



The Midwinter Reset

New year intentions, real-life delicious

A VITAMIX RECIPE COLLECTION



Whole-Food Inspiration from Vitamix

2026 | Issue No. 1

Better Blends for a *Better You*

Quick progress check: are you nailing your resolutions or ready for a reboot? Either way, **reaching your goals is easier with a tool you love using, like a Vitamix.** Whether you've just unboxed a new machine or want to get to know the one you have better, this is a great place to start. Curated by the Vitamix Culinary Team, these recipes will help you **master Blending Programs, learn tips and tricks, and have a little fun while doing it.**

Remember: healthy habits happen one blend at a time.



*Pear Protein
Smoothie*

Tips and Tricks

FOR YOUR VITAMIX

Whether you're new to Vitamix or have been blending with us for years, here are a few simple tips and tricks every Vitamix owner should know.



Full-Size Container Tip:

COVER THE BLADES

Vitamix blenders need a minimum volume of ingredients in order to blend well. A good guide is to make sure you use enough ingredients to cover the blades while blending.



Immersion Blender Tip:

TRY THE BLENDING JAR

The shape of the Blending Jar is designed to create the Vitamix vortex, just like our full-size blending containers. The vortex continuously moves ingredients through the blades, giving you faster, more consistent results.



Food Processor Attachment Tip:

CLEARING THE CHUTE

If ingredients jam in the chute, stop the unit and remove the pusher. Then use the small food pusher to gently nudge or lift the stuck pieces (never your fingers). Re-insert the large pusher and resume. This ensures safe clearing without damaging the blades or feed tube.

*Want even more ways to get the most from every blend?
Head to [vitamix.com/tips](https://www.vitamix.com/tips) for the latest in blending tips and techniques.*



Trend Corner: Taste & Texture

Texture is a playful food trend that turns every dish into a multi-sensory experience. From chewy **Soft Pretzel Bites** to **Dubai Chocolate's** crunchy **knaffeh filling** to creamy **Deviled Eggs**, this recipe collection is as fun to bite as it is to taste.

[*Soft Pretzel Bites*](#)

[*Dubai Chocolate Filling*](#)

[*Deviled Eggs*](#)

Premium Blending

The Vitamix **Ascent® X5** is the ultimate in high-performance blending, delivering top-of-the-line design and advanced technology. With its 2.2-horsepower motor, laser-cut, stainless-steel blades, and durable metal drive system, the **X5 powers through the toughest ingredients** for consistently superior results. Use Variable Speed Control and the Pulse Function to **create precise textures**, or enjoy the convenience of 10 Blending Programs. SELF-DETECT technology lets you **add compatible containers and attachments**, building a customized blending system. And with a **10-year warranty**, the **X5 is an investment** you will enjoy for years to come.

Popovers

*Raspberry Chia
Fruit Spread*

*Blackberry Chia
Fruit Spread*

Freshly Ground Flavor

Great coffee starts with the right grind. Use your Vitamix to grind whole beans just before brewing for the best flavor. From coarse to fine, you can customize the grind to your brew method and enjoy rich, fresh flavor every time.

CHOOSE YOUR GRIND:

COARSE GRIND – best for french press. Start the blender on its lowest speed, then quickly increase to Variable 8 and blend for 8–10 seconds. The texture should resemble coarse salt.

MEDIUM GRIND – ideal for pour-over or drip coffee. Start the blender on its lowest speed, then increase to Variable 8 and blend for 15–20 seconds. The texture should resemble breadcrumbs or coarse beach sand.

FINE GRIND – perfect for espresso. Start the blender on its lowest speed, then increase to Variable 8 and blend for 20 seconds. Remove the lid and scrape down the walls of the container. Secure the lid and continue grinding by pulsing on Variable 8 until it reaches your desired consistency. The texture should resemble table salt or granulated sugar.

Matcha Latte

Blend this smooth, creamy Matcha Latte at home—no whisk or frother needed. Packed with antioxidants and gentle caffeine, it's the perfect pick-me-up for lasting energy.

Ingredients:

oat milk
matcha green tea powder
honey

Place oat milk into the Vitamix container and secure the lid.

Run the Hot Soup Program or start the blender on its lowest speed, then quickly increase to its highest speed.

Blend for 5 minutes 45 seconds.

Remove the lid and add the matcha and honey (if using). Secure the lid and start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 10 seconds.

Pour & enjoy!



Ready, Set, Snack

The secret to a good hang? Great food. Whether you're cheering on your favorite team, hosting a Galentine's get-together, or settling in for movie night, chips and dips are always a crowd-pleaser.

Your Vitamix makes it easy to whip up the freshest dips (and homemade chips!) in no time.



Potato Chips

Vegan Pickle Dip

Pickle Dip

Not-So Cheese Sauce

Nacho Cheese Sauce

*Shop the
Food Processor
Attachment*

RECIPES FOR
Cozy Winter Days



Blackberry Chia
Fruit Spread



Blue Spirulina
Tropical Smoothie



Chili Spice
Blend



Cinnamon Honey
Butter



Deviled
Eggs



Dubai Chocolate
Filling



Fresh Pasta
Dough



Garlic & Herb
Butter



Nacho Cheese
Sauce



Parmesan Cream
Sauce

This collection brings together cozy bowls, flavorful spreads, and vibrant smoothies. Each recipe is crafted to make ordinary moments taste a little extraordinary.



Pear Protein
Smoothie



Popovers



Potato
Chips



Soft Pretzel
Bites



Raspberry Chia
Fruit Spread



Spinach Ricotta Ravioli
with Parmesan Cream
Sauce



Triple Berry
Smoothie



Mercimek Çorbası
(Turkish Lentil Soup)



Vegan Pickle
Dip



Vegetable
Chili

Make *Any Time* Snack Time with Soft Pretzel Bites

What do monks, the Ottoman Empire, and newlyweds have in common? **Soft pretzels.** Legend traces the first pretzel to 610 A.D., when Italian monks shaped dough to resemble arms crossed in prayer and gave them as rewards to good students. In 1510, Viennese monks reportedly heard Ottoman soldiers tunneling beneath the city while baking pretzels and sounded the alarm in time to stop the attack. By the 17th century, pretzels had become synonymous with love, even appearing in wedding ceremonies as a symbol of “tying the knot.” German immigrants later carried the tradition to Pennsylvania, where the first commercial pretzel bakery opened in 1861.

Homemade pretzels may seem like a challenge, but they’re surprisingly easy to make. **Our Soft Pretzel Bites come together fast, thanks to your Vitamix.**

Traditional German Laugenbrezel get their signature deep color and shiny, chewy crust from a quick dip in food-grade lye. This intensifies the Maillard reaction—a chemical browning that boosts flavor. While lye is standard in professional kitchens, it can feel intimidating at home. Our version uses baked baking soda instead. After an hour in the oven, baking soda transforms into a stronger alkali that, when added to boiling water, closely mimics lye’s effects, producing pretzels that look and taste wonderfully authentic.

These delicious bite-sized nuggets make a great after-school treat for kids or a crowd-pleaser for the big game. Take a cue from your favorite soft, hand-rolled pretzel shop and dip your bites in Dill Avocado Dip, Not-So Cheese Sauce, or Caramel Apple Peanut Butter Dip. For a standout pairing, the Vitamix Culinary Team recommends our Whole Grain Apricot Mustard. Its blend of fruity sweetness and spicy mustard adds a bright, sweet-tangy punch that’s perfect with warm pretzel bites.

FOR THE DOUGH:

- ¾ cup water
- ¼ cup brown sugar
- 1 package active dry yeast
- ¾ cup all-purpose flour
- 1½ cups high gluten bread flour
- 1 pinch salt, optional

TO COOK:

- 2 teaspoons baking soda
- 2 Tablespoons kosher salt, optional

1 Step 1

Preheat oven to 300°F (150°C). Place the baking soda on a small sheet tray and bake for 1 hour.

2 Step 2

To proof the yeast, combine warm water, brown sugar, and yeast. Stir slowly to combine. Set aside for 5 minutes.

3 Step 3

Fit the Food Processor with the Multi-Use Blade. Place flours and salt into the Vitamix Container and secure the lid. Pulse the mixture 5 times. Add the yeast mixture through the Small Food Chute. Start the machine and process for 20–30 seconds, or until a ball forms.

4 Step 4

With floured hands, remove dough and form into a round ball. Place in a bowl, cover and allow to rise in a warm spot, until doubled in size, about an hour. Remove the baking soda from the oven and place in a large pot with 2 quarts of water.

5 Step 5

Increase oven temperature to 450°F (230°C). Transfer dough to a lightly floured surface and divide into 18 equal pieces. With your palms, roll each piece to form a small ball and place on a baking sheet. Let sit for 20 minutes.

6 Step 6

Bring pot of water and baking soda to a boil. Place the pretzel bites into the water and boil for 30 seconds, carefully moving the balls around to coat all sides. Remove and place on a parchment-lined baking sheet, and sprinkle with large flaked salt.

7 Step 7

Place in preheated oven and bake for 5–6 minutes or until crispy and lightly browned. Best when served warm.



Pretzel Bites

Give a gift
they'll reach for daily.

From comforting soups to nut butters and smoothies, Vitamix delivers chef-level results with effortless cleanup.

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Food Processor Attachment

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