WHOLE FOOD, FAST
The Vitamix® ONE™ is designed to fit into your kitchen, your routine, and your lifestyle.

Simple Food Prep (chopping) | Fresh and Frozen Smoothies | Whole Food Juices | Nut Milks
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Baby Food | Frozen Desserts | Dressings | Marinades
Dips and Spreads | Fresh and Frozen Cocktails

BLENDS TO AVOID
Certain food applications can generate enough heat to damage the container and void the warranty.

Grain Grinding | Doughs | Nut Butters | Soups | Hot Ingredients