



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



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

