

05 LOAD THE CONTAINER

Add ingredients to the container, liquids and soft fruits first, for the fastest, smoothest blend.



06 BLEND

Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 40-50 seconds, using the tamper to push ingredients toward the blades.

A note from our engineers: During your first few uses, you may notice a slight burning odor as the motor is primed. This is completely normal and will dissipate quickly.

07 LET US KNOW

We hope you enjoyed your first blend. If you have questions, we'd like to help.

Call us at 800.848.2649, email service@vitamix.com, or reach out on social media.

READY FOR MORE?

Ready for More? Scan the code for additional blending tips, recipes, product registration and more.

Smoothies

Using the same brand trusted by the world's leading smoothie shops is pure exhilaration. Turn healthy fruits, vegetables, and leafy greens into refreshing breakfast and post-workout smoothies—just like the pros.



Frozen Kombucha Berry Smoothie

48 *Total Time: 5 minutes*

Yield: 3 servings

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1 cup (240 ml) kombucha

1 cup (240 ml) almond yogurt

1 cup (150 g) red grapes

1 cup (150 g) frozen strawberries

1 cup (160 g) frozen blueberries

1 cup (140 g) frozen raspberries

Place all ingredients into the Vitamix container in the order listed and secure the lid. Run the Smoothie Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 50 seconds, using the tamper to push ingredients toward the blades.

Amount Per Serving (354 g):
Calories 180, Total Fat 1.5 g, Sodium 30 mg, Total Carbohydrate 42 g, Dietary Fiber 4 g, Sugars 26 g, Protein 2 g

✳

Timesaving Tip

Make frozen smoothie packs ahead of time in a variety of whole-food combinations. Just wash, chop, measure, and bag smoothie ingredients together and place them in the fridge or freezer. Then add them with liquid or ice to your Vitamix container and blend for a quick breakfast or afternoon snack

Cocktails

Skip pre-packaged drink mixes — use your Vitamix to create restaurant-quality cocktails and mocktails from fresh fruits, juices, and herbs. Be sure to set aside some ingredients to use as garnishes.

Whole Fruit Margarita 48

Total Time: 6 minutes
Yield: 2 servings (720 ml)

⅓ cup (90 ml) tequila

¼ cup (60 ml) orange liqueur

½ medium (65 g) orange, peeled

½ lime, peeled

½ lemon, peeled

3 Tablespoons (45 ml) honey

3 cups (390 g) ice cube

Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45-55 seconds, using the tamper to push ingredients toward the blades.

Amount Per Serving (356 g):
Calories 230, Total Fat 0 g, Sodium 10 mg, Total Carbohydrate 44 g, Dietary Fiber 2 g, Sugars 40 g, Protein 1 g

*

Unleash your Inner Mixologist

Use the Aer™ Disc Container to whip, foam, muddle, and emulsify with ease.

Non-Dairy Milk

You can create fresh, homemade milk from a variety of seeds, nuts, and grains, and flavor them to taste with your favorite natural sweeteners. They're perfect for cooking, baking, smoothies, or pouring over whole-grain cereal.

Rice Milk 48

Total Time: 25 minutes
Yield: 2 cups (480 ml)

2 cups (480 ml) water

1 cup (200 g) brown rice, cooked

2 dates, pitted

1 teaspoon vanilla extract (optional)

Add all ingredients to the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 2-3 minutes. Store rice milk refrigerated for up to 2 weeks. Shake well before using.

Amount Per 1 Cup (240 ml) Serving:
Calories 67, Total Fat 0 g, Saturated Fat 0 g, Sodium 4 mg, Total Carbohydrate 15 g, Dietary Fiber 1 g, Sugars 3 g, Protein 1 g

Dips & Spreads

Whether you're looking for after-school snack ideas or planning a party straight out of a food magazine, Vitamix recipes for simple dips and spreads will show you just how delicious healthy can be.

Tomatillo Salsa 48

Total Time: 6 minutes
Yield: 6 servings (720 ml)

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8 (275 g) fresh peeled tomatillo, or stewed

2 (10 g) scallions, roots trimmed

¼ (5 g) jalapeño, seeded

1 garlic clove, peeled

¼ small lime, peeled

½ cup (10 g) fresh cilantro leaves

½ teaspoon salt, optional

Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds, using the tamper to press ingredients toward the blades. For a chunkier style salsa, pulse the ingredients on Variable 7.

Amount Per Serving (54 g): Calories 15, Total Fat 5 mg, Sodium 160 mg, Total Carbohydrate 3 g, Dietary Fiber 1 g, Sugars 2 g, Protein 1 g

Baby Food

Blending natural, preservative-free meals for your baby couldn't be easier. Add steamed ingredients to the Vitamix blender, or simply blend the family's meal, based on your baby's stage of development.

Banana Berry Baby Food 48

Total Time: 15 minutes / Yield: 2½ cups

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2 bananas, peeled

10 strawberries (400 g), washed, hulled

Add all ingredients to the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute, using the tamper to push ingredients toward the blades.

Note: Always consult your pediatrician for guidance on whether or not raw or cooked ingredients are right for your child.

Amount Per Serving 127 g):
Calories 70, Total Fat 0 g, Saturated Fat 0 g, Sodium 0 mg, Total Carbohydrate 17 g, Dietary Fiber 3 g, Sugars 10 g, Protein 1 g

✳

Healthy Choices

The classic flavors of strawberry and banana, puréed to perfection. This is a simple first fruit blend when your baby is ready for solids.



Nut Butters

Making your own natural, preservative-free nut butters is so easy. Try a variety of flavors for sandwiches, fruit dips, healthy snacks, or a peanut butter smoothie. Almond butter can also add nutty flavor to Asian soups and sauces.

Almond Butter 48

Total Time: 6 minutes
Yield: 1 cup

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2 cups (275 g) unsalted roasted almonds

Add all ingredients to the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute, using the tamper to push ingredients toward the blades.

Chef's Note: For creamy almond butter, add a liquid, we suggest coconut water or almond oil.

Amount Per 2 Tablespoon (30 g) Serving:
Calories 210, Total Fat 18 g, Saturated Fat 1.5 g, Sodium 0 mg, Total Carbohydrate 7 g, Dietary Fiber 4 g, Sugars 2 g, Protein 7 g

✳

One Ingredient. Endless Uses.

With just one simple ingredient, this almond butter is incredibly versatile. Use it on sandwiches, as a fruit dip, or to add flavor to Asian-style soups and stir fry. Store almond butter refrigerated in an airtight container, or freeze for longer storage.



Homemade, Made Simple

Mix the batter for these light, fluffy, whole-grain pancakes in your Vitamix container, then pour it directly onto a hot griddle. Top pancakes with our Cinapple or Strawberry Syrup for a fresh, homemade breakfast or brunch.

Dressings

Awaken your salads with flavorful dressings that can double as marinades when your entrées need a kick. Dressing recipes can easily be adjusted to your own flavor profiles with your favorite herbs and spices.

Oil-Free Blueberry Thyme Vinaigrette 48

Total Time: 16 minutes / Yield: 24 servings (480 ml)

¼ cup (60 ml) water

½ lime peeled

1 small garlic clove, peeled

2 cups (300 g) fresh blueberries

¼ teaspoon salt, optional

⅛ teaspoon ground black pepper

1 small (20 g) shallot, peeled

5 (30 g) dates, pitted

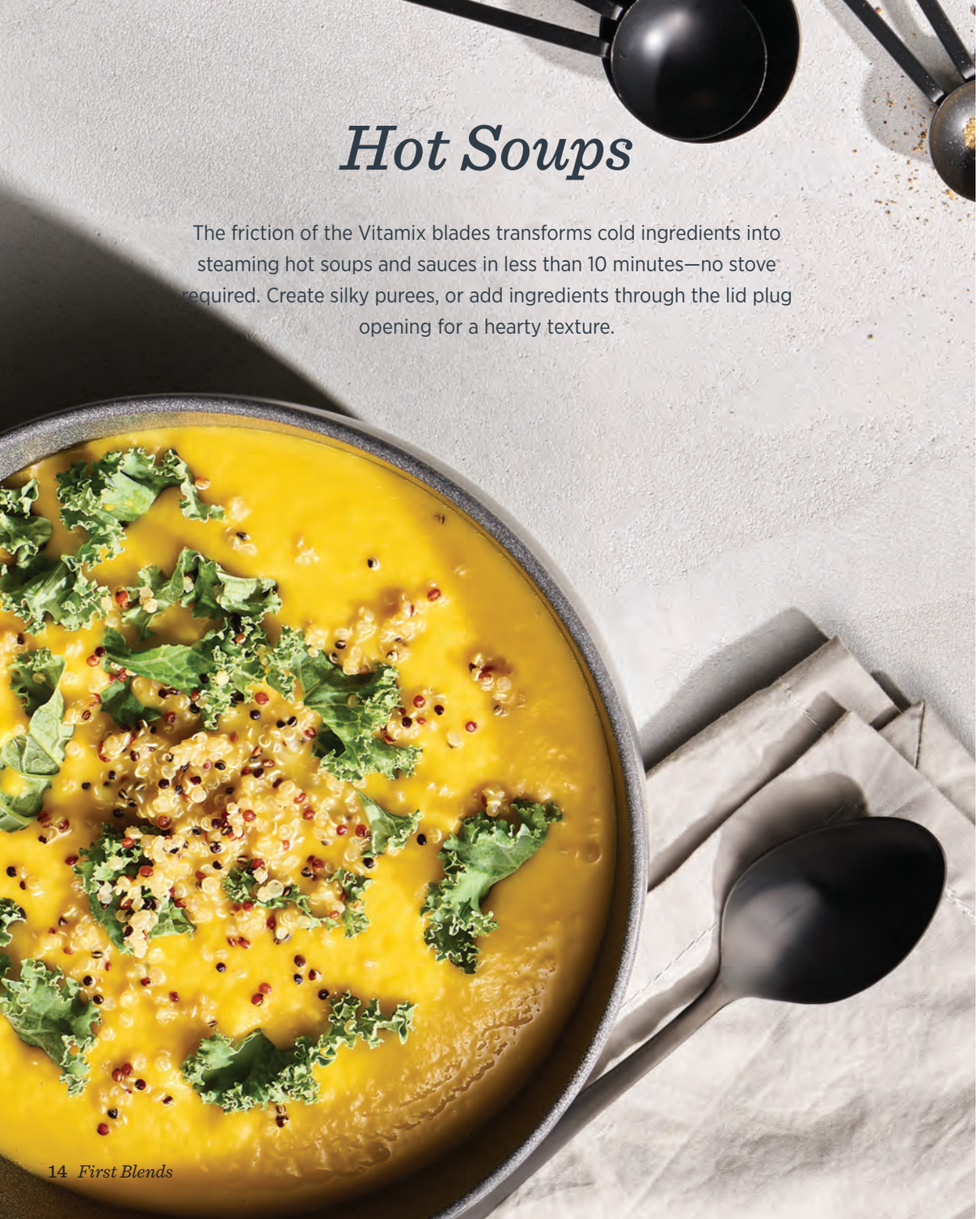
⅛ teaspoon sprigs fresh thyme leaves

Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute or until desired consistency is achieved.

Amount Per Serving (30 g):
Calories 15, Total Fat 13g, Sodium 25 mg, Total Carbohydrate 4 g, Sugars 3 g

Hot Soups

The friction of the Vitamix blades transforms cold ingredients into steaming hot soups and sauces in less than 10 minutes—no stove required. Create silky purees, or add ingredients through the lid plug opening for a hearty texture.



Roasted Root Vegetable Soup 48

Total Time: 55 minutes / Yield: 4 servings (1.2 l)

1¾ cup (240 g) rutabaga, cut into large chunks

¼ (25 g) small yellow onion, peeled

1 cup (140 g) carrots, cut into large chunks

1 cup (140 g) celery stalk, cut into large chunks

1 garlic clove, peeled

3 sprigs fresh thyme leaves

2 Tablespoons extra virgin olive oil, optional

3 cups (720 ml) vegetable stock

⅛ teaspoon salt, optional

⅛ teaspoon ground black pepper

1 cup (15 g) kale

1 cup (150 g) quinoa, cooked

Preheat oven to 400°F (205°C). Place rutabaga, carrot, onion, celery, garlic, and fresh thyme leaves on a baking sheet and drizzle with the 2 Tablespoons of olive oil. Roast in preheated oven for 30 minutes. Place stock, roasted vegetables, salt, and pepper into the Vitamix container and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 7 minutes 30 seconds. Stop the machine, add kale and quinoa to the container, and secure the lid. Select Variable 4 and pulse 6 to 8 times to incorporate. Serve immediately.

Amount Per Serving (366 g):
Calories 160, Total Fat 8 g, Saturated Fat 1 g, Sodium 560 mg, Total Carbohydrate 20 g, Dietary Fiber 4 g, Sugars 7 g, Protein 3 g

Food Prep

Learn how to mince garlic, chop carrots, shred potatoes, and grate hard cheeses without tedious knife work. Your Vitamix blender can do the work for you.

Chopped Parmesan 48

Total Time: 5 minutes

Block of Parmesan cheese, cubed

Add cheese to the Vitamix container and secure the lid. Start the blender on its lowest speed, then quickly increase to Variable 5. Blend for 10 to 15 seconds, or until desired consistency is reached.

Chop, chop!

It's no secret that fresh ingredients just taste better. Instead of pre-packaged cheeses, Vitamix makes it easy to chop your own just before serving. Bon appétit!

Batters

Vitamix batters save you time and come out light and fluffy for the perfect bakes. From delicious breakfast crêpes, waffles, and pancakes to nutritious muffins and quick breads, Vitamix batters are mixed quickly and poured straight from the container.

Oatmeal Cranberry Pancakes 48

Preparation: 15 minutes / Total Time: 35 minutes / Yield: 10 pancakes

1½ cup (360 ml) soy milk, or alternative

1 large egg

2 Tablespoons (30 ml) light olive oil, optional

¾ cup (60 g) rolled oats

1¼ cup (150 g) whole wheat flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt, optional

¼ cup (25 g) flax meal

¼ cup (30 g) dried cranberries

2 Tablespoons (15 g) sunflower seeds, unsalted

Place milk, egg, oil, and 1/4 cup (20 g) rolled oats into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to Variable 6, using the tamper to press ingredients toward the blades. Blend for 20 seconds. Combine the remaining oats, flour, baking powder, baking soda, salt, and flax meal in a large bowl, stirring to combine. Pour the wet mixture into the dry ingredients and mix gently by hand to combine. Stir in the dried cranberries and sunflower seeds. Allow mixture to set for 10 minutes before cooking.

Amount Per 1 Pancake (72 g) Serving: Calories 140, Total Fat 4 g, Saturated Fat 1 g, Sodium 180 mg, Total Carbohydrate 21 g, Dietary Fiber 3 g, Sugars 5 g, Protein 5 g



Smoothie Bowl

A smoothie you can eat with a spoon! Smoothie bowls are a versatile, healthy alternative for breakfast or an afternoon snack. Get creative and customize your bowl with nutrient-boosting toppings like granola, nuts, seeds, and fresh fruit slices.

Peanut Butter & Jelly Smoothie Bowl 48

Total Time: 11 minutes / Yield: 4 servings (960 ml)

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1 ½ cup (360 ml) Peanut Milk

2 cups (280 g) frozen red grapes

½ cup (70g) sliced frozen banana

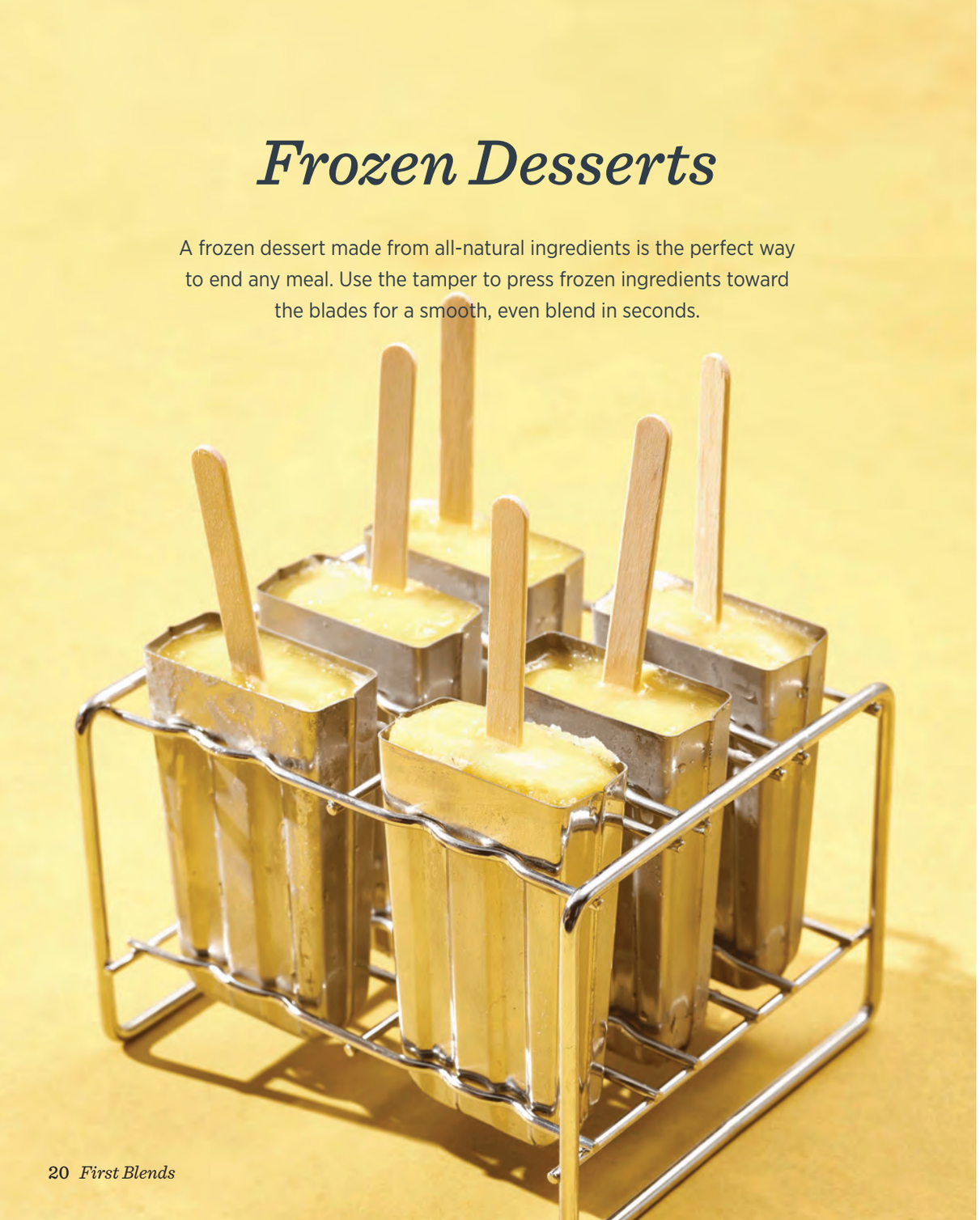
2 cups (280 g) frozen strawberries

Place all ingredients into the Vitamix container in the order listed and secure the lid. 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. Serve immediately in bowls with your choice of garnishes — we love a drizzle of peanut butter or honey with freshly sliced grapes.

Amount Per Serving (248 g):
Calories 210, Total Fat 17 g, Saturated Fat 2.5 g, Sodium 4 mg, Total Carbohydrate 11 g, Dietary Fiber 4 g, Sugars 4 g, Protein 8 g

Frozen Desserts

A frozen dessert made from all-natural ingredients is the perfect way to end any meal. Use the tamper to press frozen ingredients toward the blades for a smooth, even blend in seconds.



Mango Coconut Sorbet 48

Total Time: 11 minutes / Yield: 6 servings (790 ml)

¾ cup (60 g) unsweetened shredded coconut

6 slices (60 g) dried mango

1½ cups (360 ml) almond milk

1½ teaspoons fresh lemon juice

3⅔ cups (685 g) frozen mango chunks

Instructions

Soak the dried mango in the milk until soft (overnight or one hour in advance). Place all ingredients (except 1 tablespoon of coconut), including the soaking milk, into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds, using the tamper to press ingredients toward the blades. 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.

Amount Per Serving (131 g):
Calories 120, Total Fat 4.5 g, Saturated Fat 3.5 g, Cholesterol 0 mg, Sodium 30 mg, Total Carbohydrate 20 g, Dietary Fiber 4 g, Sugars 15 g, Protein 2 g

✳

Make It To Go!

Turn this tasty frozen treat into a grab-and-go snack! Simply add another step to make this recipe deliciously portable. Scoop the Mango Coconut Sorbet into your favorite ice pop molds. Place ice pop sticks in the center of each mold and freeze. It's the healthy, fun treat for kids of all ages.





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