

# VITAMIX<sup>®</sup>

## 100<sup>TH</sup> ANNIVERSARY

# COOKBOOK

---

100 WHOLE FOOD RECIPES FROM OUR FANS & FAMILY

**JODI BERG, PhD**  
PRESIDENT & CEO OF VITAMIX



# CONTENTS



|   |     |
|---|-----|
| <b>Foreword</b> .....                           | 1   |
| <b>A Passion for Health for 100 Years</b> ..... | 2   |
| <b>The Vitamix Legacy</b> .....                 | 18  |
| <b>Why Whole Foods?</b> .....                   | 22  |
| <b>Techniques &amp; Tips</b> .....              | 28  |
| <b>Smoothies</b> .....                          | 34  |
| <b>Beverages</b> .....                          | 52  |
| <b>Dips &amp; Spreads</b> .....                 | 66  |
| <b>Dressings</b> .....                          | 82  |
| <b>Sauces &amp; Sides</b> .....                 | 92  |
| <b>Soups</b> .....                              | 110 |
| <b>Quick Breads &amp; Cookies</b> .....         | 126 |
| <b>Desserts &amp; Treats</b> .....              | 136 |
| <b>Baby Foods</b> .....                         | 158 |
| <b>Pet Treats</b> .....                         | 166 |
| <b>Vitamix Essentials</b> .....                 | 174 |
| <b>Recipe Index</b> .....                       | 178 |
| <b>Gratitude</b> .....                          | 184 |

# FOREWORD

**B**efore I read the *Vitamix 100th Anniversary Cookbook*, I expected it to have a place of honor on the bookshelves of The Chef’s Garden and The Culinary Vegetable Institute. That’s because I know Jodi Berg. I know Vitamix. I know their commitment to whole foods, to quality, and to providing the world’s best health-related products.

I got to know Jodi as she generously gave of her time and talents at our annual Food & Wine and, most recently, our Roots conferences, where culinary leaders from all around the globe gather on our grounds to discuss their work with like-minded individuals who share a passion, commitment, and motivation to improve our food system.

Jodi’s family was actually way ahead of the curve, thanks to the vision of her great-grandfather, William Grover Barnard Sr., and her grandparents, Bill and Ruth. During times when they faced financial challenges, they took an unwavering stand for whole food health. They understood the value of a plant-based diet and its role in wellness.

Their philosophy resonates deeply with me and with my farming family. My father, Bob Jones Sr., would encourage us to be as good as the farmers were 100 years ago—in other words, to be as savvy and forward thinking as Jodi’s great-grandfather.

Every morning when my brother Bob and I get up before the sun rises, we are fully committed to doing whatever we can to regeneratively farm the most nutritious and delicious vegetables possible, providing farm-fresh ingredients that people can use in their Vitamix, inspired by this cookbook’s recipes.

During our 2017 Roots conference, Jodi shared how her mother told her she could accomplish anything she wanted—and the *Vitamix 100th Anniversary Cookbook* proves the truth of that statement.

Well done, Jodi! Well done.

**Farmer Lee Jones**

The Chef’s Garden and The Culinary Vegetable Institute

---

## COMMITTED TO WHOLE FOODS

---

The Chef’s Garden aims to grow and ship the highest quality and most nutritious and flavorful vegetables and herbs, while maintaining a commitment to ecologically friendly and sustainable agricultural practices. Visit **Farmer JonesFarm.com**

# A PASSION FOR HEALTH FOR 100 YEARS

*Meet the generations behind our anniversary celebration.*

**V**itamix—the company my great-grandfather started, still 100% family owned, a brand that is beloved by people all around the world, and a multigenerational family that includes employees, suppliers, vendors, customers, and communities—is celebrating its 100th year “young” anniversary. I say young because even though we have made a difference in the lives of millions of people, we are just getting started. There is still a large percentage of people who have yet to discover the power of whole food and high-performance kitchen equipment.

A centennial company can't be created in a single lifetime, but it can be celebrated on behalf of all the generations of amazing people who have built the platform upon which we get to bring forth the Vitamix purpose of “liberating and nourishing the zest for life.”

This book is a mere sampling of the creativity and passion of our founder; of my grandparents, father, aunts, and uncles; of the thousands of employees, some across multiple generations, that have worked for us over the past 100 years; and of our millions of beloved fans and multiple communities in which our employees and facilities are located.

I recognized more than 10 years ago that it would take an army to change the way the world thinks about food. We are a battalion in that army and we—the global Vitamix family—are changing the lives of generations to come through the understanding and enjoyment of whole food.



**Ownership extends through several family branches, reaching into the sixth generation, as represented by some at a Vitamix gathering.**

## OUR GUIDING PRINCIPLES

We passionately believe:

- ✓ In making the world **a better place**
- ✓ Every person **matters** and can make a difference
- ✓ Our future depends on **learning** and **innovation**
- ✓ In embracing our **past** while creating our **future**
- ✓ In treating people with **dignity** and **respect**

## OUR FAMILY'S PASSION, 100 YEARS STRONG

Vitamix's 100th anniversary has given me quite the opportunity to look back at the history of this company. The stories of the Vitamix family—which includes my ancestors and relatives; our employees and their families; our suppliers and vendors; and our customers and communities—have intertwined to create a powerful legacy. And that legacy is this: the knowledge that whole foods bring incredible joy and health to our lives.

This alone brings me unbelievable delight. But as my great-grandfather, William Grover Barnard Sr. (whom everyone affectionately calls “Papa”) would have said, “But wait, there's more.”

Not only has Vitamix become iconic in the eyes of our fans and followers, but it has become resilient across generations and through crises. And the reason for both is our purpose-driven culture.

Being iconic, resilient, and purposeful did not happen overnight, or solely because of things that have occurred in my lifetime. Similar to how a pearl is the result of an oyster turning a negative into a beautiful jewel, Vitamix grew to the gem that it is by navigating crises, embracing opportunities, focusing our passion on our purpose, and never, ever giving up. So that you can truly appreciate the people behind the stories and recipes in this book, allow me to share a few nuggets of the history we have created—together.

As each generation of the Barnard family—I'm the fifth family CEO and a member of the fourth generation—has come into leadership positions at Vitamix, they've brought unique strengths that were exactly what the company needed at the time to release and empower the creativity, innovation, and passion of the greater Vitamix family.

If you are a member of our extended Vitamix family, you know this already. Passion is one attribute that we all share. We are passionate about a lot of things—the first being to make the world a better place.

That passion has transcended 100 years and began with my great-grandfather. Papa Barnard was passionate about people, life itself, and our duty to serve. You can probably already see how these qualities built a



### ***Before Smoothies Were “In”***

Way back in 1949, Papa Barnard blended up a smoothie in his famous TV infomercial.

### ***A Smoother Smoothie***

Your Vitamix has all the power you need to transform whole vegetables and fruits into a perfectly smooth beverage. If your smoothie is really thick or frozen, use the tamper to create the ideal flow over the blades.

# SMOOTHIES

---

### ***Make It a Juice!***

To transform a smoothie into a juice, place a nut milk bag (or cheesecloth) over a large bowl and carefully pour the mixture into the bag. Squeeze all the liquid out of the pulp into the bowl. The fiber that is left is loaded with nutrients, so consider using it in other recipes.

### ***Super Easy***

If using a Vitamix with program settings, place ingredients in the container as noted on page 33 and select the Smoothie setting. Your Vitamix does all the work!

### ***Power Your Days***

Use the 64-ounce container to prepare larger batches of smoothies and juices that you can enjoy for several days. Refrigerate in an airtight container for a few days or freeze the extra and put it in the fridge the night before. Just give it a shake before serving.



mindbodygreen  
Smoothie

## MINDBODYGREEN SMOOTHIE

Shared by: Colleen and Jason Wachob of mindbodygreen

64 / 3 servings / Total time: 10 minutes

### INGREDIENTS

- 2 cups (480 ml) **Almond Milk** (see page 175)
- 3 Tablespoons mindbodygreen grass-fed collagen+ powder
- 1 Tablespoon mindbodygreen organic veggies+ powder
- 1 medium avocado (140 g), pitted and peeled
- 1 medium banana (120 g), peeled
- 2 Tablespoons **Nut Butter** (see page 174) or 2 Tablespoons whole nuts
- ½ cup (55 g) frozen blackberries
- ½ cup (55 g) frozen broccoli

### INSTRUCTIONS

Place all ingredients into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 60 seconds or until desired consistency is reached.

*Amount per (319 g) serving:* Calories 260, Protein 10 g, Total Fat 16 g, Carbohydrates 22 g, Cholesterol 11 mg, Fiber 6 g, Saturated Fat 3 g, Sodium 200 mg, Sugar 9 g

## SUPER GREEN SMOOTHIE

Shared by: Cindy Molnar, Vitamix Fan / 64 / 2 servings / Total time: 10 minutes

### INGREDIENTS

- 1 cup (240 ml) **Almond Milk** (see page 175)
- 6 baby carrots (70 g)
- ½ medium green apple (120 g), seeded
- 1 celery stalk (70 g)
- ½ medium cucumber (100 g)
- 1 scoop (¼ cup, 20 g) protein powder
- 1 teaspoon Matcha green tea powder
- ¼ teaspoon spirulina

- 1 cup (130 g) frozen pineapple chunks
- 1 cup (130 g) ice cubes

### INSTRUCTIONS

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

*Amount per (326 g) serving:* Calories 170, Protein 3 g, Total Fat 1 g, Carbohydrates 41 g, Cholesterol 5 mg, Fiber 6 g, Saturated Fat 0 g, Sodium 10 mg, Sugar 26 g

“Thank you,  
Vitamix, for helping  
me live as healthy a  
life as possible!”  
CINDY MOLNAR

# DRESSINGS

## *Usage Ideas*

Homemade dressing is so full of flavor, you'll need less on your salad. You can also use the recipes here to drizzle over cooked vegetables or as a dip for raw ones.

---

## *Skip the Oil*

A blend of vegetables and seasonings, along with a bit of lemon juice or apple cider vinegar, makes a terrific fat-free vinaigrette. If you do use oil, make it a heart-healthy option like olive or avocado.

## *Storage Tips*

Transfer homemade dressing to an airtight container and refrigerate for up to 1 week.

## RASPBERRY DIJON DRESSING

Shared by: Randall Weiss, Vitamix Demonstrator / 32 48 64 / 22 servings / Total time: 10 minutes

### INGREDIENTS

½ cup (120 ml) balsamic vinegar  
¾ cup (95 g) fresh raspberries  
¼ lime, peeled  
2 garlic cloves, peeled  
2 teaspoons Dijon-style mustard  
5 fresh basil leaves  
2 dates, pitted, or honey to taste  
Pinch of ground white pepper  
½ cup (120 ml) avocado oil (optional)

### INSTRUCTIONS

Place all ingredients except avocado oil into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds. If using the avocado oil, reduce speed to Variable 3. Remove lid plug and slowly pour oil through the opening. Replace lid plug and blend on highest speed for 10 seconds.

*Amount per (18 g) serving:* Calories 60, Protein 0 g, Total Fat 5 g, Carbohydrates 2 g, Cholesterol 1 mg, Fiber 0 g, Saturated Fat 1 g, Sodium 10 mg, Sugar 1 g

## NON-DAIRY CAESAR DRESSING & SALAD

Shared by: Marilu Henner, actor, author, podcaster, and memory expert

32 48 64 / 8 servings / Total time: 15 minutes

### INGREDIENTS

1 large egg yolk  
2 garlic cloves, peeled  
1 teaspoon Worcestershire sauce  
1 teaspoon Dijon-style mustard  
1 Tablespoon fresh lemon juice, or ½ lemon, peeled  
4 anchovies  
½ cup (80 ml) olive oil

3 heads romaine lettuce, washed and chopped  
¼ cup (60 g) grated soy parmesan  
Ground black pepper to taste

### INSTRUCTIONS

Place the egg yolk, garlic, Worcestershire, mustard, lemon juice, and anchovies into the container and secure the lid. Start the Vitamix on its lowest speed, then increase to Variable 3. Blend for 30 seconds. Remove lid plug and slowly pour oil through the opening. Replace lid plug and blend on highest speed for an additional 10 seconds.

In a large serving bowl, toss romaine lettuce with dressing; sprinkle with soy parmesan and freshly ground pepper.

*Amount per (260 g) serving:* Calories 170, Protein 5 g, Total Fat 13 g, Carbohydrates 10 g, Cholesterol 25 mg, Fiber 5 g, Saturated Fat 2 g, Sodium 320 mg, Sugar 3 g

“I met my first Vitamix on Saturday, April 14, 2007, and it was love at first sight! It has been a lovefest ever since, and my Vitamix is the one thing in the kitchen that is always, always being used.”

MARILU HENNER



Raspberry  
Dijon Dressing

“Before *organic foods* were popular, most Vitamix owners were people who cared about their health.” RANDALL WEISS



# QUICK BREADS & COOKIES

## *DIY Flour*

Quickly make your own whole grain flour in your Vitamix to add a special flavor and freshness to quick breads and cookies. See page 30 for a Grain Grinding chart.

---

## *Vegan Variation*

To replace egg in batters, substitute a flax seed “slurry.” Grind whole flax seed in the Vitamix to a powder, then whisk together 1 tablespoon of flax meal and 3 tablespoons of water; let sit to thicken (equivalent to 1 whole egg).

## *Sweet & Healthy*

Lose the refined sugar without sacrificing taste by substituting dates or date syrup, honey, applesauce, or molasses.



Zucchini Pancakes

## ZUCCHINI PANCAKES

Shared by: Vitamix / Published in: 1996 / 64 Low Profile / 8 servings / Total time: 25 minutes

### INGREDIENTS

- 1/3 cup (80 ml) **Almond Milk** (see page 175)
- 1 1/4 medium zucchini (250 g), peeled and halved
- 2 large eggs
- 1/4 teaspoon salt (optional)
- 3 Tablespoons (60 g) **Date Syrup** (see page 176) or honey
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 1/2 cups (180 g) **Whole Wheat Flour** (see page 177)
- 2 teaspoons baking powder

### INSTRUCTIONS

Place all ingredients except for flour and baking powder into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then increase to Variable 4. Blend for 5 seconds until ingredients are combined. Add the flour and baking powder to the container and secure the lid. Pulse 10–12 times on Variable 5 until ingredients are well incorporated.

Preheat a large skillet or griddle and grease lightly. Scoop 1/4 cup of batter into the pan, cooking until small bubbles appear toward the center of each pancake before flipping gently. Cook another 2 minutes until cooked through. Repeat with remaining batter.

*Amount per (87 g) serving:* Calories 130, Protein 5 g, Total Fat 2 g, Carbohydrates 23 g, Cholesterol 45 mg, Fiber 3 g, Saturated Fat 1 g, Sodium 105 mg, Sugar 6 g

## SOFT GINGER COOKIES

Shared by: Vitamix / Published in: 1975 / 48 64 / 24 cookies / Total time: 40 minutes

### INGREDIENTS

- 1/2 cup (120 ml) **Raw Applesauce** (see page 95)
- 3 Tablespoons (40 g) plant-based margarine
- 3/4 cup (180 ml) dark molasses
- 3/4 cup (180 ml) water
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 3 cups (360 g) **Whole Wheat Flour** (see page 177) or all-purpose flour

### INSTRUCTIONS

Place all ingredients except flour into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed and blend for 5 seconds to combine. In three additions, add the flour to the container, pulsing after each addition to incorporate the flour, using the tamper to press ingredients toward the blades.

Transfer the dough to a bowl and cover; refrigerate for 20–30 minutes. Preheat oven to 350°F (180°C); lightly spray a baking sheet with cooking spray. Drop dough by rounded spoonfuls onto the prepared baking sheet. Bake for 12–14 minutes or until firm.

*Amount per (38 g) serving:* Calories 80, Protein 2 g, Total Fat 0 g, Carbohydrates 19 g, Cholesterol 6 mg, Fiber 2 g, Saturated Fat 0 g, Sodium 105 mg, Sugar 8 g

# RECIPE INDEX

## AFFILIATES & DISTRIBUTORS

Avocado Soup  
*Shared by:* Mads Bo ..... 124

Creamy Wild Rice Soup  
*Shared by:* Shalva and Lenny Gale ..... 120

Herb-Infused Creamy Sweet Onion Soup  
*Shared by:* Dan Henry Parker Jr. .... 115

Hot Chocolate Sauce  
*Shared by:* Marta Villen ..... 156

Hummus  
*Shared by:* Mira Gil ..... 70

Maple Pecan Vegan Ice Cream  
*Shared by:* JoyofBlending.com ..... 143

Matbukha  
*Shared by:* Chen Assor ..... 73

Raspberry Dijon Dressing  
*Shared by:* Randall Weiss ..... 90

Sweet Summer Pops  
*Shared by:* Euan Mitchell ..... 148

## CELEBRITIES & INFLUENCERS

Apple & Pumpkin Baby Food  
*Shared by:* Laura Sandford ..... 162

Carrot Ginger Soup  
*Shared by:* Jen Picciano ..... 119

Chocolate Chip Caramel Nice Cream  
*Shared by:* Jake McKeon ..... 147

Creamy Broccoli Soup  
*Shared by:* Alison Wu ..... 123

Green Goddess Hummus  
*Shared by:* Lisa Bryan ..... 70

Mango Turmeric Smoothie  
*Shared by:* Danny Seo ..... 47

mindbodygreen Smoothie  
*Shared by:* Colleen and Jason Wachob.... 51

Non-Dairy Caesar Dressing & Salad  
*Shared by:* Marilu Henner ..... 90

Nutritarian Caesar Dressing  
*Shared by:* Dr. Joel Fuhrman ..... 89

Orange Sesame Dressing  
*Shared by:* Dr. Joel Fuhrman ..... 89

Planet Earth's Best Banana Nice Cream  
*Shared by:* Keegan Allen ..... 147

Protein-Packed Purée  
*Shared by:* Jen Picciano ..... 165

Spa Smoothie  
*Shared by:* Kelly LeVeque ..... 43

Ultra-Creamy Cashew Butter Coffee  
*Shared by:* Dr. Mark Hyman ..... 63

Vietnamese Dressing  
*Shared by:* Bobby Berk ..... 86

## CHEFS & BARTENDERS

Fra Diavolo Sauce  
*Shared by:* Chris Cosentino ..... 109

Hearts of Palm Ceviche  
*Shared by:* Alejandra Schrader ..... 106

Sesame Zucchini with  
Parmesan Basil Ganache  
*Shared by:* Jehangir Mehta ..... 108

Spotted Owl Piña Colada  
*Shared by:* Will Hollingsworth ..... 56

## FROM THE VITAMIX ARCHIVES

Applesauce Cookies ..... 132

Cashew Ice Cream ..... 143

Chocolate Avocado Pudding ..... 155

Chocolate Pudding ..... 148

Citrus Sangria ..... 55

Classic Vitamix Rainbow Smoothie ..... 47

Grandpa's Pancakes ..... 132

Lime Mint Agua Fresca ..... 59

Mix & Match Purée ..... 161

Pumpkin Cat Food Topper ..... 169

Raw Applesauce ..... 95

Sesame Dressing ..... 86

Simple Dog Biscuits ..... 173

Soft Ginger Cookies ..... 131

Strawberry Yogurt Freeze ..... 139

Tahini ..... 97

Tomato Salsa ..... 69

Vegetable Dressing ..... 85

Vegetable Soup ..... 113

Vita Mixer ..... 37

Whole Fruit Cherry Margarita ..... 60

Whole Wheat Bread ..... 129

Zucchini Pancakes ..... 131

## PASSIONATE FANS

Bright Beet Smoothie  
*Shared by:* Donna Doyen ..... 44

Brownie Truffles  
*Shared by:* Sean Bowyer ..... 151

Cashew Milk  
*Shared by:* Brenda Crawford ..... 64

Cherry Oatmeal Bites  
*Shared by:* Leslie Tauro ..... 155

Creamy Mushroom Soup  
*Shared by:* Lance Roetling ..... 119

|  |     |
|--|-----|
| Dahlia's Green Smoothie<br><i>Shared by:</i> Heidi Barron .....          | 39  |
| Dairy-Free Açai Bowl<br><i>Shared by:</i> Debra Kaplan.....              | 140 |
| Dog Kibble Topper<br><i>Shared by:</i> James Orth.....                   | 173 |
| Flourless Blueberry Banana Muffins<br><i>Shared by:</i> TLP120.....      | 135 |
| Flourless Pumpkin Muffins<br><i>Shared by:</i> Kiran Dodeja Smith.....   | 135 |
| Garlicky Mashed Cauliflower<br><i>Shared by:</i> Larry L. ....           | 102 |
| Hazelnut Spread<br><i>Shared by:</i> Petra Scott .....                   | 81  |
| Iced Coffee Protein Drink<br><i>Shared by:</i> Liz Enyon .....           | 63  |
| Kale, Banana & Berry Smoothie<br><i>Shared by:</i> Diane Mascitelli..... | 39  |
| Mango Nice Cream<br><i>Shared by:</i> Tami Cockrell .....                | 140 |
| Morning Wonder Drink<br><i>Shared by:</i> Terry Echols .....             | 40  |
| No-Bake Vegan Cheesecake<br><i>Shared by:</i> Leeyel Diamond.....        | 152 |
| Orange Sunrise Blender Drink<br><i>Shared by:</i> Gina Fontana.....      | 48  |
| Papaya Vanilla Smoothie<br><i>Shared by:</i> Santiago Ortiz.....         | 40  |

|   |     |
|---|-----|
| Piña Colada Ice Cream<br><i>Shared by:</i> Cindy Chandler .....                 | 144 |
| Plant-Based Mozzarella<br><i>Shared by:</i> Joanne Gerrard Young .....          | 78  |
| Protein Shake<br><i>Shared by:</i> Debra Brock .....                            | 43  |
| Super Green Smoothie<br><i>Shared by:</i> Cindy Molnar .....                    | 51  |
| Sweet Potato Poblano Soup<br><i>Shared by:</i> Laine Pickrel .....              | 116 |
| Tofu Dip<br><i>Shared by:</i> Norma Gustafson .....                             | 77  |
| Tomato Sauce for Canning or Freezing<br><i>Shared by:</i> Chris Applegate ..... | 98  |
| Vegan Cheese Sauce<br><i>Shared by:</i> Breanna Pyrda .....                     | 97  |
| Vegan Garlic Alfredo Sauce<br><i>Shared by:</i> John Alexander McFarlane ..     | 101 |
| Vegan Ricotta Cheese<br><i>Shared by:</i> Cameron Szatala .....                 | 77  |
| <b>VITAMIX EMPLOYEES</b>  |     |
| Ally's Asparagus Soup<br><i>Shared by:</i> Ally Fazzalano .....                 | 125 |
| Almond Butter Twist<br><i>Shared by:</i> Eliot Martir .....                     | 78  |
| Beet Borani<br><i>Shared by:</i> Karen Hicks .....                              | 74  |

# Wellness AT WORK



## CORPORATE WELLNESS PROGRAM

Partnering with companies to support wellness initiatives and offer exclusive deals for employees like you.

### As a Vitamix Corporate Wellness partner, your workplace can:

- SUPPORT healthy habits by offering access to a Vitamix at work.
- ENCOURAGE employee wellness at home with tips, tricks, and special promotions.
- REWARD employees by using an exclusive corporate code for awards and gifting.

For more information, contact [corpwellness@vitamix.com](mailto:corpwellness@vitamix.com)



|   |     |
|---|-----|
| Berry Frozen Yogurt<br><i>Shared by:</i> Kristie Jarrett .....          | 156 |
| Black Bean Dip<br><i>Shared by:</i> Laresa Waller .....                 | 73  |
| Caipirinha<br><i>Shared by:</i> John Olsen .....                        | 59  |
| Cashew Sour Cream<br><i>Shared by:</i> Brooke Nedrich .....             | 102 |
| Creamy Vegan Soup Base<br><i>Shared by:</i> Rhonda Legge .....          | 116 |
| Frosty Strawberry Dog Treats<br><i>Shared by:</i> Cindy Rybarczyk ..... | 170 |
| Fruit Scrolls<br><i>Shared by:</i> Suzanne Gagne .....                  | 151 |
| Green Lemon Sorbet<br><i>Shared by:</i> Terrina Kramer .....            | 144 |
| John Barnard's Green Smoothie<br><i>Shared by:</i> John Barnard .....   | 44  |
| Liver Treats<br><i>Shared by:</i> Cindy Rybarczyk .....                 | 170 |
| Marinara Sauce<br><i>Shared by:</i> Andrew Shaffer .....                | 98  |
| Pear-Prune Purée<br><i>Shared by:</i> Christine Carlson .....           | 165 |
| Semisweet Green Smoothie<br><i>Shared by:</i> Scott Tennant .....       | 48  |
| Super Herbed Falafel<br><i>Shared by:</i> Tamara DeGrasse .....         | 105 |

|   |     |
|---|-----|
| Super Porridge Baby Food<br><i>Shared by:</i> Christine Carlson ..... | 162 |
| Tomato Bell Pepper Soup<br><i>Shared by:</i> Janae Jensen .....       | 124 |
| Vegan Walnut & Date Pesto<br><i>Shared by:</i> Alan Rudolph .....     | 101 |

### VITAMIX ESSENTIALS

|                            |     |
|----------------------------|-----|
| Almond Butter .....        | 174 |
| Almond Milk .....          | 175 |
| Cashew Cream .....         | 175 |
| Coconut Milk .....         | 175 |
| Cornmeal .....             | 177 |
| Date Syrup .....           | 176 |
| Oat Milk .....             | 175 |
| Orange Juice .....         | 176 |
| Peanut Butter .....        | 174 |
| Peanut Cashew Butter ..... | 174 |
| Soy Milk .....             | 176 |
| Whole Wheat Flour .....    | 177 |

**LEARN. EARN.**  
*Redeem!*

Step up your blending game with exclusive videos, recipes, tips, and tricks ... and earn some awesome rewards along the way!

VITAMIX®  
*Rewards*

[100.Vitamix.com/rewards](https://100.Vitamix.com/rewards)