



 **Vitamix**<sup>®</sup>



SAVE FOR LATER

## See Something You Love?

As you explore, each recipe name is clickable, making it easy to save your favorites to your Vitamix account for quick access anytime.

New here? [Create an account](#) to get started.

# Spring 2026 Recipes



## Small Plates & Sides

Hummus Tehina	2
Granola	7
Fava Bean Hummus	10
Kimchi	14
Vegetable Eggrolls	14

## Main Meals

Lentil Salad with Jalapeño Lime Vinaigrette	4
Waffles	8
Vietnamese Chicken and Cabbage Salad	13
Cabbage and Kale Minestrone with Crispy Chickpeas	14
Dan Dan Noodle Salad	14
Avocado Tuna Salad with Cashew Ranch	

## Sweet Treats & Beverages

Strawberry Frosé	1
Frozen Aperol Spritz	1
Chocolate Dessert Hummus	2
Blueberry Oatmeal Smoothie	2
Coffee Nice Cream	6
Blueberry Maple Syrup	7
Whipped Cream	8
Spring Green Juice	8
Lime Syrup	12
Coconut Creamer	12
Ruby Renewal Juice	16
Vanilla Protein Cold Foam	17
Roasted Strawberry Sherbet	
Chocolate Protein Cold Foam	

**On the Cover:** Roasted Strawberry Sherbet  
**Opposite Page:** Strawberry Frosé, Frozen Aperol Spritz  
**Left:** Chocolate Dessert Hummus, Blueberry Oatmeal Smoothie, Hummus Tehina

# A Fresh Taste of Spring

We hope you enjoy this collection of recipes featuring fresh springtime flavors, helpful blending tips, and plenty of inspiration, from vibrant smoothies and juices to crisp salads, cool treats, and flavor-packed staples to help you make the most of the season.

**FEATURED RECIPE**  
Lentil Salad with Jalapeño Lime Vinaigrette





## Coffee Nice Cream

SERVES 4 · TOTAL TIME: 5-10 MINUTES · GLUTEN-FREE · VEGAN

This dairy-free coffee nice cream blends cold brew, frozen bananas, cocoa, and oat milk into a naturally sweet, creamy dessert with rich coffee and chocolate flavor.

### INGREDIENTS

- 1/3 cup cold brew coffee
- 3 Tablespoons oat milk
- 1/2 teaspoon vanilla extract
- 1 Tablespoon unsweetened cocoa powder
- 12 ounces sliced frozen bananas

### DIRECTIONS

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

Run the Frozen Dessert Program or 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.

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.

---

### + Chef Notes

*You'll get antioxidants from the cocoa and a natural energy boost from the bananas. Garnish this nice cream with a sprinkle of fresh coffee grounds.*

# Enjoy Sunday Brunch in Bed

Elevate the usual breakfast-in-bed fare with tasty, from-scratch recipes that come together in just a few minutes. If only every day could start like this.



**FEATURED RECIPES** *Left to right*  
Blueberry Maple Syrup, Granola,  
Whipped Cream, Waffles, Spring Green Juice



## Fava Bean Hummus

SERVES 4 · TOTAL TIME: 25 MINUTES · GLUTEN-FREE · VEGAN

This fava bean hummus is a smooth, herb-forward dip made with cooked fava beans, tahini, lemon juice, olive oil, and fresh dill. Creamy and bright, it offers a fresh alternative to traditional chickpea hummus.

### INGREDIENTS

- 2 cups cooked fava beans, shelled and peeled
- ¼ cup tahini
- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons fresh lemon juice
- 2 garlic cloves peeled
- ¼ cup packed fresh dill, basil, or tarragon
- ¼ serrano pepper or jalapeño, seeded
- ½ teaspoon kosher salt

### DIRECTIONS

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

Run the Dips & Spreads Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 60 seconds, using the tamper to push ingredients toward the blades.

Taste and adjust seasoning with salt and fresh lemon juice. Serve hummus in a bowl with a drizzle of extra virgin olive oil and a sprinkle of fresh dill leaves.

### + Chef Notes

*If fresh fava beans aren't available, frozen work well, just peel, blanch, and shock them. Store leftover fava bean hummus in the fridge for up to 5 days.*

## TRENDING

# How to Make a Dirty Soda

A dirty soda is more formula than recipe, fizzy, creamy, and a little sweet or bright. This version uses a lime syrup and coconut creamer, then lets you build with your favorite soda in minutes.

## WHAT YOU'LL NEED

Lime syrup  
Coconut creamer  
Soda of your choice

## DIRECTIONS

Fill a glass with ice, then add your soda of choice. Pour in some lime syrup for sweetness and acidity, then finish with about 2 tablespoons of coconut creamer.

There is no need to overcomplicate the assembly. Start lighter than you think with both additions, especially if your soda is already sweet. You can always add more syrup or creamer, but it is harder to pull the drink back once it gets too heavy or too sweet.

Give the drink a quick stir just to combine, being careful not to overmix so the soda stays lively. At this point, you can adjust based on your preference, add more lime syrup for brightness, a bit more coconut creamer for a richer, smoother texture, or extra ice if the flavor feels too intense or sweet. The goal is balance, you should still taste the soda, with a creamy finish and a bright citrus edge.

Once you have the lime syrup and coconut creamer made, you can use them as a dirty soda base with almost any soda you like. Lemon-lime soda is the obvious starting point, but cola, orange soda, sparkling citrus drinks, and even flavored seltzers can work depending on how sweet or rich you want the final drink to be.



## Lime Syrup

TOTAL TIME: 10 MINUTES · GLUTEN-FREE · VEGAN

This simple fresh lime syrup can be used in soda drinks, cocktails, desserts, or even a fruit salad.

### INGREDIENTS

2 limes, peeled  
¼ cup cold water  
6 tablespoons agave nectar

### DIRECTIONS

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 40-60 seconds, using the tamper to push ingredients toward the blades. Strain the syrup through a fine mesh sieve for a pulp-free syrup. Store in a sealed container in the refrigerator for up to 2 weeks. If making dirty soda, use chilled syrup so it blends smoothly and won't dilute the drink.

## Coconut Creamer

TOTAL TIME: 10 MINUTES · GLUTEN-FREE · VEGAN

A smooth, lightly sweet coconut creamer made for hot or cold drinks.

### INGREDIENTS

1 can unsweetened coconut milk  
1 Tablespoon vanilla extract  
3 Tablespoons agave nectar or honey

### DIRECTIONS

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 15-20 seconds, until evenly blended and smooth. Pour about 2 tablespoons of coconut creamer into your coffee, tea, soda, or craft beverage of choice. Store leftover creamer in a sealed container in the refrigerator for up to 2 weeks. Coconut milk can separate as it sits. A quick shake brings it back together and keeps the final drink smooth instead of streaky.



# 5 Fresh Takes on Cabbage

Cabbage is having a moment, showing up in everything from crispy salads to roasted steaks, thanks to its gut-healthy, fiber-rich benefits, versatility, and everyday appeal.

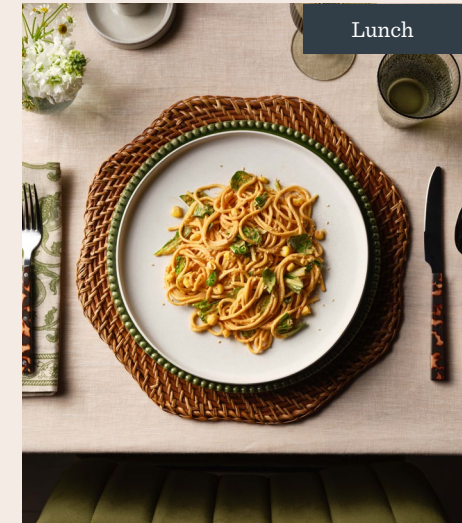
ABOVE: Vietnamese Chicken and Cabbage Salad



Dinner

Cabbage & Kale Minestrone with Crispy Chickpeas

*A hearty veggie soup with greens, pasta, and crispy chickpeas, finished with thyme and olive oil.*



Lunch

Dan Dan Noodle Salad

*This Dan Dan noodle salad combines ramen, bok choy, and corn with a creamy chili crisp-tahini dressing for a savory, nutty, make-ahead dish.*



Side Dish

Kimchi

*This homemade kimchi is packed with probiotics to support gut health and immunity, plus fiber and antioxidants from its vegetables.*



Appetizer

Vegetable Egg Rolls

*These vegetable eggrolls are filled with Napa cabbage, carrot, celery, and ginger, then fried until golden, crisp, and perfect for sharing.*



## Ruby Renewal Juice

SERVES 4 · TOTAL TIME: 10 MINUTES · GLUTEN-FREE · VEGAN

This beautifully vibrant, refreshing, & nutrient-dense juice blend promotes improved stamina, detoxification, and skin health.

### INGREDIENTS

- ½ lemon, peeled
- ½ orange, peeled
- ½ red beet, scrubbed well
- 1 teaspoon fresh ginger root
- ½ cucumber, halved
- ½ carrot, halved
- ½ celery stalk
- ½ red apple, halved and seeded
- 2 cups cold water

### DIRECTIONS

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 40-50 seconds, using the tamper to push ingredients toward the blades. Enjoy within 24 hours for maximum flavor and nutrients.

Optional: Strain the blend through a fine mesh strainer to separate the fiber from the juice.

---

### + Chef Notes

*If you're not using organic produce, peel your fruits and vegetables. For a colder juice, chill your ingredients ahead of time and use ice water.*

## FEATURED PRODUCT

**Vitamix VX1**

The new VX1 delivers the essential Vitamix experience, focusing on what matters most: quality, durability, and performance.

[Shop Now](#)



## MASTER YOUR VITAMIX

**Blending Basics**

## BLENDING CONTAINER

**Loading Your Container**

For optimal blending, load ingredients in this order: liquids, dry goods, leafy greens, fruits and vegetables, then ice and frozen ingredients.

*+ Pro Tip: Placing frozen items on top helps weigh down ingredients and keeps the blend moving.*



## FOOD PROCESSOR ATTACHMENT

**Chop, Dice, and Mince in Seconds**

Use the multi-purpose blade with Pulse to chop veggies to the perfect size in just a few minutes.



## MOTOR BASE

**Blending on High**

For smoothies, soups, hummus, or sorbet, start on low, then quickly blend on high to reduce time and keep the motor cool. Always follow recipe instructions, but when in doubt, turn it to high.



## IMMERSION BLENDER

**Whip with the Whisk**

Give your arm a break, and use the whisk attachment for fluffy whipped cream in about a minute.

## FEATURED PRODUCT

**Ascent® Series X5**

The Ascent X Series was built on decades of engineering and design expertise, culminating in the most advanced blender we've ever created.

[Shop Now](#)



## Love All Things Vitamix?

Keep an eye on your inbox for more quarterly tips, offers, and recipes.

FOLLOW AND TAG US ON SOCIAL MEDIA



[vitamix.com](https://www.vitamix.com)

