Vitamix

It's not always easy or convenient for busy people with hectic schedules to make healthy and delicious meals. The favorite recipes, preparation techniques, and stories from Vitamix fans and family across the generations in the *Vitamix 100th Anniversary Cookbook* will inspire you to make delicious and easily prepared whole foods part of your lifestyle. When you use your Vitamix, you can improve your health and wellness and show friends and family you love them by helping them make smart eating choices.

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VITAMIX 100TH ANNIVERSARY COOKBOOK JODI BERG, PhD

VITAMIX®
100TH ANNIVERSARY COOKBOOK

100 WHOLE FOOD RECIPES FROM OUR FANS & FAMILY

JODI BERG, PhD
PRESIDENT & CEO OF VITAMIX

Jodi Berg, PhD, is the fourth-generation President and CEO of Vitamix,® a 100-year-young, family-owned developer and manufacturer of high-performance blending equipment. As she says: "When my great-grandfather started the company, one of his objectives was to help people understand the power of whole foods. That's still the heart of what we do. It's why I'm so passionate about ensuring that every choice we make, every process we institute, and every product we create helps us achieve our mission: to create relationships for life by designing, developing and producing the world's best performing and most reliable blending solutions."



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To all the amazing people—employees, beloved fans, health advocates, superusers, home chefs, foodservice professionals, family, and friends—who have helped Vitamix give the gift of health for 100 years! Thank you for being part of our big, beautiful, multigenerational, global Vitamix family!

FOR BONUS CONTENT & MORE RECIPES

Look for the QR codes throughout the book and scan with your mobile device to explore more content on Vitamix.com.

Check out our online library of whole food blending recipes! Visit **100.Vitamix.com/recipes**



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FOREWORD

Before 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 **FarmerJonesFarm.com**

A PASSION FOR HEALTH FOR 100 YEARS

Meet the generations behind our anniversary celebration.

Vitamix—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."



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

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.

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





Papa Barnard, my great-grandfather, was passionate about everything, but especially whole food health. His enthusiasm came through in promotions for the first Vitamix.

foundation for health and joy through whole foods, resilience, and purpose, but let me start with how it drove the pillar of perseverance that our company still stands for today down into our cultural bedrock.

PERSEVERE: UNWAVERING COMMITMENT TO SUCCEED

In the early 1900s, Papa had been successful enough to volunteer all his time serving his community. He was a mayor, undertaker, and railroad station agent among other things, with a young wife and two sons. His world came crashing down when he lost his beloved bride to the Spanish flu; then a steep economic decline, a precursor to the Great Depression, took everything he had worked hard to achieve. He was at a crossroads. He knew he needed to do something different to support his young family, and giving up was not an option. The concept of perseverance, never giving up, has been a part of our company DNA ever since.

"Thank you, Papa, for making perseverance a foundation for our company and for carrying on through the Great Depression, the hard life of traveling from town to town, and moving your business to Cleveland, because it was the right thing to do."

The Natural Foods Institute in downtown Cleveland was the precursor to today's Vitamix.

Our employees have always been the heart of our company. So much so that my ancestors relocated our company to Cleveland in 1938 after discovering a work ethic and passion in the people of northeast Ohio that mirrored their own. (We have since found this wonderful work ethic in other communities around the world.) Together with his son William Grover Barnard Jr. (my Grandpa Bill), along with Bill's wife (my Grandma Ruth), Papa opened a health food store in downtown. Eventually my grandparents put down stakes just outside of Cleveland, in Olmsted Township, where they raised their family in the little log house Grandpa built by hand, and grew their company with first-generation employees (some of whom have grandchildren working with us still today).



The Vitamix offices eventually grew up next to this small home filled with love and hard work. It stands today at the entrance of our headquarters, a lasting reminder of Grandpa Bill's big dreams and the value of perseverance.

Papa taught his family well. He, Bill, and Ruth navigated momentous changes to life brought about by World War II. They worked in lockstep with suppliers to source materials that were not critical to the war effort, kept people employed, traveled the U.S. teaching people how to eat healthy with the rations they were given, and raised a family—all while growing this company and contributing to their community, as Papa and Grandpa were not able to enlist directly.



My Grandpa Bill built this wooden home himself; a later version stands on Vitamix company grounds.

"Thank you, Grandpa, for passing the torch of perseverance to your children. They never gave up, either, for which so many of us will forever be grateful."

Each of Bill and Ruth's six children were a part of Vitamix over the years and persevered in their own ways. Noteworthy was their oldest son, Grover ("Grove") who put his dream of earning a master's degree in statistics on hold for more than 30 years to stand with his parents so their passion for health and whole food could be supported by his passion for data and quality.


c. 1953


c. 1970s

Ruth and Bill (back, third and second from right) stand with their children John, Virginia, and Grover (back) and Patricia, Frank, and Bonnee (front). Bill poses with an Action Dome lid.

In the 1960s, the company was above water but struggling as the U.S. was becoming more and more enamored with processed foods. Grove made great personal sacrifices, even foregoing a paycheck and living with his family in the Vitamix offices for a while. Together my grandparents and their son Grove faced another crossroads.

"Thank you, Grandpa, Grandma, and Uncle Grove, for choosing to take a path that had never been traveled before, one that again set our course for becoming who we are today."



During the 1965 World's Fair in New York, the Vitamix pavilion showcased whole food blending.

They went against cultural trends and persevered with their passion, knowing that it would take effort to change the way the public thought about what they ate. They focused the company on enabling people to benefit from whole foods—not just by creating high-performance products, but by walking alongside them and helping them in their whole foods journey. That approach continues to spark joy in all of us who work at Vitamix as well as creating a bond with all who join the Vitamix family.

> **If we are going to focus on *whole food* nutrition, we need to do it better than anyone else.** WILLIAM GROVER BARNARD JR.

Grandpa was passionate about whole food health and Grove was passionate about quality and performance. Together, with the help of employees and customers, they envisioned a machine that was more versatile, more powerful, more efficient, and more effective than a blender. The Vitamix was no longer just a blender and would continue to transform the industry from that moment forward. They did not do it alone. My Grandma and the growing Vitamix family were changing the way people thought about food, one person at a time.



In her tiny home kitchen, Grandma Ruth developed many techniques and recipes for using the Vitamix to create delicious whole food dishes.



My Grandma was working quietly behind the scenes in the kitchen of that little log cabin, putting the Vitamix through its paces. Grandma and Grandpa ate a vegetarian diet—at a time when that was anything but mainstream! She was like a mighty one-woman product development department: She came up with various techniques that would spark ideas for product enhancements. It was Grandma who discovered that you can make hot soup with fresh vegetables in the Vitamix, thanks to the friction its action generated in the container.

I remember my Grandma's laughing eyes and joy in living; she lifted up and supported her husband as he juggled the many balls he always threw into the air. Only after she was on her own did we find out how strong and smart and a force to be reckoned with she was. Her influence threads through all the recipe books and product literature we've published over the years ... and even weaves into this very book, where you'll find some of Grandma's historic recipes.

When someone refers to the *Vitamix family*, they could mean the people that work at Vitamix or the family who started the company. In a lot of ways they are one and the same.

RUTH BARNARD

Grandma inspired customers, and employees and customers inspired her, resulting in techniques and recipes only possible in the Vitamix—like grinding grain, chopping, creating whole grain muffins, smoothies, frozen desserts, hot soup, sauces and dressings. One of my own



Vitamix employee Lynn Pace was a familiar face in advertising and recipe books as she showcased the Vitamix's capabilities.





family's favorite is homemade Raw Applesauce spread over Whole Wheat Bread—all prepared in the Vitamix! (You'll find those recipes on pages 95 and 129.)

Grove's brother John—my father—persevered like all his siblings, traveling with his parents to fairs and shows, demonstrating, packing boxes and opening mail and all the tasks that come with being a kid in a family that owned a business. He went to college and earned an engineering degree, married, and moved away. During his multiple-decade sabbatical from the family business, he resolutely pursued other ventures and raised a family of his own. Dad did eventually come back, joining the Vitamix engineering department and filing more than 70 U.S. and international patents for new features and functions.

I like to describe my Dad as being "planted deep"—solid and unwavering, a man of integrity and humility. He treated people with respect and led by example, making him a wonderful CEO. Upon his return to the company he introduced the Flurry, the first commercial Vitamix machine for the foodservice market, still making frozen mix-in treats around the world. He and his brother Frank then developed the Vitamix equipment that's indispensable to smoothie shops, coffee shops, and restaurants, consistently creating many millions of drinks, smoothies, sauces, soups, and sorbets in more than 130 countries. They made it look easy, but I remember the conversations around the dinner table as they leapfrogged technology to create a machine that could withstand the impact of rock-solid ingredients, process small or large amounts equally well, and be durable without compromising on reliability or performance. This technology was brought into our household units and is still part of the magic behind most of the models we sell today.



"Thank you, Dad and Uncle Frank, for never giving up and persevering against the odds. Your ingenuity and authentic inclusion of talented employees, suppliers, and customers transformed the foodservice industry in ways that equally transformed lives."



Standing on the shoulders of the giants that came before, I have had the distinct pleasure and honor of persevering through incredible growth, as our customers began shouting the benefits of whole food and the need to have a Vitamix through the megaphone that social media was creating.

Communities crossed borders, transcended language barriers, and spread the message of whole food health around the globe. The Vitamix family was unified in a way that was never possible before. Our fans professed their love for our products and we professed our commitment to them to never compromise on quality and performance. People have been sharing their ideas, recipes, and techniques with us, and we have been listening, learning from their creativity, and creating what we call the WOW! We are persevering into a whole new realm as we head into the next century.

"A big thank you to all or our employees, their families, their communities, our fabulous followers, and fans. It is YOU who persevere to change the lives of people forever."

VITALITY: COMMITMENT TO HEALTHY LIVING

Just as perseverance is a core tenet of our company, so is our dedication to helping people vitalize their lives with whole food. Back in 1921, Papa Barnard could have chosen to sell anything, but he focused on a product that would allow people to eat produce all year round: a can opener. Now, it sounds crazy to think that a can opener could help people eat healthier. In the years after World War I, canned goods were coming onto the consumer market, but people were using sharp knives to open them. The Polly Can Opener allowed families to eat healthy canned fruits and vegetables without mom or dad hurting themselves opening the cans.



Before he discovered the Vitamix, Papa Barnard sold the Polly Can Opener beginning in 1921. It helped people safely open cans of healthy produce.

More than an appliance for making drinks, the very first Vitamix helped consumers extract maximum nutrition from whole fruits and vegetables.



Papa had an innate ability to communicate that message of value and healthy living to people as he began traveling around and demonstrating this revolutionary product. He was intuitive and empathetic; he told the story of this product as a solution to a problem in a way that was so relevant, and the Barnard Sales Company took hold.

These days, we understand more and more about the connection between what we eat and how we feel. But back in the 1920s, '30s, and '40s that was a pretty revolutionary concept. No one had heard the phrase, "You are what you eat." Yet Papa, Grandpa, and Grandma knew deep down that a whole food diet could lead to health and wellness. They experienced it in their own lives. My grandma's father suffered from intestinal issues, and they were delighted (albeit not surprised) that changes in his diet made all the difference. As Papa saw that the country was shifting toward processed food, he tailored more and more of his message to educating folks about why food could impact their well-being. There were a few other notable people at the time who embraced natural foods, many of whom are credited in our archives for working together to spread the message, but most have come and gone. Vitamix is one of the few early adopters of whole food health that continues to this day.

Shortly after Papa changed the company's name to the Natural Foods Institute, he, Grandpa, and Grandma found our headliner product: a blender. At the time, other salesmen were pitching blenders as a way to mix drinks, but Papa knew that it could help people create more wholesome dishes with fresh fruits and vegetables than any of the tools he had sold so far. This first product was truly a blender—that is, until Grandpa and his sons invented the first and only true whole food machine I mentioned earlier: the Vitamix.

With *health*, we have wealth.

WILLIAM GROVER "PAPA" BARNARD

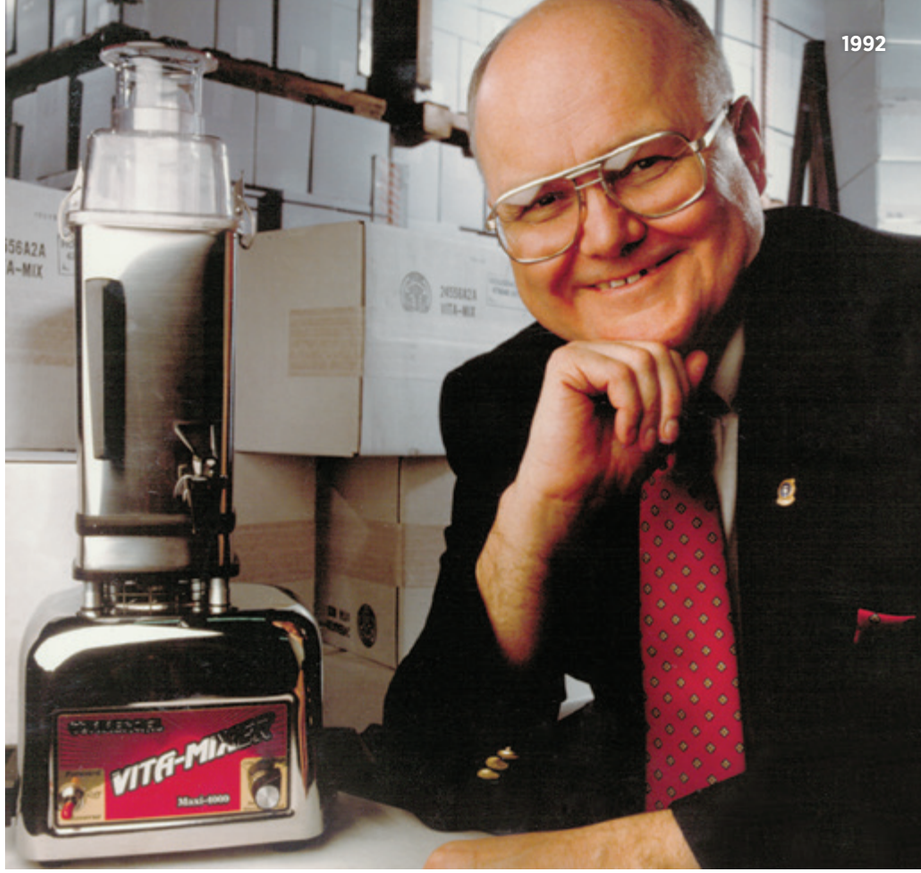
Grandpa followed in his father's footsteps and they took their message from town to town, an exhausting way of life but an effective way to spread the health message. Then Grandpa landed on a big idea, one that made a huge difference for the small company. They were hungry to share their message of good eating and good health with more and more customers, so Grandpa suggested they produce a new thing: a television spot that would come to be known as an "infomercial." Papa wasn't convinced, but Grandpa persuaded his dad to give his product demonstration live on TV in 1949. This half-hour demonstration was so successful they later recorded another one so that Papa and his message of whole food health would be preserved. (You can find it at 100.vitamix.com/infomercial.)





Papa Barnard spread the word about the power of the Vitamix and the benefits of whole foods via a 30-minute TV infomercial.

Under Grove's leadership, the Vita-Mixer 4000 was released.



Papa was in his element, passionate and energetic. He opened the spot by talking directly to viewers about the most vital thing that concerns them: their health. Papa, Grandpa, and Grandma knew then what health experts and our passionate Vitamix fans know today: that blending whole ingredients in the Vitamix delivers all those naturally occurring vitamins, minerals, and nutrients to vitalize our bodies—in the most delicious way possible.

> **We want to make the *world's best* health-related products and have the world's happiest and healthiest employees.** WILLIAM GROVER "GROVE" BARNARD, III

Grove's statistical mind turned out to be a critical ingredient to yet another method to improve people's health. During his tenure as president and CEO, Vitamix became legendary in the direct response world with catalogs, newsletters, and mailers that took our whole foods message right to consumers' mailboxes.

When Grove retired, his younger brother John (my father) took the reins. Dad is a true whole foods believer. He may have come by it naturally because he grew up in a vegetarian household, but he is also a convert. The first thing he did when he married my mom and left home was to eat what was socially acceptable. After weight gain and poor health, he came back to a plant-based diet. Now, at the age of 80, he can hike circles around people half his age and he weighs half as much. And I'll tell you: He is truly devoted to his daily green juice; he makes it by the gallon to have on hand all week. In fact, you'll find his Green Smoothie recipe on page 44. Everyone around him sees his vitality and unflagging energy.

Together, we've succeeded by being honest even if it costs us more, paying for our mistakes, *being loyal* to our customers, and building a product that we know is good for people.

JOHN BARNARD

Throughout his time as CEO, he'd eat in the Vitamix lunchroom, bringing his own brown bag and sitting down with groups of employees, offering to share an apple or a handful of veggies and good conversation—always exploring new ideas and concepts with whomever was sitting at the table with him.


2017


c.2007


c.2007

My dad is an engineer who understands how to bridge technology, product development, and customer needs.


2017





Here, I hold the Vitamix container upside down to show that the treat I've just blended is frozen to perfection.

Today, the Vitamix is sold in more than 130 countries around the world. We've changed the lives of millions of people. We, the extended Vitamix family, continue to carry the torch of health through whole foods that Papa Barnard lit 100 years ago. And every time we pass that light to others, we inspire them to live their best lives.

"Thank you to the entire Vitamix family worldwide for believing so deeply in liberating and nourishing a zest for life."

PURPOSE-DRIVEN CULTURE

I started out by declaring that we, the entire Vitamix family, are full of passion. Mix passion with a good dose of purpose and you have an iconic centennial story filled with resilience, innovation, and transformation that continues to change lives.

The Barnard family and our extended Vitamix family have been committed to healthy living for 100 years. Our purpose is so personal to us. Before smoothies were hugely popular, before there was a store called Whole Foods,™ before plant-based eating was commonplace, Vitamix embraced these concepts and taught others how to live them. Papa knew that how good we feel is directly connected to what we eat. His son, daughter-in-law, and their children and grandchildren have carried his torch forward not because it was his, but because it is part of who we are. Millions of people globally have lit their torches as well, spreading our message, spreading the gift of health, spreading an uncompromising commitment to quality and performance, spreading our passion and purpose.

> **We know that how long people live and how good they feel is directly related to the *choices they make* about what they eat and how they live their life. By educating people about this reality and providing them a tool to make the healthier food choices easy and delicious, lives have been changed.** JODI BERG

While we share this book to honor our 100th anniversary, that's not its sole reason for being. Really, it's a celebration of the larger Vitamix family—our employees and, most important, our customers all around the world. This collection of recipes includes some of my Grandma's "greatest hits" alongside favorites from Vitamix fans that will inspire you to use your Vitamix in all kinds of exciting new ways.

You are a member of our Vitamix family and part of the next chapter of the story that we're just beginning to write. We welcome you on this journey to vitality, and we're grateful for your support and friendship. **Enjoy!**

THE VITAMIX LEGACY

Discover our 100-year history of nourishing the zest for life.

1921–1929

William Grover "Papa" Barnard launches a new business selling household products; the Polly Can Opener is an early success.



1937

The Barnard family forms The Natural Foods Institute.



1939

The family opens a health food store in Cleveland and begins advertising the Vitamix.





1942

Bill Barnard purchases property in Olmsted Township, outside of Cleveland, and builds a house for his young family; six years later, the business would locate there, too.

1949

Papa Barnard demonstrates the Vitamix on live TV—sparking hundreds of orders—and a new marketing platform, the infomercial, is born.





Ruth Barnard authors the first book of 500 recipes to make with the Vitamix.

1955

Papa Barnard retires; Bill and his wife, Ruth, assume leadership. Over the years, the family would travel across the country to demonstrate the Vitamix and the health benefits of whole foods.



1962

Bill and Ruth's oldest son, Grover, known as "Grove," returns to the family business.

1966

The company is renamed Vita-Mix Corporation.

1969

Doubling down on its commitment to quality and performance, the company introduces the Vitamix 3600, which is versatile and powerful enough to grind grain, make hot soup, and produce ice cream.

1981

Bill and Ruth's son John joins Vitamix as lead engineer.



1985

Grove (above) becomes Vitamix President, establishes quality standards, and pioneers a direct mail program. The first commercial product, the Flurry, is developed by brothers John and Frank Barnard.

1992

Vitamix introduces the Drink Machine for foodservice use. The Total Nutrition Center, a revolutionary product for home use, debuts.





1997

Bill and Ruth's granddaughter, Jodi Berg (above, second from right), joins the company and establishes an international sales and marketing division.

1999

Upon Grove's retirement, John Barnard (above right) becomes President.

2002
Vitamix begins demonstrating products in retail chains, including Costco.

2007
The Vitamix 5200 represents another leap in technology for home blending.



2009
John Barnard is named CEO and Jodi Berg, his daughter, assumes the role of President.



2010
Jodi becomes President and CEO as John becomes Executive Chairman. Vitamix introduces The Quiet One® for commercial use. The Vitamix is featured on QVC for the first time and sets a sales record.





2011
Vitamix celebrates its 90th anniversary.



2012
Popular cooking shows, including *Top Chef®* and *Iron Chef® America* feature the Vitamix.



Vitamix introduces the Professional Series 750 and 7500 models—the next generation in high-performance blending.

2013
Vitamix establishes the Vitamix Foundation to collaborate with other institutions and further the knowledge, consumption, and enjoyment of plant-based whole foods.

Vitamix FOUNDATION

2014
Vitamix named Best in Class Beverage Blender for one of nine consecutive years by *Foodservice Equipment & Supplies*.

2015
The Vitamix Cookbook: 250 Delicious Whole Food Recipes to Make in Your Blender by Jodi Berg is published with Harper-Collins.





2016
The Ascent® Series launches, with interchangeable SELF-DETECT® containers.





2018
New products include the Personal Cup Adapter, allowing customers to instantly transform their full-size Vitamix into a personal blender, and the Aer™ disc container, a versatile container for whipping, muddling, foaming, emulsifying, and more.

VITAMIX® Rewards

2019
Vitamix introduces Vitamix Rewards to celebrate its customers' loyalty and zest for life by encouraging members to engage with the brand in unique ways.

2020
Multiple product introductions include a 48-ounce stainless steel container, a 12-cup Food Processor Attachment, and an Immersion Blender that works in any container.



2021
Vitamix celebrates its 100th year as a family-owned business.

100 YEARS

Follow along as we celebrate! **#Vitamix100**

TECHNIQUES & TIPS

Make everyday kitchen tasks easy with your powerful, versatile Vitamix.

TECHNIQUES

The Vitamix is so much more than a blender! Read on to learn how to chop ingredients, grind grain, create hot soups and frozen treats, and more.

Blending

Your Vitamix can handle just about anything you throw in the container. Placing heavier, frozen items on top of lighter ingredients helps weigh them down and gets the blend moving faster. This can also help prevent the blend from stalling. Add ingredients in this order:

1. Liquids (water, juice, yogurt)
2. Dry goods (grains, seasonings, powders)
3. Leafy greens
4. Fruits and veggies
5. Ice and frozen ingredients

For most recipes, you'll get the best results by starting the Vitamix on its lowest speed and quickly increasing to the highest speed. When using a Vitamix with Programs, simply choose the program setting (such as Smoothie or Hot Soup) that's appropriate for the recipe. There are a few exceptions, so always follow the recipe instructions.

For thicker blends, use the tamper as needed to press ingredients toward the blades to produce the ideal flow through the container.

Your Vitamix is powerful enough to pulverize a full container of ingredients. Then, when they start to blend down, you can add even more through the lid plug opening while the Vitamix is running.

WANT MORE TIPS & TRICKS?

Visit **100.Vitamix.com/tips**



Chopping

With a few quick bursts of power, your Vitamix easily rough chops ingredients to create chunky dips, soups, and sauces—no need to use a knife. Make the Vitamix your ultimate kitchen assistant to handle ingredient preparation: Chop carrots and onions, mince garlic, and finely chop fresh herbs for all kinds of recipes. You can also chop nuts and grate hard cheeses with just a couple of pulses. Prepare a big batch of chopped vegetables or grated Parmesan and freeze for future use.

Drop Chopping

Drop ingredients through the lid plug opening while the blades are moving:

- Ice
- Carrots
- Onion
- Garlic
- Peppers
- Hard cheese

Wet Chopping

Break veggies into chunks, place in container and add water to cover; pulse to desired texture, then drain:

- Cauliflower
- Broccoli
- Potatoes
- Fresh herbs

Grinding

With the smooth turn of a dial, transform roasted nuts into homemade nut butter and whole grains into flour or meal. You can also grind rice to create your own gluten-free baking blend. Baked goods are healthier and taste so much better when they're made with freshly milled flour (and it's a budget-friendly option, too). Coarser-grind wheat makes a wholesome hot cereal for breakfast cooked with water, Cashew Milk (page 64), or milk. **See the Vitamix Essentials section beginning on page 174 for recipes including Whole Wheat Flour and Cornmeal and different types of nut butters.** Use this guide to estimate the yield on ground grains:

Whole Kernel Wheat Measurement	Grinding Time	Speed	Approximate Flour Yield	Degree of Fineness
¾ cup (144 g)	1 minute	VAR–HIGH	1 cup + 2½ teaspoons (126 g)	Very fine
1 cup (192 g)	1 minute	VAR–HIGH	1½ cups (180 g)	Very fine
1¼ cups (240 g)	1 minute	VAR–HIGH	1¾ cups + 2 Tablespoons (225 g)	Very fine
1½ cups (288 g)	1 minute	VAR–HIGH	2⅓ cups + 1 Tablespoon (288 g)	Very fine
1¾ cups (336 g)	1 minute	VAR–HIGH	2½ cups + 3 Tablespoons (322 g)	Very fine
2 cups (384 g)	1 minute	VAR–HIGH	3¼ cups (390 g)	Very fine

Puréeing

Nothing purées like a Vitamix; that's why chefs love our products for creating impossibly smooth soups and sauces. Simply blend whole-food ingredients with a bit of water, broth, or cooking liquid to silky perfection.

- Silky purée = 90 seconds
- Chunky-smooth blend = 45 seconds
- Chunky blend = 30 seconds

Whole Food Juicing

Unlike ordinary juicing machines that extract liquid but leave the nutrient-packed solids behind, the Vitamix is powerful enough to transform whole fruits and vegetables into pure, smooth juices. Using your Vitamix for juicing retains all those healthy vitamins, minerals, and antioxidants naturally occurring in skins and pulp. Why throw all the good stuff away? See the sections on Beverages (starting on page 52) and Smoothies (page 34) for whole food recipes.

LOOKING FOR AN UPGRADE OR AN ACCESSORY?

Visit **100.Vitamix.com/shop**

Heating

The friction of the blades can make steaming-hot soup in under 10 minutes, right in the container;* chilled soups take even less time. Create a simple hot soup with fresh vegetables of your choice and a splash of vegetable broth—if you'd like, pulse any add-ins like cooked noodles, rice, or pasta, or fresh herbs after blending. See the Soups category starting on page 110 for a delicious batch of easy soup recipes.

*When blending hot liquids or ingredients in the Vitamix container, use caution, as spray or steam may cause burns. Do not fill container to maximum capacity. Always begin processing on the lowest speed setting, variable speed 1. Keep hands and exposed skin away from lid opening to prevent possible burns.

Emulsifying

Store-bought salad dressings often include artificial flavors and preservatives; it's so much healthier and more delicious to make your own. (Less expensive, too.) It's easy to make homemade vinaigrettes in your Vitamix, because the powerful action creates a perfect blend of oil and other liquids that won't separate after sitting. See the Dressings section including an oil-free version on page 85 for fantastic recipes, or create your own vinaigrette using your favorite flavors following this basic formula:



3 Parts Healthy Oil + 1 Part Acid + Aromatics

Healthy Oils
- Extra-virgin olive
- Grapeseed
- Avocado
- Nut

Acids
- Citrus zest
- Citrus juice (zest the rind; peel, then use the "meat" of the fruit)
- Cider or wine vinegar
- Fruit vinegar
- Mustard

Aromatics
- Garlic
- Onion
- Fresh ginger
- Celery
- Carrot
- Shallots
- Fresh herbs

TIPS FOR PREPARATION

Batters

With the turn of a dial, you can quickly and easily mix batters for pancakes, waffles, cakes, cookies, muffins, and quick breads. No need to take out a mixing bowl, electric mixer, and other kitchen tools; your Vitamix makes breakfast pancakes and after-school zucchini bread so easy to make! A few additional tips:

Fold in Extras
After blending, transfer the batter to a bowl and fold in ingredients like berries, chopped fruit, or nuts.

Very Versatile
The Vitamix is capable of blending not just thin pancake batter, but also heavier doughs for cookies and yeast breads.

Whole Ingredients
Make treats guilt-free by using whole grain flours and natural sweeteners in your baked goods.

Frozen Desserts

Your Vitamix will quickly and easily create frozen desserts, from ice cream and sherbet to fruit sorbet and milkshakes. There's nothing more flavorful than a sorbet made from frozen fruit (especially strawberries or peaches, in season) blended with yogurt and a touch of natural sweetener. Here's what you need to know to make perfect frozen desserts:

The Right Ratios: Containers to Ingredients

- 64-ounce Low Profile: 1½ cup liquid to 1½ pounds frozen ingredients
- 64-ounce Classic/48 ounce: 1 cup liquid to 1 pound frozen ingredients
- 32-ounce: ¾ cup liquid to ¾ pound frozen ingredients

The Right Temperature
Set frozen fruits out at room temperature for about 10 minutes while you gather other ingredients. Softening the frozen fruit just slightly will help create a silky texture in your finished dessert.

VITAMIX REWARDS

Join the program that earns you rewards for each purchase and connects you to online tutorials and activities. Visit **100.Vitamix.com/rewards**



Watch and Listen
After starting the Vitamix, use the tamper to press ingredients toward the blades; this creates an optimal flow in the container. In about 30–60 seconds, the sound of the motor will change and four mounds should form in the mixture. Stop the Vitamix. Do not overblend, or the mixture will melt.

Smoothies/Beverages

A morning smoothie may be the very first thing you made in your new Vitamix when you brought it home—and you're not alone! The sky's the limit when it comes to combining fresh fruits and vegetables (peels, stems, seeds, and all) to create your own personal smoothie recipes. Use these tips and ideas to get you started:



Load the Container

Mix & Match Ingredients

Choose 1 Liquid:

1 cup soy milk	1 cup fruit juice
1 cup yogurt	1 cup water

Choose 2 Fruits and Vegetables:

1 apple	1 carrot
1 cup strawberries	1 cup peaches
1 cup blueberries	1 cup mango, peeled
1 cup grapes	½ cup papaya, peeled
1 orange, peeled	1 pear
1 cup melon, peeled	2 stalks celery
1 cup pineapple	1 kiwi, peeled
1 banana, peeled	½ cup cucumber

Choose 1 Green: (optional)

2 cups spinach	1 romaine heart
1 cup kale	¾ cup raw broccoli
½ head romaine	1 small head Bibb or Boston lettuce

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

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)

⅓ 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

What the Pros Use

Baristas and bartenders around the world use a commercial Vitamix to craft coffee drinks and upscale cocktails. You can do the same with your Vitamix at home.

BEVERAGES

Try the Aer Disc Container

The Vitamix Aer disc container is ideal for unlocking all the natural flavor from citrus and other ingredients while keeping elements of the fruit intact. Find our classic Margarita on the Rocks recipe using the Aer disc container at 100.Vitamix.com/margarita.

Mocktail or Cocktail

Create a nonalcoholic version of any cocktail by replacing the spirit with plain or unsweetened flavored sparkling water.

> **A Vitamix Vita-Prep® 3 remains the most *indispensable tool* for extracting elevated, concentrated flavors of fresh ingredients in a craft cocktail bar.** WILL HOLLINGSWORTH

SPOTTED OWL PIÑA COLADA

Shared by: Will Hollingsworth, proprietor/bartender of the Spotted Owl, Cleveland

32 48 64 / 1 serving / ***Total time:*** 20 minutes

INGREDIENTS

For the piña colada mix:

1 pint (450 g) coconut sorbet

1 (½-inch thick) slice fresh pineapple, or ½ cup (125 g) pineapple juice

For the cocktail:

1½ ounces (45 ml) piña colada mix

1½ ounces (45 ml) Green Chartreuse or high-proof rum

½ ounce (15 ml) Velvet Falernum or almond syrup

1 cup (130 g) ice cubes

Freshly grated nutmeg, for garnish

INSTRUCTIONS

For the piña colada mix: Place all ingredients into the container in the order listed and secure the lid. If using fresh pineapple, start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds. If using pineapple juice, start the Vitamix on its lowest speed, then increase to Variable 5 and blend for 30 seconds.

For the cocktail: Place all ingredients into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then increase to Variable 5. Blend for 30 seconds. Serve in a coupe glass with grated nutmeg on top.

Amount per (229 g) serving: Calories 220, Protein 1 g, Total Fat 5 g, Carbohydrates 21 g, Cholesterol 20 mg, Fiber 0 g, Saturated Fat 3 g, Sodium 25 mg, Sugar 20 g

One batch of piña colada mix makes 10–12 cocktails. Store remaining mix in the refrigerator for up to 1 week.

Keep It Healthy

Using non-dairy milk, tofu, or nuts lends a creamy profile to dips and spreads without added oil. Build flavor using spices and herbs instead of salt.

Make Prep Easy

Use your Vitamix to handle all the work before a gathering: Chop vegetables, mince fresh herbs, and blend beverages.

DIPS & SPREADS

Customize Texture

Your Vitamix creates dips and spreads in a range of textures, from smooth to chunky. If using a Vitamix with program settings, simply select the Dips/Spreads option.

Sweet Touches

Chocolate-hazelnut spread and freshly ground nut butter make delicious accompaniments to fresh fruit.

Big Batches

Vitamix makes entertaining effortless! The 64-ounce container is the ideal size for blending big batches of dips to feed a crowd.



VEGAN RICOTTA CHEESE

Shared by: Cameron Szatala, Vitamix Fan / 32 48 64 / 16 servings / ***Total time:*** 10 minutes

INGREDIENTS

2 cups (400 g) firm tofu
3 Tablespoons (20 g) nutritional yeast
2 Tablespoons extra-virgin olive oil
1 Tablespoon **Tahini** (see page 97) or sesame seeds
1 lemon, peeled, or juice of 1 lemon
1 medium shallot (30 g), peeled
2 garlic cloves, peeled
½ cup (10 g) fresh basil leaves
1 Tablespoon fresh oregano leaves
1 teaspoon **Soy Milk** (see page 176), plus more as needed
¼ teaspoon salt (optional)
Ground black pepper to taste

INSTRUCTIONS

Press tofu for 10 minutes to remove excess moisture.

Place all ingredients except soy milk into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to Variable 4, using the tamper to press ingredients toward the blades. Remove lid plug and add soy milk through the opening until desired consistency is reached.

Amount per (34 g) serving: Calories 50, Protein 3 g, Total Fat 4 g, Carbohydrates 2 g, Cholesterol 1 mg, Fiber 5 g, Saturated Fat 0 g, Sodium 19 mg, Sugar 3 g

TOFU DIP

Shared by: Norma Gustafson, Vitamix Fan / 64 / 32 servings / ***Total time:*** 15 minutes

INGREDIENTS

3 pounds (1.35 kg) firm tofu
1 lime, peeled, or juice of 1 lime
½ cup (120 ml) prepared yellow mustard
½ cup (120 ml) water
¼ cup (60 ml) extra-virgin olive oil
¼ cup (60 ml) balsamic vinegar
2 Tablespoons Italian seasoning
2 Tablespoons liquid aminos
2 Tablespoons **Tahini** (see page 97)
2 Tablespoons sesame oil
1 Tablespoon chipotle chili powder
¼ teaspoon salt (optional)
Ground black pepper to taste

"I love my Vitamix! We can make meals from scratch in just one day that can take days of preparation."
NORMA GUSTAFSON

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 1 minute or until desired consistency is reached.

Amount per (119 g) serving: Calories 140, Protein 8 g, Total Fat 10 g, Carbohydrates 5 g, Cholesterol 0 mg, Fiber 0 g, Saturated Fat 2 g, Sodium 230 mg, Sugar 1 g

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
⅓ 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



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

Preserve the Season

When fresh fruits or vegetables are in peak season, blend them into sauces and portion them into 1-cup containers for freezing. Enjoy fresh strawberry purée or tomato sauce all year 'round!

Intensify Flavors

The power of the Vitamix lets you use whole foods in their entirety and extract maximum flavor. For example, blend fresh herbs, nuts, and a splash of lemon juice into a fat-free green sauce that you can drizzle decoratively on the plate.

Dairy-Free

Transform raw, unsalted nuts into plant-based sauces that add richness and creamy texture without dairy.

SAUCES & SIDES



VEGAN WALNUT & DATE PESTO

Shared by: Alan Rudolph, Vitamix Project Manager, International Research

48 64 / 4 servings / ***Total time:*** 10 minutes

INGREDIENTS

¼ cup (30 g) whole walnuts
8 Deglet Noor dates (60 g), pitted
2 Tablespoons extra-virgin olive oil
2 Tablespoons grated non-dairy parmesan cheese
8 sprigs flat-leaf parsley, leaves only
1 sprig fresh oregano, leaves only
½ sprig fresh rosemary, leaves only
1 garlic clove

INSTRUCTIONS

Place all ingredients into the Vitamix container in the order listed and secure the lid. Pulse 10–15 times on Variable 6, or until desired consistency is reached.

Amount per (40 g) serving: Calories 190, Protein 3 g, Total Fat 14 g, Carbohydrates 14 g, Cholesterol 10 mg, Fiber 2 g, Saturated Fat 2 g, Sodium 200 mg, Sugar 10 g

VEGAN GARLIC ALFREDO SAUCE

Shared by: John Alexander McFarlane, Vitamix Fan / 48 64 / 4 servings / ***Total time:*** 40 minutes

INGREDIENTS

2 medium white onions (400 g), peeled and sliced
3 cups (720 ml) vegetable broth, divided use
6 garlic cloves, peeled
¼ lemon, peeled
1 cup (140 g) whole roasted cashews
¼ cup (20 g) nutritional yeast
½ teaspoon salt (optional)
½ teaspoon ground black pepper

Add vegetable broth if you'd like a thinner consistency. Toss with freshly cooked whole wheat pasta or spoon over roasted vegetables.

INSTRUCTIONS

Combine onions and 2 cups of vegetable broth in a saucepan over medium heat. Simmer uncovered for 15–20 minutes or until the liquid is almost evaporated. Add the garlic cloves and reduce the heat to medium-low; simmer until all liquid has evaporated.

Pour the remaining 1 cup of vegetable broth into the Vitamix container. Add cooked onions and garlic, then remaining ingredients in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 1–2 minutes, or until desired consistency is reached.

Amount per (118 g) serving: Calories 140, Protein 5 g, Total Fat 8 g, Carbohydrates 14 g, Cholesterol 6 mg, Fiber 2 g, Saturated Fat 2 g, Sodium 210 mg, Sugar 4 g

Batch It Up

It's so simple to make soup, especially when using the 64-ounce container, that you can quickly prepare a large batch to enjoy all week or freeze for later use.

SOUPS

Smart Seasoning

Wait to add seasoning—spices, pepper, lemon juice, or a pinch of salt—until after you've blended the soup. You'll be surprised how naturally flavorful whole foods are, which means you'll likely need to add less seasoning.

A Simple Ratio

When making soup, a rule of thumb is to fill the container with as many vegetables as you want then pour in water halfway to the top of the veggies.

Vitamix Does the Work

If using a Vitamix with program settings, add your ingredients to the container as noted in the recipe and select the Hot Soup setting. Your Vitamix will blend at the right speed and time to create a steaming hot soup.

Our most popular recipe! The Vitamix creates the *creamy texture,* and our childhood memories inspired the flavor.

SHALVA AND LENNY GALE

CREAMY WILD RICE SOUP

Shared by: Shalva and Lenny Gale, Vitamix affiliate partners, LifeIsNoYoke.com

32 48 64 / 4 servings / ***Total time:*** 1 hour

INGREDIENTS

1 cup (125 g) raw cashews
8 cups (2 l) vegetable broth, divided use
1 (15 ounce, 425 g) can cannellini beans, drained
1 cup (160 g) wild rice, rinsed and drained
3 celery stalks (180 g), chopped
1 large carrot (100 g), chopped
½ medium yellow onion (80 g), peeled and chopped
5 garlic cloves, peeled and chopped
1 Tablespoon dried thyme
2 dried bay leaves
2 teaspoons salt (optional)
8 ounces (225 g) mushrooms, chopped or sliced

INSTRUCTIONS

Soak cashews in water to cover overnight or in boiling water for 10 minutes; drain. Place cashews, cannellini beans, and 1 cup vegetable broth into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute.

Heat the remaining 7 cups vegetable broth in large saucepan or stock pot over medium heat. When broth comes to a boil, add wild rice, celery, carrot, onion, garlic, thyme, and bay leaves. Cover and cook over medium heat for 30 minutes.

Add cashew-bean mixture to vegetables; stir to combine. Add mushrooms and cook, uncovered, for 15 minutes. Remove the bay leaves; taste and adjust seasoning.

Amount per (411 g) serving: Calories 250, Protein 9 g, Total Fat 7 g, Carbohydrates 36 g, Cholesterol 5 mg, Fiber 6 g, Saturated Fat 1 g, Sodium 880 mg, Sugar 6 g

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

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

INGREDIENTS

⅓ cup (80 ml) **Almond Milk** (see page 175)
1¼ medium zucchini (250 g), peeled and halved
2 large eggs
¼ teaspoon salt (optional)
3 Tablespoons (60 g) **Date Syrup** (see page 176) or honey
1 Tablespoon ground cinnamon
¼ teaspoon ground allspice
1½ 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 ¼ 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

½ cup (120 ml) **Raw Applesauce** (see page 95)
3 Tablespoons (40 g) plant-based margarine
¾ cup (180 ml) dark molasses
¾ cup (180 ml) water
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt (optional)
½ teaspoon ground allspice
½ teaspoon ground cloves
½ teaspoon ground cinnamon
¼ 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

Use the Tamper

The tamper is helpful in creating the perfect blend when using frozen ingredients. As needed, use it to push ingredients toward the blades to keep the mixture flowing.

Visual Cues

When you're making a frozen dessert, watch the container: When it is finished, you'll see four distinct mounds at the top of the blend. Stop the Vitamix to avoid melting the mixture.

Blending Frozen Foods

Don't be afraid to add frozen ingredients to your Vitamix—it was designed to handle them and will create a silky-smooth blend.

One-Touch Blending

If making a frozen treat in a Vitamix with program settings, add your ingredients to the container as the recipe directs and select the Frozen Dessert setting. Delicious, frosty perfection!

DESSERTS & TREATS

SWEET SUMMER POPS

Shared by: Euan Mitchell, Vitamix Distributor, Australia

48 64 / 8 servings / *Total time:* 8 hours 20 minutes

INGREDIENTS

For the watermelon layer:

2 cups (300 g) watermelon

6 strawberries (150 g)

1 cup (240 ml) **Coconut Milk** (see page 175)

2 teaspoons maple syrup

For the cucumber layer:

1 large cucumber (300 g), peeled

1 cup (240 ml) coconut water

6 fresh mint leaves

3 Tablespoons (45 ml) maple syrup

INSTRUCTIONS

For the watermelon layer: Place the 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 30 seconds. Pour mixture into popsicle molds and freeze.

For the cucumber layer: Place the cucumber ingredients into the container 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 30 seconds. Pour mixture over partially frozen watermelon layer and freeze until solid.

Amount per (82 g) serving: Calories 30, Protein 1 g, Total Fat 0 g, Carbohydrates 7 g, Cholesterol 158 mg, Fiber 1 g, Saturated Fat 0 g, Sodium 10 mg, Sugar 6 g

> It's become a *family summer challenge* to create variable flavors of these pops using local fresh produce! EUAN MITCHELL

CHOCOLATE PUDDING

Shared by: Vitamix / *Published in:* 1975 / 48 64 / 10 servings / *Total time:* 40 minutes

INGREDIENTS

4 cups (960 ml) **Almond Milk** (see page 175)

½ cup (60 g) pitted dates or alternative sweetener

1 large egg

¼ cup (25 g) unsweetened cocoa powder

6 Tablespoons (50 g) cornstarch

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. Blend for 5 minutes 45 seconds or until heavy steam escapes the lid plug. Let cool before serving.

Amount per (123 g) serving: Calories 17, Protein 0 g, Total Fat 0 g, Carbohydrates 4 g, Cholesterol 4 mg, Fiber 0 g, Saturated Fat 0 g, Sodium 0 mg, Sugar 0 g

Sweet Summer Pops

Pure & Simple

Commercial baby foods are highly processed and often contain preservatives. Homemade baby food is pure and natural.

Make & Freeze

All kinds of blended foods can be made in big batches, portioned into single-serving containers or ice cube trays, and frozen. Reheat carefully; be sure to test temperature before feeding.

BABY FOODS

Mix It Up!

Babies have undeveloped palates and respond best to simple flavors—but that doesn't mean boring. Mix and match unseasoned whole foods to develop your little one's expanding palate.

Get Expert Guidance

Always consult with your pediatrician to get the right guidance on what and how to feed your growing baby.

Add Fiber

Brown rice adds a little fiber and whole grain to your baby's diet. A blend of steamed tomatoes and brown rice makes a savory combination that's filling and easily digestible.



Protein-Packed Purée

> **Vitamix *empowered me* as a new mom. Its power, user-friendly features, and self-cleaning mode made it easy for me to prepare homemade baby food for all three of my daughters.** JEN PICCIANO

PROTEIN-PACKED PURÉE

Shared by: Jen Picciano, reporter for WOIO-TV and creator of the food segment "Cleveland Cooks"

32 48 64 / 12 servings / ***Total time:*** 10 minutes

INGREDIENTS

1 (15-ounce, 425 g) can chickpeas, drained, liquid reserved

1 baked sweet potato (140 g), skin on

INSTRUCTIONS

Place chickpeas, chickpea liquid, and sweet potato into the container 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 1 minute or until desired consistency is reached.

Amount per (31 g) serving: Calories 40, Protein 2 g, Total Fat 1 g, Carbohydrates 7 g, Cholesterol 1 mg, Fiber 2 g, Saturated Fat 0 g, Sodium 50 mg, Sugar 1 g

PEAR-PRUNE PURÉE

Shared by: Christine Carlson, Vitamix Program Manager, New Product Development

48 64 / 50 servings / ***Total time:*** 25 minutes

INGREDIENTS

6 large pears (720 g), cored and halved

1 cup (140 g) pitted prunes

1½ cups (360 ml) water

INSTRUCTIONS

Combine all ingredients in a saucepan and bring to a simmer; cook until pears and prunes are tender, 10–20 minutes.

Place 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. Blend for 30–60 seconds or until desired consistency is reached.

Amount per (31 g) serving: Calories 20, Protein 0 g, Total Fat 0 g, Carbohydrates 5 g, Cholesterol 4 mg, Fiber 1 g, Saturated Fat 0 g, Sodium 0 mg, Sugar 3 g

PET TREATS

Ask Your Vet

Before altering your pet's diet, check with your veterinarian to be sure you're meeting the animal's nutritional needs.

Vitamix Variety

Your Vitamix allows you to blend up healthy fresh, baked, or frozen treats for your pets. You'll save money and use ingredients you trust.

Just a Treat

The recipes included here are not meant to substitute for your pet's regular food, but rather for occasional treats.

FROSTY STRAWBERRY DOG TREATS

Shared by: Cindy Rybarczyk, Vitamix Senior Graphic Designer

32 48 64 Classic / 12 servings / *Total time:* 10 minutes

INGREDIENTS

1 cup (150 g) frozen strawberries

¾ cup (180 ml) plain yogurt

INSTRUCTIONS

Place ingredients into the container 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. Pour into ice cube tray and freeze solid. Pop out frozen treats and store in a resealable plastic bag in the freezer.

LIVER TREATS

Shared by: Cindy Rybarczyk, Vitamix Senior Graphic Designer

48 64 / 20 servings / *Total time:* 20 minutes

INGREDIENTS

2 cups (160 g) old-fashioned rolled oats

¼ pound (110 g) raw beef or chicken liver

1 large egg

2 Tablespoons honey

3 Tablespoons (45 ml) olive oil

INSTRUCTIONS

Preheat oven to 350°F (180°C).

Place oats into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds; transfer oats to a large bowl.

Place the remaining ingredients into the container and secure 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 30 seconds. Add to ground oats and mix to create a dough.

OPTIONS FOR BAKING:

For shapes: Let the dough rest for 10–15 minutes to stiffen. Roll the dough out on a floured surface to ¼ inch (.6 cm) thickness. Cut into desired shapes with cookie cutters, rerolling scraps as needed. Transfer to a lightly greased baking sheet. Bake for 8–12 minutes, until biscuits are firm and lightly browned.

For kisses: Transfer dough to a plastic bag; snip about ½ inch off one corner of the bag. Pipe "kisses" onto a lightly greased baking pan. (Alternately, drop dough by teaspoonfuls onto baking sheet.) Bake for 8–10 minutes or until lightly golden.

For chewy bites: Press the dough into a greased 8-inch (20 cm) square baking pan. Bake for 15–20 minutes. Let cool; remove from pan and cut into small "bites."

Store chewy versions of these treats in the refrigerator or freezer.



Frosty Strawberry Dog Treats

VITAMIX ESSENTIALS

Rely on these basic recipes for everyday staples.

ALMOND BUTTER

48 64 / 16 servings / *Total time:* 5 minutes

4 cups (600 g) whole roasted unsalted almonds

Place nuts into the container 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. In 1 minute, you will hear a high-pitched chugging sound. Continue using the tamper until the almond butter begins to flow freely through the blades. Stop the Vitamix when the sound of the motor changes and becomes low and laboring.

Amount per (35 g) serving: Calories 210, Protein 7 g, Total Fat 18 g, Carbohydrates 7 g, Cholesterol mg, Fiber 4 g, Saturated Fat 2 g, Sodium 0 mg, Sugar 2 g



PEANUT BUTTER

64 / 24 servings / *Total time:* 5 minutes

4 cups (600 g) roasted unsalted peanuts

Place nuts into the container 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. In 1 minute, you will hear a high-pitched chugging sound. Continue using the tamper until the peanut butter begins to flow freely through the blades. Stop the Vitamix when the sound of the motor changes and becomes low and laboring or the mixture has reached the desired consistency.

Amount per (247 g) serving: Calories 180, Protein 7 g, Total Fat 15 g, Carbohydrates 6 g, Cholesterol 1 mg, Fiber 3 g, Saturated Fat 3 g, Sodium 2 mg, Sugar 1 g

PEANUT CASHEW BUTTER

48 64 / 14 servings / *Total time:* 5 minutes

1½ cups (220 g) whole roasted unsalted peanuts

1½ cups (205 g) whole roasted unsalted cashews

Place nuts into the container 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. In 1 minute, you will hear a high-pitched chugging sound. Continue using the tamper until the nut butter begins to flow freely through the blades. Stop the Vitamix when the sound of the motor changes and becomes low and laboring.

Store in an airtight container in the refrigerator for maximum shelf life.

Amount per (30 g) serving: Calories 180, Protein 6 g, Total Fat 15 g, Carbohydrates 8 g, Cholesterol 0 mg, Fiber 2 g, Saturated Fat 3 g, Sodium 0 mg, Sugar 2 g

CASHEW CREAM

48 64 / 20 servings / *Total time:* 2 hours

2 cups (275 g) whole unsalted cashews

1 cup (240 ml) water, plus extra for soaking

Place cashews in a bowl and cover with water. Soak for 2 hours. Rinse and drain the cashews.

Place 1 cup of fresh water and the soaked cashews into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds, using the tamper as needed to push the ingredients toward the blades.

Amount per (29 g) serving: Calories 80, Protein 2 g, Total Fat 6 g, Carbohydrates 4 g, Cholesterol 1 mg, Fiber 0 g, Saturated Fat 1 g, Sodium 2 mg, Sugar 1 g

ALMOND MILK

48 64 / 4 servings / *Total time:* 5 minutes

3 cups (720 ml) water

1 cup (140 g) whole raw unsalted almonds

2 dates (30 g), pitted, or other natural sweetener to taste

Few drops vanilla extract, to taste (optional)

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. Blend for 1 minute or until desired consistency is reached.

Store in an airtight container in the refrigerator; shake well before using.

Note: If desired, soak almonds in cold water for 4 hours or overnight, then drain. You can easily double this recipe in the 64-ounce container.

Amount per (221 g) serving: Calories 230, Protein 8 g, Total Fat 18 g, Carbohydrates 13 g, Cholesterol mg, Fiber 5 g, Saturated Fat 2 g, Sodium 10 mg, Sugar 7 g

COCONUT MILK

64 / 4.5 servings / *Total time:* 5 minutes

4 cups (960 ml) water

2 cups (150 g) unsweetened shredded coconut

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. Blend for 1 minute or until desired consistency is reached.

Store in an airtight container in the refrigerator; shake well before using.

Amount per (247 g) serving: Calories 240, Protein 2 g, Total Fat 21 g, Carbohydrates 9 g, Cholesterol 2 mg, Fiber 7 g, Saturated Fat 19 g, Sodium 10 mg, Sugar 2 g

OAT MILK

64 / 6 servings / *Total time:* 4 hours

½ cup (90 g) steel-cut oats, soaked for 4 hours, drained, and rinsed

6 cups (1.2 l) cold water

Place the oats and water into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 30–45 seconds. Remove and strain through a fine mesh strainer.

Store in an airtight container in the refrigerator; shake well before using.

Note: You can customize the taste of this dairy-free milk by adding pitted dates, vanilla extract, salt—or all three—to taste.

Amount per (262 g) serving: Calories 60, Protein 2 g, Total Fat 1 g, Carbohydrates 10 g, Cholesterol 0 mg, Fiber 2 g, Saturated Fat 0 g, Sodium 10 mg, Sugar 0 g

SOY MILK

48 64 / 4 servings

Total time: 4 hours, 30 minutes

1 cup (200 g) dried soybeans

2 dates (30 g), pitted, or other natural sweetener to taste

4 cups (960 ml) water

Rinse soybeans and soak in water for 4–8 hours. Drain, then transfer to a steamer basket set over a pan of simmering water and team for 15 minutes or until tender. Drain and cool. Measure 1½ cups (260 g) of cooked beans.

Place cooked beans, dates, and water 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 45 seconds or until desired consistency is reached.

Store in an airtight container in the refrigerator.

Note: For a commercial-style soy milk, strain the liquid through a filtration bag or fine mesh sieve. For a refreshing flavor, add a 1-inch (2.5 cm) slice of fresh ginger root before blending.

Amount per (294 g) serving: Calories 100, Protein 9 g, Total Fat 5 g, Carbohydrates 7 g, Cholesterol 0 mg, Fiber 3 g, Saturated Fat 1 g, Sodium 10 mg, Sugar 4 g



DATE SYRUP

20 / 10 servings / *Total time:* 35 minutes

¾ cup (130 g) pitted dates

1½ cups (360 ml) hot water

Steep dates in water for 30 minutes. Place dates and water into the container and secure the blade base.

Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute.

Note: If using a larger Vitamix container, you can double or triple the recipe. Use in place of honey or other sweeteners or reduce over medium heat to create a thicker syrup for pancakes or cocktails.

Amount per (37 g) serving: Calories 35, Protein 0 g, Total Fat 0 g, Carbohydrates 9 g, Cholesterol 9 mg, Fiber 1 g, Saturated Fat 0 g, Sodium 0 mg, Sugar 8 g

ORANGE JUICE

64 / 2 servings / *Total time:* 5 minutes

½ cup (120 ml) water

4 dates (30 g), pitted, or 2 Tablespoons honey

4 medium oranges (600 g), peeled

1½ cups (200 g) ice cubes

Place all ingredients into the container in the order listed and secure 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 1 minute or until desired consistency is reached.

Amount per (452 g) serving: Calories 190, Protein 3 g, Total Fat 0 g, Carbohydrates 48 g, Cholesterol mg, Fiber 6 g, Saturated Fat 0 g, Sodium 10 mg, Sugar 37 g



CORNMEAL

64 / 5 servings / *Total time:* 5 minutes

3 cups (500 g) unpopped popcorn kernels

Place kernels into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Process for 30–60 seconds or until desired consistency is reached.

Note: Grits and polenta have a coarser grind than cornmeal used for baking.

Amount per (100 g) serving: Calories 380, Protein 11 g, Total Fat 5 g, Carbohydrates 74 g, Cholesterol 0 mg, Fiber 13 g, Saturated Fat 1 g, Sodium 5 mg, Sugar 1 g

WHOLE WHEAT FLOUR

32 48 64 / 4 servings / *Total time:* 5 minutes

2 cups (375 g) whole wheat kernels

Place whole wheat kernels into the container and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Grind to desired degree of fineness. The longer the Vitamix runs, the finer the consistency of the flour, around 1 minute on highest speed for very fine whole wheat flour. Sift after blending if desired. See Grain Grinding chart on page 30.

Amount per (94 g) serving: Calories 320, Protein 12 g, Total Fat 2 g, Carbohydrates 68 g, Cholesterol 0 mg, Fiber 14 g, Saturated Fat 0 g, Sodium 0 mg, Sugar 0 g

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Wellness AT WORK



CORPORATE WELLNESS PROGRAM

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

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- 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

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GRATITUDE

Most of us don't often think of our family history, but I'm privileged to live it every day. Each time I step into the Vitamix offices, I walk through our lobby and see on display the images and achievements of those who came before me and set the stage for the whole food health journey that we share today.

I'm grateful to the Vitamix employees and beloved fans around the world who shared their favorite creations, and to our talented Vitamix culinary team: Adam Wilson, Matt Dugan, and Andrew Shafer, who tested each one to ensure it meets our standards for performance, health—and most important, taste!

This cookbook was truly a multigenerational project, and I'm especially thankful for the support and encouragement from my father, John Barnard, currently our Executive Chairman. And much gratitude to my niece Robin Dieterich, who as Vitamix archivist has her finger on the vibrant pulse of our history and was a key resource for this book.

I also want to express thanks to the team, both internal and external, that collaborated to get this project across the finish line: to Adam Wilson and Scott Tennant for shepherding all the Vitamix contributors, to writer and editor Bryn Mooth for sharing her expertise, and to Brian Sooy and Vance Williams of the Aespire branding agency for guiding our self-publishing efforts, designing this cookbook, and connecting Vitamix with the people and companies in their network.

I'm so pleased that we can bring our joy and zest for life to you. **Thank you for being part of our Vitamix family.**

Jodi Berg

Jodi Berg
Vitamix President and CEO

The small building that originally housed the Vitamix business is still a cherished part of our multi-building campus.



