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ENERGIZING BREAKFASTS START WITH GREEN

July 2016

Greens for breakfast? Although it might sound unconventional, starting your day with vegetables is a fantastic way to get the energy needed to stay full and focused all morning. Plus, these nutrient-dense foods check off some of the daily requirements for vitamins and minerals. If your family isn't exactly keen on greens, try these simple green breakfast items to ease everyone into a healthier a.m. routine.

Pumped-up pancakes

Use a high-powered blender, such as the [Vitamix Professional Series 750](#), to whip up [pancakes](#) with a secret ingredient – zucchini. Mix chopped zucchini right into the batter and your family won't even notice that their favorite breakfast treat has an extra boost of antioxidants and Vitamin C. For a less intense green color, be sure to peel the zucchini before blending the batter.

Satisfying smoothie bowls

[Smoothie bowls](#) are sweet and satisfying – and meant to be eaten with a spoon. Thicker than a typical smoothie, these delicious bowls are a mix of fresh and frozen produce, blended with your choice of superfoods and toppings. Include leafy greens such as kale or spinach and seeds like chia or hemp for a power-packed breakfast. Add avocado for a silky texture, then top with fresh berries, nuts or seeds.

Make-ahead savory muffins

Muffins can be sweet or savory, and are easy to take on the go. Create tasty, satiating breakfast muffins with a crust made of blended cauliflower, spinach, eggs and spices. Mold the crust into the bottom of muffin tins, top with an egg and bits of cooked bacon or ham and bake for a make-ahead breakfast item.

Silky green smoothies

Need to get out the door quickly? Smoothies are a great grab-and-go breakfast item that can be customized to each family member's tastes. A handful of fresh greens can increase the nutritional value of nearly any smoothie recipe. If you're just getting started with green smoothies, you can use the natural sweetness of fruit as a camouflage for vegetables. Pineapple, orange and grapes are particularly good ingredients to marry with vegetables. Apples can offset greens with a slight bite, such as spinach. The key is to experiment and figure out your favorite combinations, ultimately increasing the amount of greens as your family becomes more accustomed to them.

Incorporating vegetables into your family's diet in subtle ways can help expand the palate and cultivate a taste for vegetables. Get the day off to a strong start, nutritionally speaking, with a nourishing, green breakfast.

See Basic Green Smoothie Recipe on next page >>



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BASIC GREEN SMOOTHIE

Ingredients:

½ banana, peeled	1½ cups (60 g) packed fresh spinach
1½ cups (225 g) green grapes	⅛ teaspoon grated lime zest or thin slice of lime with peel, about 1-inch (2.5 cm) diameter
1 medium orange, whole, peeled but with pith intact	2 Tablespoons (30 ml) agave nectar
1-inch (2.5 cm) thick slice pineapple with core, peeled	1 cup (240 ml) ice cubes

Directions:

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to variable 10, then to High.
4. Blend for 30 seconds, or until desired consistency is reached.