



let's get started

CONGRATULATIONS!

We hope that you find the information in this step-by-step guide to preparing healthy, delicious recipes in your Vitamix machine both beneficial and helpful.

You'll soon be ready to move on to trying the hundreds of other recipes found in your recipe book, as well as our very latest recipes at www.vitamix.com. Every recipe is specially developed for the Vitamix machine and thoroughly tested in our Vitamix kitchens.

We know that after you spend time getting to know everything this amazing machine can do, you and your family and friends will find endless ways to create your own nutritious and delicious meals the Vitamix way!



Vita-Mix® Corporation

8615 Usher Road • Cleveland, Ohio 44138-2199 USA
Tel. US: +1-440-235-4840 • Tel. UK: 0808 156 6633 • Tel. Ireland: 0766 709854
Email: service@vitamix.com

If you did not purchase your machine directly from Vitamix, please contact your local dealer.





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vitamix service

Record the model number and serial number of this appliance in the spaces provided below for future reference. These numbers can be found on the back of the motor base.

Model Number _____

Serial Number _____

Date of Purchase _____

Purchased From _____

Before returning this product for any reason, including repair, first contact the Vitamix Customer Service Department at +1-440-235-4840, service@vitamix.com, or contact your local dealer.

product registration

If you purchased your Vitamix® machine directly from the Vita-Mix® Corporation via the company's website or call centre by phone, your product was registered at the time of purchase and your Vitamix machine's Warranty has been activated.

If you purchased your Vitamix machine from an International Distributor or Dealer in countries other than the United States, Canada, United Kingdom, or Ireland, your product is warranted through the International Distributor or Dealer and need not be registered with the Vita-Mix® Corporation.

Your machine is not yet registered with Vitamix if you:

1. Purchased from a Dealer in the United States, Canada, United Kingdom, or Ireland
2. Purchased from a military base
3. Purchased from a retail or wholesale store
4. Received your Vitamix machine as a gift
5. Are not the original owner of the machine

Enjoy faster and easier service in the future by taking a few minutes to register your Vitamix machine today.

Choose one of these easy ways to register your machine:

1. Email service@vitamix.com
2. Call +1-440-235-4840, press option 2

Your warranty may be honored by Vita-Mix® Corporation or an authorized dealer. Failure to register your machine will not diminish your warranty rights.



important safeguards

⚠ WARNING: To avoid the risk of serious injury when using your Vitamix® Blender, basic safety precautions should be followed including the following.

READ ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE OPERATING BLENDER.



1. Read all instructions.
2. Not intended for use by or near children or persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge. Close supervision is necessary when any appliance is used by or near children or incapacitated persons.
3. To protect against risk of electrical shock do not put blender base in water or other liquid.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Call Vitamix Customer Service 800-848-2649 or 440-235-4840 or email service@vitamix.com at once for examination, repair, replacement, or electrical or mechanical adjustment. If purchased outside the U.S.A. or Canada, contact your local Vitamix dealer.
7. Alteration or modification of any part of the blender base or container including the use of any part or parts that are not genuine authorized Vitamix parts may cause fire, electric shock or injury.
8. The use of attachments not expressly authorized or sold by Vitamix for use with this blender, including canning jars, may cause fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter.
11. Do not let cord contact hot surface, including the stove.
12. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A rubber scraper or spatula may be used but only when the Vitamix blender is not running.
13. The tamper provided must be used only when the main part of the lid is in place.
14. Blades are sharp. Handle or remove blade and blade assembly from the container with extreme care to avoid injury. To reduce the risk of injury, never place a blade assembly on the motor base unless assembled to the Vitamix container.
15. Do not leave foreign objects in container such as spoons, forks, knives or the lid plug as this will damage the blades and other components when starting the machine and may cause injury.



important safeguards

16. Never attempt to operate with damaged blades.
17. Always operate blender with lid and lid plug firmly in place. The lid plug should only be removed when adding ingredients and when using the tamper.
18. When blending hot liquids or ingredients use caution; spray or escaping steam may cause scalding and burns. Do not fill container to the maximum capacity. Always begin processing on the lowest speed setting - variable speed 1. Keep hands and other exposed skin away from the lid opening to prevent possible burns.
19. When making nut butters or oil based foods, do not process for more than one minute after the mixture starts to circulate in the container. Processing for longer periods can cause dangerous overheating.

SAVE THESE INSTRUCTIONS


⚠ WARNING		
	To Avoid Injury. Read and understand instruction manual before using this machine.	

IMPORTANT INSTRUCTIONS FOR SAFE USE

This product is intended for HOUSEHOLD USE ONLY and is not intended to be used for commercial purposes.

Do not leave your Vitamix blender unattended when operating.

Any repair, servicing, or the replacement of parts, must be performed by Vitamix or an authorized service representative.

⚠ WARNING	
	Electrical Shock Hazard. Use grounded outlet only. DO NOT remove ground. DO NOT use an adapter. DO NOT use an extension cord. Failure to follow instructions can cause death or electrical shock.

NOTICE: FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFEGUARDS AND THE IMPORTANT INSTRUCTIONS FOR SAFE USE IS A MISUSE OF YOUR VITAMIX BLENDER THAT CAN VOID YOUR WARRANTY AND CREATE THE RISK OF SERIOUS INJURY.

V





parts and features

2-Part Lid: Your new machine has our latest lid design. It is easy to put on and take off, and easy to clean. Always use the lid and the lid plug when the machine is in operation.

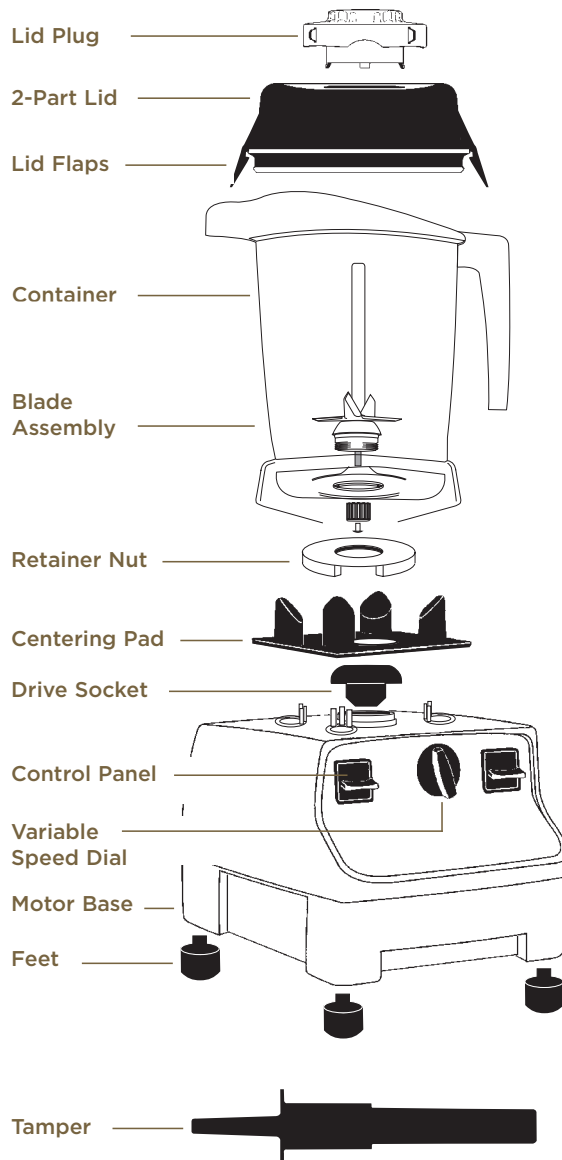
⚠ CAUTION: Lids are not interchangeable between different container styles, types, and sizes.

Snap the lid onto the container and leave in place for a few minutes. Once the lid has been left on the container, it will be much easier to lock or remove.

Lid Plug: Insert through the lid and secure by turning clockwise. Remove the lid plug to use the tamper or add ingredients.

To Lock the Lid in Place:

1. Position lid on container with lid flaps midway between the spout and the handle.
2. Push the lid onto the container until it locks in place.
3. The lid must always be secured when processing, especially hot liquids that may scald.



parts and features

⚠ WARNING		
	Rotating Blades Can Cause Severe Injury. DO NOT reach into container while machine is running.	

To Remove the Lid: Lift up on one lid flap while holding the container securely.

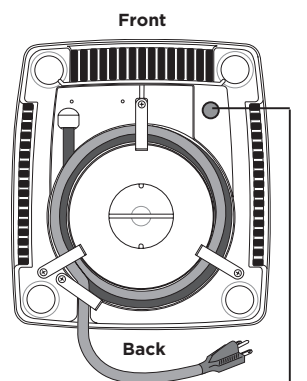
To Remove the Lid Plug: Rotate the lid plug counterclockwise from the “locked” to “unlocked” position and lift out.

Container: Ounces, cups, and milliliters are clearly marked. A second dry blade container is available for purchase to grind grain and knead bread dough. The blade is marked “D”. Grinding grains will cloud the lower three inches (8 cm) of the container.

Automatic Overload Protection: Your Vitamix motor is designed to protect itself from overheating. 220/240 motors are equipped with a reset button. If the motor shuts off, press the black reset button on the bottom of the machine.

Power Cord: Your machine is equipped with a long power cord. Store the unused portion neatly underneath.



Bottom View / Cord Wrap: Plastic cord retainers hold the cord securely. There is no need to unscrew the cord retainers to let out more cord. They are flexible, and return to position after the cord is lifted out.

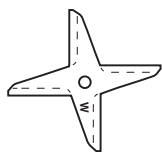


Reset Button:
On 220/240 volt machines only.

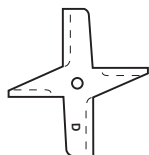
about the blades

The Vitamix machine comes standard with the wet blade container. The blade is identified by a “W” for wet. This blade is used for most of your recipes. Additional containers with wet or dry blades may be purchased separately.



⚠ WARNING		
	Rotating Blades Can Cause Severe Injury. DO NOT reach into container while machine is running.	



Wet Blade Container: Designed for processing liquids, including juice, frozen mixtures, sauces, soups, purees, batters, and for wet chopping. The wet blades can also grind grain and knead dough, but they are not quite as efficient as the dry blades in this application. If used for grinding, your container will mar and become cloudy; see instructions for dry container use.





Dry Blade Container: These blades are clearly marked “D” and are designed specifically for grinding dry materials such as grains, cereal, and coffee, and are also used for kneading bread dough. The dry blades can NOT process liquids efficiently. ***If you grind herbs on a regular basis, you may wish to purchase a separate dry blade container and replace blades as needed.***

⚠ CAUTION		
	Moving Parts May Become Hot With Extended Use. DO NOT touch.	

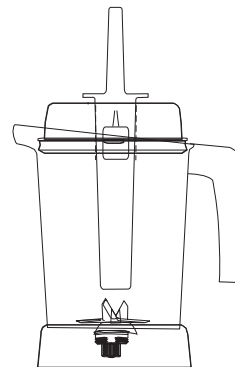


how to use the tamper

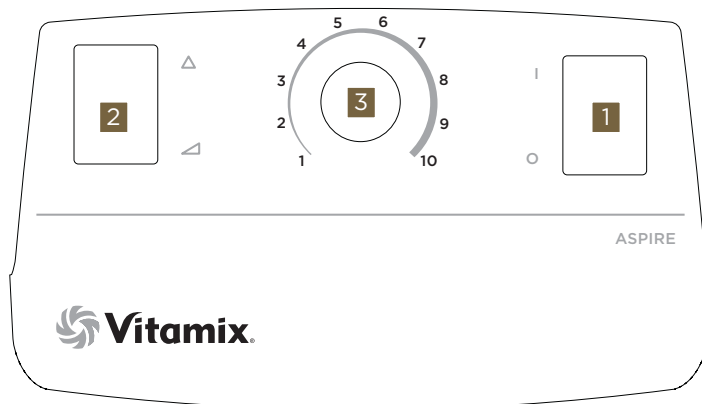
The tamper allows you to accelerate the process of very thick and/or frozen mixtures that cannot be processed in a regular blender. Using the tamper maintains circulation by preventing air pockets from forming. While the machine is running, and only through the lid plug opening, use the tamper to press ingredients into the blades as you make frozen ice creams and nut butters, or purée fruits and vegetables.

⚠ WARNING		
	<p>Rotating Blades Can Cause Severe Injury.</p> <p>DO NOT put hands, spatulas, etc. in the container while the machine is running or while the container is still on the base.</p>	

- The splash disk (near the top of the tamper) and lid prevent the tamper from hitting the blades when the lid is secured properly in the locked position.
- The container should not be more than two-thirds full when the tamper is used during blending.
- Do not use the tamper for more than 30 consecutive seconds (to avoid overheating).
- If the food does not circulate, the machine may have trapped an air bubble. Carefully remove the lid plug while making sure the lid stays firmly in place. Release the air bubble by inserting the tamper through the lid plug opening.
- Holding the tamper straight down may not always help the ingredients circulate. If need be, point the tamper toward the side or corner of the container.



control panel



1. **On/Off Switch:** Push up to turn On (I). Push down to turn Off (O).
2. **High/Variable Switch:** High (△) is the fastest speed available. Switch to Variable (▽) to activate all of the lower variable speeds.

Always make sure that the High/Variable Switch is set to Variable (▽) before pushing the On/Off Switch to the On (I) position. Do not start your machine on High (△) speed.
3. **Variable Speed Dial:** Selects many speed settings. It is active only when the High/Variable Switch is set in the Variable (▽) position.



hints for setting speeds

Always start the machine with the center Variable Speed Dial on 1. Slowly turn the Variable Speed Dial to the desired speed depending on the recipe used.

Use the highest setting called out in the recipe for as much of the processing time as possible to make whole food juices, soups, shakes, frozen mixtures, purées, nut butters, and for grinding grains. Processing times will generally be less than one minute (most take less than 30 seconds). High speed provides the best quality of refinement, breaking down ice, frozen fruit, whole fruits or vegetables, and grains to a smooth lump-free consistency.

TIP: Blending too long at too low a speed setting will overheat the machine and cause the Automatic Overload Protection to turn the machine off. Blending on a higher speed maximizes the motor's cooling fan to avoid overheating.

If the food does not circulate, the machine may be overloaded or may have trapped an air bubble. Carefully remove the lid plug while making sure the lid stays firmly in place. Release the air bubble by inserting the tamper through the lid plug opening. If circulation problems continue, reduce the machine speed. A lower speed may allow food to circulate when a higher speed does not. Once the food is circulating freely, increase the speed back to the higher setting and continue processing.

CAUTION



Never Start on Speeds Above 1 with Hot Liquids to Avoid Possible Burns.

Use Caution; escaping steam or splashes may scald.

Lock the lid. This will prevent expansion from affecting the position of the lid when the machine is turned on.

Start on Variable 1, slowly increase to 10.







operating instructions

WET BLADE CONTAINER

Designed for processing liquids including juice, frozen mixtures, sauces, soups, purees, batters, and for wet chopping.

1. Make sure that the Variable Speed Dial is set to 1.
2. Load the container before placing it on the motor base. Place liquids and soft foods in the container first, solid items and ice last. Although not necessary for blending, you may want to cut or break food into smaller pieces for more precise measuring of ingredients.
3. Securely fasten the 2-part lid. Always use the complete 2-part lid when blending (unless the tamper is inserted through the lid plug opening). Especially when blending hot ingredients, make sure the lid is securely latched.
4. With the motor off, set the wet blade container on the motor base by aligning it over the centering pad. Do not ever attempt to put a container on an operating motor base or to operate a motor base without a container properly in place.
5. Start with the High/Variable Switch in the Variable (\angle) position. Always start your machine on variable speed 1. Activate the machine by turning the On/Off Switch to On (I) then slowly increase to the desired speed. Your container will shift and get into an aligned position.
6. **Take proper care when handling and processing hot ingredients and making hot soups and sauces.**

⚠ CAUTION		
	<p>Never Start on Speeds Above 1 with Hot Liquids to Avoid Possible Burns.</p> <p>Use Caution; escaping steam or splashes may scald.</p> <p>Lock the lid. This will prevent expansion from affecting the position of the lid when the machine is turned on.</p> <p>Start on Variable 1, slowly increase to 10.</p>	

7. Due to the machine's speed, processing times are much quicker than standard appliances. Until you are accustomed to the machine, count your time carefully to avoid over processing.
8. After turning the machine off, wait until the blades completely stop before removing the lid or container from the motor base.





operating instructions

DRY BLADE CONTAINER

If purchased, your dry blade container should only be used for hard, dry materials, such as grain, and for kneading dough.

1. Make sure that the Variable Speed Dial is set to 1.
2. Securely fasten the 2-part lid. Always use the complete 2-part lid when blending (unless the tamper is inserted through the lid plug opening).
3. With the motor off, set the dry blade container on the motor base by aligning it over the centering pad. Do not ever attempt to put a container on an operating motor base or to operate a motor base without a container properly in place.
4. Start with the High/Variable Switch in the Variable (\angle) position. Always start your machine on variable speed 1. Activate the machine by turning the On/Off Switch to On (I) then slowly increase to the desired speed. Your container will shift and get into an aligned position.
5. After turning the machine off, wait until the blades completely stop before removing the lid or container from the motor base.
6. Due to the machine's speed, processing times are much quicker than standard appliances. Until you are accustomed to the machine, count your time carefully to avoid over processing.
7. Grinding dry material for more than two minutes could damage your machine. Regular use may result in cosmetic marring of the container and cause the blades to become dull over time.
8. Grinding some herbs may release volatile oils, causing the container to discolor permanently. Others have strong odors that may linger in the container, affecting the flavour of other foods. The grinding of some herbs and spices may also cause the blade to dull over time, or the container to crack.



care and cleaning

CONTAINER

To prepare your new machine for initial use, follow the steps under Normal Cleaning below. This will clean the unit, and break-in the motor.

Normal Cleaning:

1. Fill the container half full with warm water and add a couple drops of liquid dish washing detergent to the container.
2. Snap or push the complete 2-part lid into locked position.
3. Select variable speed 1. Turn the machine on and slowly increase the speed to variable speed 10, then to High.
4. Run the machine on High speed for 30 to 60 seconds.
5. Turn off the machine, and rinse and drain the container.

To Sanitize:

1. Follow Normal Cleaning instructions above.
2. Fill the container half full with water and 1 1/2 tsp of liquid bleach.
3. Snap or push the complete 2-part lid into locked position.
4. Select variable speed 1. Turn the machine on and slowly increase the speed to variable speed 10, then to High.
5. Run the machine on High speed for 30 to 60 seconds.
6. Turn off the machine, and allow mixture to stand in the container for an additional 1 1/2 minutes.
7. Pour bleach mixture out. Allow container to air dry.
8. Do not rinse after sanitizing.

LID AND LID PLUG

Separate the lid and lid plug. Wash in warm soapy water. Rinse clean under running water, and dry. Reassemble before use.


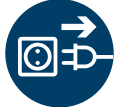
IMPORTANT: To ensure continued and effective performance, do not put the container, lid, or lid plug in the dishwasher.



care and cleaning

MOTOR BASE

1. Unplug the power cord.

⚠ WARNING		
	<p>Electrical Shock Hazard.</p> <p>Disconnect power before cleaning machine.</p> <p>Failure to follow instructions can cause death or electrical shock.</p>	

2. Wash the outside surface with a damp, soft cloth or sponge, which has been rinsed in a mild solution of liquid detergent and warm water. Do not place the motor base in water.
3. The centering pad can be removed for more thorough cleaning.
4. Thoroughly clean the switches so they work freely. They may become sticky from use. Use a moistened cotton swab to clean the grooves around the water-shielded switches. Immediately dry any excess water.
5. Polish with a soft cloth.



trouble shooting

Automatic Overload Protection

Your Vitamix® machine is equipped with a special feature: Automatic Overload Protection. This built-in feature is designed to protect the motor and prevent your machine from overheating. That means peace of mind for you as a Vitamix owner. When engaged, this Automatic Overload Protection will cause the motor to shut off and possibly emit a light odor. If this occurs, press the black reset button on the bottom of the machine.

Tips to prevent “overloading” your Vitamix machine:

- Process only Vitamix recipes when learning to use the machine
- Do not process recipes at lower speeds than recommended
- Do not process recipes at higher speeds than recommended
- Do not process recipes longer than recommended
- Use your tamper to process thicker mixtures and keep ingredients moving around and through the blades

Retainer Nut Loosening

In the event that the retainer nut at the bottom of your container loosens and no longer securely holds the blade assembly in place, DO NOT CONTINUE TO USE THE CONTAINER. Call Vitamix Customer Service Department at +1-440-235-4840, or your local dealer immediately for instructions.

warranty

5-YEAR FULL MACHINE WARRANTY

1. PRODUCT REGISTRATION.

Vita-Mix Corporation (“Vitamix”) strongly encourages you to register your purchase. You can register by emailing our customer service department at service@vitamix.com or calling 0808 156 6633 (UK) or 0766 709854 (Ireland). Failure to register your product purchase will not diminish your guarantee rights. However, registering your purchase will allow Vitamix to better serve you with any of your customer service needs.

2. WHO CAN SEEK WARRANTY COVERAGE.

This Guarantee is extended by Vitamix to the owner of this Machine for personal household use only. This Guarantee does not apply to products used for commercial, rental or re-sale purposes. Should ownership of the machine change during the 5-year period, please update the Machine’s owner information by emailing our customer service department at service@vitamix.com or calling 0808 156 6633 (UK) or 0766 709854 (Ireland).

3. WHAT IS COVERED.

Vitamix warrants to the owner that if this Machine (**a “Machine” consists of a motor blender base and any containers purchased together**) fails within 5 years from the date of the initial purchase due to a defect in material or workmanship or as a result of normal wear and tear from ordinary household (domestic) use, Vitamix will, within 30 days of receipt of the returned product, repair the failed Machine or component part of the Machine free of charge.





warranty

If, in Vitamix's sole discretion, the failed Machine or component part of the Machine cannot be repaired, Vitamix will elect to either (A) replace the Machine or relevant component free of charge or (B) refund the full purchase price to the owner.

4. WHAT IS NOT COVERED.

This Guarantee does not apply to Machines that have been used commercially or in non-household (non-domestic) applications. This Guarantee does not cover cosmetic changes that do not affect performance, such as discoloration or the effects of the use of abrasives or cleaners or food build up. This Guarantee is only valid if the Machine is used and maintained in accordance with the instructions, warnings and safeguards contained in the owner's manual.

Vitamix will not be responsible for the cost of any unauthorized guarantee repairs.

5. WHAT VOIDS THIS WARRANTY.

Abuse, misuse, mishandling, negligent use, alteration of the Machine, exposure to abnormal or extreme conditions, usage with voltage supply other than that specified on the Machine, or failure to follow the operating instructions will void this Guarantee.

The Guarantee is also void if repairs to the Machine or any component part of the Machine are performed by someone other than either Vitamix or an authorized Vitamix Service Provider or if any component part of a Machine is used in combination with a motor-base or container or other part that is not expressly authorized by Vitamix.

6. HOW TO OBTAIN RETURN AUTHORIZATION UNDER THIS WARRANTY.

In the event that the Machine or any component part of the Machine needs service or repair, you must contact us by email at service@vitamix.com or by phone at 0808 156 6633 (UK) or 0766 709854 (Ireland) to obtain a Return Authorisation number and detailed return instructions. You should then return the entire machine in the original or sufficient packaging, along with your Return Authorisation number and proof of purchase. We will then process your claim accordingly.

Purchaser is responsible for the costs of special shipping requests.

PLEASE NOTE it is essential that the Machine be received by Vitamix no later than the last day of the Guarantee period. Late claims will not be considered.

This Guarantee is honored directly through Vita-Mix Corporation.

United States

Vita-Mix® Corporation
8615 Usher Road
Cleveland, Ohio 44138-2199 USA
+1-440-235-4840
service@vitamix.com

United Kingdom

Vita-Mix® Corporation
c/o Sparks Transport
Wells Road
Glastonbury, Somerset BA6 9AG
0808 156 6633 (UK) or 0766 709854 (Ireland)

Any repaired or replaced Machine will be guaranteed on these terms for the unexpired portion of this Guarantee.

This Guarantee is for the benefit of you, the purchaser. No benefits may be given to any third party, except through a valid transfer by private sale to another person for domestic use of the Machine user during the period of operation of this Guarantee.

This Guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage.

You have statutory rights in relation to the Machine. This Guarantee is offered as an extra benefit and does not affect your statutory rights as a consumer.

Additional written copies of this Guarantee can be obtained by writing to either address listed above. Please include a stamped and self addressed envelope for each copy of the Guarantee requested.

This Guarantee applies to Machines purchased from an authorized retailer of Vitamix within the UK and Ireland.

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specifications

Vitamix® Aspire™

Motor:

≈2 peak output horsepower motor

Electrical:

220/240 V, 50/60 Hz, 11.5 A

Dimensions:

Height: 17.4 in. / 44,2 cm

Width: 8.8 in. / 20,32 cm

Depth: 9.0 in. / 22,86 cm

When applicable:



To see the complete line of Vitamix® products, visit vitamix.co.uk or vitamix.ie.



JUICING WHOLE FOODS

When you juice, a process unique to the Vitamix® machine is initiated and the cell walls of whole fruits and vegetables are pulverized. Unlike juice from a juice extractor, Vitamix whole food juice delivers the delicious juice yet also retains all of the nutritious whole food fibre. The Vitamix machine has the motor power, torque, speed, container and blade design to smash the whole food fibre, breaking it into microscopic pieces that are easy to digest, and you get to enjoy a creamy, smooth juice.



juicing whole foods

GARDEN FRESH COCKTAIL

preparation: 5 minutes • processing: 1 minute • makes: 420ml

1 1/2 medium tomatoes or
240ml tinned tomatoes

15g fresh spinach

1/2 medium carrot

1 tbsp diced onion

1 parsley sprig

1/2 small sweet red or
green pepper

1/8 tsp Tabasco sauce
(optional)

1/2 tsp Worcestershire
sauce (optional)

a dash of salt (optional)

7 ice cubes

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





juicing whole foods

PINEAPPLE JUICE

preparation: 5 minutes • processing: 1 minute • makes: 360ml



400g fresh pineapple
chunks, core included
7 ice cubes

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





BLENDING



This may be the most enjoyable feature of your Vitamix®. The precision engineering of the Vitamix machine makes it possible to achieve the best blended recipes. Whether you're making creamy smoothies, emulsifying a tangy salad dressing, whipping delicious creams, creating milk substitutes, mixing drinks or blending butters and batters, the Vitamix machine makes it all so easy. The secret's in the Variable Speed Dial. It allows you to control the blades and therefore provides versatility at various blending speeds. You can now prepare foods in a totally new and inventive way.



blending

FRUIT SMOOTHIE

preparation: 5 minutes • processing: 1 minute • makes: 600ml

150g red or
green grapes

150g strawberries

1 small banana, peeled

7 ice cubes

Hint: if using frozen
strawberries, do not add ice.

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



Always load the container in the order listed in the recipe: liquids and soft foods first with dry ingredients and/or ice last. Following this procedure will give you the best machine performance and result in the best taste. The high performance Vitamix machine will produce creamy combinations blended to perfection.





blending

WHOLE FRUIT MARGARITA

preparation: 7 minutes • processing: 45 seconds • makes: 960ml

1/2 medium orange,
peeled and deseeded

1/2 lemon, peeled
and deseeded

1/2 lime, peeled, cut
in half and deseeded

3 tbsp sugar

30ml water

90ml tequila

30ml Grand Marnier

21 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.

Note: This recipe may be reduced for smaller quantities.





blending

HUMMUS

preparation: 5 minutes • processing: 1 minute • makes: 900g

2 x 400g tins chickpeas, 1
drained, 1 with liquid
35g sesame seeds
1 tbsp olive oil
60ml lemon juice
1 garlic clove, peeled
1 tsp ground cumin
salt

1. Put all the ingredients, except the salt, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Season to taste with salt.





DRY CHOPPING

Here's another kitchen task that is made so easy with the Vitamix machine. Dry chopping is used for such things as carrots, nuts, onions, eggs and cheese. With the Vitamix machine, these tasks are quick, easy and require little cleaning up. For best results, chop only one handful of ingredients at a time. You decide how coarse or fine you want the finished product to be by adjusting the Variable Speed Dial. The faster the speed, the finer the chop. Remember, the customized hammermill and cutting blades do all the work, so you don't have to. You can even combine some items used in the same recipe and save even more time.



dry chopping

CHOPPING ONIONS AND EGGS

1. Secure the lid onto the Vitamix container and remove the lid plug.
2. Select Variable 3.
3. Turn the machine on and drop the hard-boiled eggs, or onion cut into quarters, onto the blades through the lid plug opening. Continue processing until the desired texture or coarseness is reached.

Note: Chop in small batches for the best results.





dry chopping

GRATING CHEESE



1. Cut cold cheese into 4cm pieces. Measure 130g.
2. Secure the lid onto the Vitamix container and remove the lid plug.
3. Select Variable 5 or 6.
4. Turn the machine on and drop pieces of the cold cheese through the lid plug opening onto the blades. Continue processing until the desired texture or coarseness is reached. Slowly increase the speed as needed to obtain the desired level of fineness.
5. Remove the grated cheese by turning the container over and gently tapping it against a chopping board or a flat surface.



CHOPPING CARROTS



1. Secure the lid onto the Vitamix container and remove the lid plug.
2. Cut 3 carrots into 2.5–5cm pieces or use baby carrots.
3. Select Variable speed 5 or 6.
4. Turn the machine on and drop one carrot piece at a time through the lid plug opening and process until chopped.
5. Remove the chopped carrots by turning the container over and gently tapping it against a chopping board or a flat surface.



WET CHOPPING



The difference between wet chopping and dry chopping is that this method uses water or another liquid as the medium that circulates the items being chopped. Wet chopping is recommended only for uncooked fruits or vegetables. Water draws the item into the blades resulting in a uniform chop. The type of chop, whether coarse or fine, is determined by the speed selected on the Variable Speed Dial. With wet chopping you can easily prepare vegetables for soups, salads, stir-frying, side dishes and coleslaw. Wet chopping is also the recommended preparation for all raw vegetables where a uniform chop is required (such as salsa). However, when wet chopping ingredients for salsa, the moisture released by the vegetables allows the vegetables to circulate into the blades, so no additional liquid is needed. Plus there is no need to discard the liquid used in this process – save and use it in sauces and soups.



wet chopping

CHOPPING CABBAGE



1. Cut the cabbage (green, red or both) into 4cm wedges and put into the Vitamix container. Cover with enough water to float the cabbage off the blades.
2. Secure the lid.
3. Select Variable 5. Turn the machine on and slowly increase the speed to Variable 8. Stop the machine.
4. Drain the cabbage and transfer to a bowl.

SALSA MEXICANO

preparation: 5 minutes • processing: 3–5 seconds • makes: 480ml

2 large tomatoes,
cut into quarters
115g jalapeño chillies
115g mild green chillies
2 tbsp tomato purée
10g coriander leaves
1/2 tsp salt (optional)

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 4 or 5.
4. Blend for 3–5 seconds or until the desired consistency is reached, using the tamper to press the ingredients into the blades. Do not over-mix. You may add sweetcorn or cooked or tinned black or red kidney beans before serving, for an interesting taste variation.
5. Serve with tortilla chips.





wet chopping

CRUSHING ICE



It's easy, it's effortless and the job's done in just three seconds! Pour off the water and you'll be amazed at how uniformly the ice is crushed. Use it for party-perfect drinks, with flavoured syrups for the kids' dessert or as a way to keep picnic foods cold.

1. Fill the Vitamix container with ice cubes. Add water until the ice floats over the blades. (Do not use anything except water to crush ice.)
2. Secure the lid.
3. Select Variable 1. Turn the machine and slowly increase the speed to Variable 10. Stop the machine.
4. Pour off the water and use immediately.

DICED POTATOES FOR HASH BROWNS

preparation: 10 minutes • processing: 10 seconds • makes: 686g

5 medium potatoes,
cut into 4cm chunks

Water, enough to cover
the potatoes



1. Put the potatoes and water into the Vitamix container and secure the lid.
2. Select Variable 5 or 6.
3. A slower speed produces a coarser chop. Turn on for about 10 seconds, using the tamper if necessary.
4. Drain well. Rinse away the excess starch under cold running water. Press the water out and fry in hot oil until golden.

Chef's Tip: this recipe may be reduced for smaller quantities.





wet chopping

MARINARA SAUCE

preparation: 10 minutes • processing: 30 seconds • makes: 960ml

1 medium carrot,
cut in half
1 tbsp olive oil (optional)
3 garlic cloves, peeled
2 small onions, peeled
and cut into quarters
900g tomatoes, peeled
and cut into quarters
1/2 tsp dried oregano
1 tsp dried basil
1/4 tsp freshly ground
black pepper
1 bay leaf

1. Put all the ingredients, except the bay leaf, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Transfer to a saucepan, add the bay leaf, and simmer over medium heat for 30 minutes, stirring occasionally.
6. Serve with fish, grilled chicken or any pasta.





MAKING FROZEN TREATS

The most amazing dessert you'll make in your Vitamix® machine is a delicious frozen treat. And what's even more amazing is that you'll make it in under a minute! The real secret is the high performance hammermill and cutting blades that crush and cut up frozen ingredients in seconds. The blade action produces a larger frozen surface area that releases coldness. The Vitamix machine works so fast that it all happens in about 30 seconds, so there's no time for the mixture to melt. It actually refreezes itself instantly and creates a smooth and scrumptious soft-serve frozen treat.



making frozen treats

STRAWBERRY YOGURT FREEZE

preparation: 5 minutes • processing: 30–60 seconds • makes: 720g

240g fat-free,
natural, vanilla or
strawberry yogurt
450g frozen strawberries
65g sugar (optional)

Experiment with using
other frozen fruit and
yogurt flavours, such
as blueberries and
raspberries, etc.

If using flavoured yogurt,
omit the sugar.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form in the mixture.
6. Stop machine. Do not over-mix or the yogurt freeze will begin to melt. Serve immediately.





making frozen treats

PEACH SOYA SHERBET

preparation: 5 minutes • processing: 30–60 seconds • makes: 840g

240ml soya milk
450g peeled peach
slices, frozen
50g sugar or other
sweetener, to taste
1/2 tsp vanilla extract

Other frozen fruits may
be substituted.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
5. Stop the machine. Do not over-mix or the sherbet will begin to melt. Serve immediately.





HEATING

It's simple science - and simply amazing with Vitamix®! Heating with the Vitamix machine starts with fresh, whole produce and in four to six minutes you'll get a fresh, hot soup complete with all the nutrients. The Vitamix blades turn so fast they generate enough friction to create cooking heat. Simply toss in the ingredients identified in the recipe, blend for the appropriate time and you'll experience a delicious, whole vegetable soup with no peeling or seeding required. And the Vitamix machine doesn't stop at soup - you will be making lump-free gravies and puddings almost effortlessly. Plus, fresh, tinned or frozen fruits can be turned into delicious fruit syrups to use on ice cream, pancakes or waffles.

CAUTION



Never Start on Speeds Above 1 with Hot Liquids to Avoid Possible Burns.

Use Caution; escaping steam or splashes may scald.

Lock the lid. This will prevent expansion from affecting the position of the lid when the machine is turned on.

Start on Variable 1, slowly increase to 10.





heating

CHICKEN POTATO SPINACH SOUP

preparation: 5 minutes • processing: 4–5 minutes • makes: 1.2 litres

240ml chicken stock
360ml milk
40g onion, chopped
3 medium floury potatoes,
such as Maris Piper, baked
or boiled, with skin,
cut into halves, divided
1/8 tsp dried rosemary
1 tbsp spinach, cooked or
thawed frozen
140g skinless, boneless
chicken breast, cooked
and diced
1/2 tsp salt
1/2 tsp freshly ground
black pepper

1. Put the stock, milk, onion, 2 potatoes and the rosemary into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 4–5 minutes or until steaming hot. Reduce the speed to Variable 3.
5. Remove the lid plug, add the spinach and the remaining potato. Blend until the potato is chopped, about 15 seconds. Drop in the chicken and seasoning and blend for a further 5 seconds.
6. Serve immediately.





heating

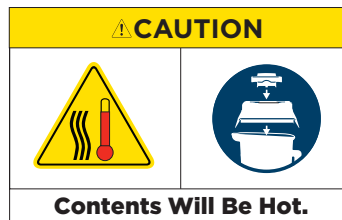
BLACKBERRY FIVE-SPICE SAUCE

preparation: 5 minutes • processing: 5–6 minutes • makes: 600g

60ml apple cider vinegar
430g fresh or frozen blackberries
1/2 tsp ground cinnamon
1 tsp Chinese five-spice powder
6 black peppercorns
50g sugar
120ml olive oil

Chef's Tip: recommended for grilled pork tenderloin, chicken or duck.

1. Put all the ingredients, except the olive oil, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 5–6 minutes or until heavy steam escapes from the vented lid.
5. Reduce the speed to Variable 5 and remove the lid plug.
6. Pour the olive oil through the lid plug opening. Blend for a further 20 seconds.





GRINDING IN THE WET BLADE CONTAINER

Our wet blade container is best suited for grinding foods that contain moisture, such as nuts and meat. The wet blades draw the mixture down and into the blender for proper processing and the customized hammermill and cutting blades do all the work for you. Raw or cooked meats and nut butters are best done with the wet blades and can be used in many delicious recipes.



grinding in the wet blade container

PEANUT BUTTER

preparation: 2 minutes • processing: 1 minute • makes: 420g

440g unsalted,
roasted peanuts

Chef's Tip: for a
lower-sodium nut butter,
be sure to start with
unsalted nuts.

NOTE: over-processing will cause serious overheating to
your machine and can cause damage to your container.
Do not process for more than 1 minute after the mixture
starts circulating.

1. Put all the ingredients into the Vitamix container and
secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to
Variable 10, then to High, using the tamper to press
the ingredients into the blades.
4. In 1 minute you will hear a high-pitched chugging
sound. Once the butter begins to flow freely through
the blades, the motor sound will change and become
low and labouring. Stop the machine.
5. Store in an airtight container. It can also be frozen for
longer storage.





grinding in the wet blade container

COOKED OR RAW MEATS

Chef's Tip: be sure to follow safe handling procedures when processing raw meats. Raw meat is perfect for making patties, meatballs or meat loaves. Cooked meat can be used in salads, spreads or added to chunky soups.

1. Prepare meat for processing.
 - a. Cooked: cut into 5cm cubes.
 - b. Raw: partially frozen, then cut into 2.5cm cubes.
2. Secure the lid onto the Vitamix container and remove the lid plug.
3. Select Variable 4.
4. Turn the machine on, and drop the meat onto the blades through the lid plug opening.
5. Slowly increase the speed to Variable 6 and continue processing until the desired texture/coarseness is reached. Grind in 240g batches for the best results.





GRINDING IN THE DRY BLADE CONTAINER

A dry blade container, specifically designed for grinding whole wheat and grains, rice and coffee, may be purchased separately. Although the wet blade container is able to accomplish these tasks, the dry blade container will complete these processes more efficiently and is therefore recommended. The container with the blades marked 'D' for dry is used to grind whole grains into flours and takes only one minute in your new Vitamix® machine. Take whole wheat berries and turn them into wonderful fresh breads, rolls and hot cereals. Even beans, rice and tapioca are easily ground into flours for use in gluten-free recipes. Grinding your own grains will give you all the nutritional benefits of preservative-free, home-made bread.



grinding in the dry blade container

GRIND YOUR OWN COFFEE

1. Put 400g coffee beans into the Vitamix container and secure the lid.
2. Select Variable 3.
3. Turn the machine on and allow it to run for 10-15 seconds. The longer you process the beans, the finer the grind and the stronger your coffee!





grinding in the dry blade container

POWDER YOUR OWN SUGAR



1. Put 400g sugar into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds. Allow the powder to settle before removing the lid.

CRACK WHOLE GRAINS FOR CEREALS



1. Put up to 400g whole grains into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 7 or 8.
4. Grind until you have the desired degree of fineness. The longer the machine runs, the finer the consistency of the cereal, up to the point that it becomes flour.



grinding in the dry blade container

WHOLEMEAL FLOUR

processing: 1 minute • makes: 240g

350g whole
wheat berries

1 tsp salt (optional)



1. Put all the ingredients into the Vitamix container, in the order listed, and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Grind for 1 minute.

Chef's Tip: for best results, store the grain in the freezer. Grind the frozen grain to avoid overheating. Do not grind more than 400g at a time.

MAKE FRESH BREADCRUMBS

preparation: 1 minute • processing: 10 seconds • makes: 120g



1. Squeeze 3 slices of bread into a ball. Put into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 8.
4. Process for 10 seconds.





grinding in the dry blade container

ABOUT HERB GRINDING

Certain leaves, stems, seeds, pods and roots can be ground in the Vitamix® machine's dry blade container without difficulty. Degree of hardness, moisture, oil content, flavour and odour should be considered when deciding whether to grind in the machine. Use your best judgement when grinding these items. Some spices have volatile oils that attack the container (such as cloves). Others have strong odours that linger in the container long after the herb has been ground, ultimately affecting the flavour of subsequent foods prepared in the container.

Grinding certain herbs and spices in the dry blade container will result in cosmetic marring of the container and may cause the blades to wear and become dull. Wash seaweed and plant roots to remove all traces of sand. Chinese herbs are coarse, gritty and abrasive, and will cause the blades to wear down.

Chef's Tip: the best process for grinding varies with each plant. Experiment to get the desired results. Small seeds such as poppy seeds, teff and quinoa grind best in larger quantities (230–300g) on High speed, because they are light and blow around in the container. We have found that dried chickpeas do not fully grind up and must be sifted before use. For best results, peel horseradish and cut into 2.5cm chunks and chop on Variable 5.





KNEADING

Start with fresh whole grains packed with nutrients and turn them into healthy home-made bread in one smooth operation. Yes, the Vitamix® machine grinds the grain and even kneads the dough so you will never need to touch it. Most recipes can be made in the dry blade container with little effort. Making bread from start to finish is so quick and easy, you can make healthy, preservative-free bread fresh daily. Bread made the Vitamix way is superior to commercially produced white bread in many different ways ... more dietary fibre, more vitamins and a fabulous, fresh, home-baked taste!



kneading

WHOLEMEAL BREAD

- 1 sachet (1 tbsp) dried active yeast
- 300ml warm water (40–46°C)
- 1 tbsp honey
- 250g whole wheat berries
or 270g wholemeal flour
- 1 tsp salt
- 1 tbsp light olive or grapeseed
oil (optional)
- 1 tsp lemon juice (optional)
- 1 egg white combined with
1 tbsp water (optional)

Note: if you grind flour from wheat berries at room temperature, use cold water. This will reduce the overall dough temperature. Then add all the remaining ingredients at once. Mix and knead as directed in the recipe.



1. Combine the yeast, warm water and honey. Set aside until frothy, about 5 minutes.
2. **When starting with whole wheat berries**, put the wheat and salt into the Vitamix container and secure the lid. Select Variable 1. Turn the machine to Variable 10, then to High. Grind the wheat for 1 minute. (Do not over-process.) Stop the machine to allow the flour to cool for a few minutes.

When starting with wholemeal flour, put the flour and salt into the Vitamix container and secure the lid. Select Variable 1. Turn the machine on and quickly increase the speed to Variable 6. Blend until a hole forms in the centre of the mixture, about 5 seconds.





kneading

3. Turn the machine on to Variable 3 and remove the lid plug. Pour the oil, lemon juice and yeast mixture into the hole in the flour. Replace the lid plug and mix the dough, turning the machine to High for 2 seconds. Stop the machine. Remove the lid.
4. While the dough rests, lightly coat a 22 x 12cm loaf tin with vegetable cooking spray or oil.
5. Use a nylon spatula to scrape the sides of the Vitamix container. Pull the dough away from the container sides and into the centre of the mixture.
6. With the switch on High, quickly turn the machine on and off five times.
7. Repeat steps 6 and 7 five times, adding a little more water or flour as needed, until the dough binds together into a soft elastic mixture.
8. To remove the dough from the container, turn the machine on and off five times (to assist in lifting the dough up and away from the blades). Invert the container over the prepared tin and let the dough fall into it. Use a wet plastic spatula to remove any remaining dough.
9. Use a wet or oiled plastic spatula or your lightly floured fingers to shape the loaf. Allow the dough to rise, covered with a clean, dry tea towel, until the top of it reaches the top of the loaf tin, about 20–25 minutes.
10. If you like, brush the loaf quickly and gently with the egg white wash and make three to four diagonal slits about 5mm deep on the top of the loaf using a sharp, serrated knife.
11. Bake at 180°C/Gas 4 for 35 minutes or until the bread is well browned and reaches an internal temperature of 88°C when tested with an instant-read thermometer.
12. Cool on a wire rack for 10 minutes, then carefully remove from the tin and allow to cool completely before slicing.





EMULSIFY

The power of the Vitamix® lets you easily combine ingredients into emulsions, such as mayonnaise, aioli and salad dressings. An added benefit of the Vitamix machine is the ability to add whole ingredients like fruits and vegetables to your emulsions, unlocking fresh flavours and healthy nutrients. Once you try home-made emulsions in your Vitamix, you'll never buy shop bought again!



emulsify

NOTE: do not process for longer than 1 minute after all the ingredients have been added. Over-processing recipes made with large amounts of oil may cause overheating to occur and cause the recipe to fail and damage to your container.

AIOLI

preparation: 5 minutes • processing: 1 minute • makes: 360g

3 large egg yolks
60ml lemon juice
1 tsp salt
1/8 tsp white pepper
3 large garlic
cloves, peeled
240ml light olive oil

1. Put all the ingredients, except the olive oil, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 8. Remove the lid plug.
4. While the machine is running, slowly pour the oil through the lid plug opening. As the mixture begins to thicken, the oil may be added at a faster rate. The process should take no longer than 1 minute. Chill in an airtight container.





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beverages

CARROT JUICE PLUS

preparation: 5 minutes • processing: 1 minute • makes: 480ml

240ml water
3 medium carrots, halved
2 tsp fresh lemon juice
or 1 tsp lemon concentrate
7 ice cubes

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

Nutritional Information per 240ml Serving: 37 calories • 0g total fat • 0g saturated fat
0mg cholesterol • 10g carbohydrate • 3g fibre • 1g protein • 71mg sodium • 4g sugar

CHERRY MINT LIMEADE

preparation: 5 minutes • processing: 45 seconds • makes: 480ml

180ml soya milk
1/4 small lime, peeled
3 mint leaves
155g frozen cherries

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information per 240ml Serving: 87 calories • 2g total fat • 0g saturated fat
0mg cholesterol • 14g carbohydrate • 3g fibre • 5g protein • 52mg sodium • 8g sugar





beverages

GARDEN FRESH COCKTAIL

preparation: 5 minutes • processing: 1 minute • makes: 420ml

1 1/2 medium tomatoes
or 250g tinned tomatoes
15g spinach, washed
1/2 medium carrot
1 tbsp diced onion
1 parsley sprig
1/2 small red or
green pepper
1/8 tsp Tabasco sauce
(optional)
1/2 tsp Worcestershire
sauce (optional)
a pinch of salt (optional)
7 ice cubes

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

Nutritional Information per 240ml Serving: 38 calories • 0g total fat • 0g saturated fat
0mg cholesterol • 7g carbohydrate • 2g fibre • 1g protein • 21mg sodium • 4g sugar



beverages

AUTUMN SWEET POTATO SMOOTHIE

preparation: 8 minutes • processing: 1 minute • makes: 480ml

160g red grapes

1/2 medium
orange, peeled

1/2 sweet potato,
cooked and cooled

1/2 medium apple,
cut in half and cored

25g fresh or
frozen cranberries

1/2 tsp grated fresh root
ginger or ginger paste
(Page 155)

2 dates, pitted

14 ice cubes

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

Nutritional Information per 240ml Serving: 182 calories • 0g total fat • 0g saturated fat
0mg cholesterol • 47g carbohydrate • 5g fibre • 2g protein • 19mg sodium • 34g sugar



beverages

KIWI WATERMELON SMOOTHIE

preparation: 5 minutes • processing: 45 seconds • makes: 540ml

230g watermelon, peeled and diced

1 kiwi fruit, peeled and cut in half

1 date, pitted

7 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information per 240ml Serving: 95 calories • 0g total fat • 0g saturated fat
0mg cholesterol • 24g carbohydrate • 3g fibre • 1g protein • 3mg sodium • 19g sugar

JUST PEACHY SMOOTHIE

preparation: 5 minutes • processing: 45 seconds • makes: 540ml

80g red or green grapes

150g blueberries

1 medium peach, cut in half and pitted

7 ice cubes

If using frozen fruit, omit the ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information per 240ml Serving: 91 calories • 1g total fat • 0g saturated fat
0mg cholesterol • 22g carbohydrate • 3g fibre • 1g protein • 2mg sodium • 18g sugar



beverages

NUTTY FRUIT SMOOTHIE

preparation: 5 minutes • processing: 1 minute • makes: 480ml

120ml water
60g natural low-fat yogurt
or soya yogurt
75g raspberries
1/4 medium
banana, peeled
2 tbsp walnuts
1 tbsp blanched almonds
1 tbsp honey, or
2 dates, pitted
6 to 8 ice cubes

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

Nutritional Information per 240ml Serving: 154 calories • 7g total fat • 1g saturated fat
1mg cholesterol • 20g carbohydrate • 3g fibre • 4g protein • 26mg sodium • 15g sugar

beverages

MANGO DELIGHT SMOOTHIE

preparation: 5 minutes • processing: 45 seconds • makes: 780ml

1 medium orange,
peeled and cut in half

1/2 medium
banana, peeled

1/2 mango, peeled
and pitted

1/2 medium apple, cored

7 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information per 240ml Serving: 75 calories • 0g total fat • 0g saturated fat
0mg cholesterol • 19g carbohydrate • 3g fibre • 1g protein • 2mg sodium • 14g sugar

beverages

MORNING GLORY SMOOTHIE

preparation: 5 minutes • processing: 30 seconds • makes: 840ml

1/4 orange, peeled
245g natural
low-fat yogurt
300ml pomegranate juice
125g frozen blueberries
1/2 banana, peeled
and frozen
1/2 tsp bee pollen
granules (optional)
1/2 tsp shelled hemp
seeds (optional)
1/2 tsp lecithin granules
(optional)

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

Nutritional Information per 240ml Serving: 134 calories • 1g total fat • 1g saturated fat
4mg cholesterol • 27g carbohydrate • 2g fibre • 4g protein • 53mg sodium • 22g sugar



Make this vegan and dairy-free by using soya yogurt and omitting the bee pollen.



beverages

SUMMER BLUSH SMOOTHIE

preparation: 5 minutes • processing: 1 minute • makes: 1.2 litres

480ml water
320g red or green grapes
300g peaches, peeled and sliced
150g frozen raspberries
2 tbsp agave nectar or honey (optional)

This recipe can be reduced by half and made in smaller containers.

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

Nutritional Information Per 240ml Serving: 85 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 22g carbohydrates • 3g fibre • 1g protein • 3mg sodium • 16g sugar

beverages

GOOD MORNING SMOOTHIE

preparation: 5 minutes • processing: 1 minute • makes: 480ml

120ml water

160g green grapes

30g cucumber, peeled
and chopped

1/2 kiwi fruit, peeled

1/2 medium apple,
cut in half and cored

65g broccoli, chopped

1cm slice of lemon, peeled
and deseeded

3 ice cubes

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

Nutritional Information Per 240ml Serving: 100 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 25g carbohydrates • 3g fibre • 1g protein • 2mg sodium • 18g sugar

beverages

MOCO-COCO CHILLED COFFEE

preparation: 5 minutes • processing: 45 seconds • makes: 960ml

180ml double-strength
coffee, cooled
240ml soya milk
or semi-skimmed milk
60ml chocolate syrup
1 1/2 tbsp coconut cream
2 tbsp desiccated coconut
14 ice cubes

- 1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 93 calories • 3g total fat • 2g saturated fat • 0mg cholesterol • 13g carbohydrates • 2g fibre • 3g protein • 55mg sodium • 8g sugar



For less sugar, substitute coconut milk for the coconut cream.





beverages

RUBY EMERALD SMOOTHIE

preparation: 5 minutes • processing: 1 1/2 minutes • makes: 960ml

480ml water
1 medium apple, cut into
quarters and cored
65g kale, large
stem removed,
coarsely chopped
140g frozen raspberries

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

This smoothie contains broken raspberry seeds.
Strain for smoothness.

Nutritional Information Per 240ml Serving: 44 calories • 0g total fat • 0g saturated fat •
0mg cholesterol • 11g carbohydrates • 2g fibre • 1g protein • 8mg sodium • 5g sugar

WHEATGRASS COCKTAIL

preparation: 3 minutes • processing: 1 minute • makes: 480ml

120ml water
160g green grapes
75g fresh pineapple
chunks, core included
25g wheatgrass
7 ice cubes

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

Nutritional Information Per 240ml Serving: 85 calories • 0g total fat • 0g saturated fat •
0mg cholesterol • 21g carbohydrates • 1g fibre • 2g protein • 2mg sodium • 16g sugar



beverages

REFRESHING GREEN SMOOTHIE

preparation: 3 minutes • processing: 45 seconds • makes: 960ml

240ml water
2 plum tomatoes,
cut into halves
1 lime, peeled and
cut in half
150g fresh pineapple
chunks, core included
1/4 cucumber, peeled
and diced
60g spinach
1/4 avocado, peeled
and pitted
2 celery sticks, cut
into halves
8 parsley sprigs
2 carrots, cut into halves
7 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 66 calories • 2g total fat • 0g saturated fat • 0mg cholesterol • 13g carbohydrates • 4g fibre • 2g protein • 52mg sodium • 7g sugar



beverages

COCONUT MILK

preparation: 3 minutes • processing: 3 minutes • makes: 360ml

480ml water

75g sweetened
or unsweetened
desiccated coconut

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

Nutritional Information Per 240ml Serving: 258 calories • 16g total fat • 15g saturated fat • 0mg cholesterol • 29g carbohydrates • 6g fibre • 2g protein • 170mg sodium • 21g sugar



Strain through a fine sieve for a smoother drink.



beverages

VANILLA COFFEE FRAPPÉ

preparation: 1 minute • processing: 45 seconds • makes: 840ml

180ml double-strength
coffee, cooled
240ml skimmed or
soya milk
3 tbsp vanilla syrup*
14 ice cubes

- 1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 45 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 42 calories • 0g total fat • 0g saturated fat • 1mg cholesterol • 7g carbohydrates • 0g fibre • 3g protein • 42mg sodium • 3g sugar



*Vanilla syrup can be found in the coffee section of many supermarkets.



beverages

SOYA MILK

preparation: 4-8 hours • processing: 1 1/2 minutes • makes: 960ml

300g dried soya beans

1 tbsp sugar

840ml water

For a refreshing flavour,
add a 2.5cm piece of
peeled fresh root ginger
before blending.

1. Rinse the dried soya beans and soak for 4-8 hours. Then boil for about 15 minutes.
2. Drain the soya beans and leave to cool.
3. Put the beans, sugar and water into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on, and slowly increase the speed to Variable 10, then to High.
6. Blend for 1 1/2 minutes until smooth.

To obtain a commercial-style soya milk, it is best to strain the milk through muslin.

Nutritional Information Per 240ml Serving: 107 calories • 4g total fat • 0g saturated fat • 0mg cholesterol • 11g carbohydrates • 3g fibre • 8g protein • 16mg sodium • 3g sugar



beverages

CARAMEL LATTE MILKSHAKE

preparation: 5 minutes • processing: 15 seconds • makes: 480ml

60ml milk
60ml caramel
sundae syrup
265g coffee ice cream

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 15 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 410 calories • 17g total fat • 10g saturated fat • 67mg cholesterol • 62g carbohydrates • 1g fibre • 7g protein • 270mg sodium • 32g sugar

BANANA CREAM PIE MILKSHAKE

preparation: 5 minutes • processing: 15 seconds • makes: 480ml

60ml double cream
1 banana, peeled and cut
into large chunks
265g vanilla ice cream
24g digestive
biscuit crumbs

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 15 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 435 calories • 22g total fat • 13g saturated fat • 84mg cholesterol • 55g carbohydrates • 3g fibre • 7g protein • 214mg sodium • 39g sugar







beverages

CHOCOLATE CHEESECAKE MILKSHAKE

preparation: 5 minutes • processing: 15 seconds • makes: 540ml

60ml milk
30g cream cheese

400g chocolate ice cream

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 15 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 450 calories • 25g total fat • 16g saturated fat • 78mg cholesterol • 52g carbohydrates • 2g fibre • 9g protein • 186mg sodium • 47g sugar

PEANUT BUTTER CUP MILKSHAKE

preparation: 5 minutes • processing: 30–45 seconds • makes: 600ml

60ml milk
265g vanilla ice cream
2 tbsp peanut butter
2 tbsp chocolate syrup

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 8.
4. Blend for 30–45 seconds or until the desired consistency is reached

Nutritional Information Per 240ml Serving: 351 calories • 20g total fat • 10g saturated fat • 53mg cholesterol • 37g carbohydrates • 2g fibre • 8g protein • 173mg sodium • 32g sugar



beverages

STRAWBERRY WHITE CHOCOLATE CHIP MILKSHAKE

preparation: 5 minutes • processing: 1 minute • makes: 480ml

120ml milk

135g vanilla ice cream

60g white chocolate chips

150g frozen strawberries

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Nutritional Information Per 240ml Serving: 369 calories • 19g total fat • 12g saturated fat • 38mg cholesterol • 49g carbohydrates • 3g fibre • 6g protein • 105mg sodium • 42g sugar



beverages

FROZEN MARGARITA

preparation: 5 minutes • processing: 15 seconds • makes: 720ml

60ml tequila
60ml triple sec
120–150ml margarita mix
14 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10.
4. Blend for 15 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 147 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 16g carbohydrates • 0g fibre • 0g protein • 27mg sodium • 16g sugar

GRASSHOPPER

preparation: 5 minutes • processing: 30 seconds • makes: 480ml

30ml white crème
de cacao
30ml green crème
de menthe
80ml semi-skimmed milk
240g vanilla ice cream
3 ice cubes

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

Nutritional Information Per 240ml Serving: 266 calories • 8g total fat • 5g saturated fat • 34mg cholesterol • 31g carbohydrates • 1g fibre • 4g protein • 77mg sodium • 29g sugar





beverages

PEACH DAIQUIRI

preparation: 3 minutes • processing: 1 minute • makes: 1.2 litres

- 120ml orange juice
- 180ml light rum
- 1 tbsp coconut cream
- 300g peeled peach slices, frozen
- 1 tbsp sugar
- 14 ice cubes

This recipe can be reduced by half and made in smaller containers.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Nutritional Information Per 240ml Serving: 163 calories • 1g total fat • 1g saturated fat • 0mg cholesterol • 20g carbohydrates • 1g fibre • 1g protein • 3mg sodium • 19g sugar

beverages

FROZEN BLOODY MARY

preparation: 5 minutes • processing: 30 seconds • makes: 720ml

240ml tomato juice
120ml vodka
30ml lemon juice
1 carrot, peeled
2 celery leaves
1/4-1/2 tsp coarse salt
a dash of
Worcestershire sauce
a dash of freshly ground
black pepper
a few drops of
Tabasco sauce
7 ice cubes

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

Nutritional Information Per 240ml Serving: 112 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 6g carbohydrates • 1g fibre • 1g protein • 429mg sodium • 4g sugar



beverages

FROZEN IRISH COFFEE

preparation: 5 minutes • processing: 30 seconds • makes: 720ml

60ml Irish whiskey
120-180ml simple syrup
(Page 66)
3 tsp instant
coffee granules
21 ice cubes

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

Nutritional Information Per 240ml Serving: 149 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 29g carbohydrates • 0g fibre • 0g protein • 0mg sodium • 28g sugar

FROZEN FUZZY NAVEL

preparation: 5 minutes • processing: 30 seconds • makes: 600ml

30ml peach schnapps
30ml triple sec
120ml orange juice
1 orange, peeled and
cut in half
380g peeled peach
slices, frozen

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

Nutritional Information Per 240ml Serving: 194 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 37g carbohydrates • 3g fibre • 1g protein • 2mg sodium • 27g sugar





beverages

SIMPLE SYRUP

preparation: 2 minutes • cook time: 10 minutes • makes: 420ml

200g granulated sugar
240ml water

This recipe is needed to make a few of the cocktail recipes in this section and is a staple for many bar drinks.

1. In a medium saucepan combine the sugar and water. Bring to the boil, stirring, until the sugar has dissolved.
2. Allow to cool before incorporating into recipes.

Nutritional Information Per 1 Tbsp Serving: 28 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 7g carbohydrates • 0g fibre • 1g protein • 0mg sodium • 7g sugar

COLADA COLLISION

preparation: 5 minutes • processing: 30 seconds • makes: 720ml

60ml rum
90ml coconut cream
170g fresh
pineapple chunks
1 medium ripe banana,
peeled, frozen
14 ice cubes

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

Nutritional Information Per 240ml Serving: 155 calories • 5g total fat • 4g saturated fat • 0mg cholesterol • 17g carbohydrates • 2g fibre • 1g protein • 15mg sodium • 11g sugar



beverages

LIMONCELLO LEMONADE

preparation: 5 minutes • processing: 15 seconds • makes: 720ml

120ml limoncello
120ml triple sec
120ml sour mix
120ml lemon lime soda
7 ice cubes

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 15 seconds or until the desired consistency is reached.

Nutritional Information Per 240ml Serving: 278 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 36g carbohydrates • 0g fibre • 0g protein • 52mg sodium • 32g sugar

beverages

MELON SOUR

preparation: 5 minutes • processing: 15 seconds • makes: 720ml

60ml vodka	1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
310g cantaloupe melon, diced	2. Select Variable 1.
60ml simple syrup (Page 66)	3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
60ml sweet and sour mix	4. Blend for 15 seconds or until the desired consistency is reached.
30ml lemon juice	
14 ice cubes	

Nutritional Information Per 240ml Serving: 176 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 33g carbohydrates • 1g fibre • 1g protein • 32mg sodium • 32g sugar



beverages

SPARKLING CHAMPAGNE SMOOTHIE

preparation: 5 minutes • processing: 30 seconds • makes: 600ml

240g natural or fruit-flavoured yogurt

300g fresh or frozen fruit of your choice

a pinch of freshly grated nutmeg

180ml chilled champagne

1. Put the yogurt, fruit and nutmeg into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds or until the desired consistency is reached.
5. Pour into glasses, filling three-quarters full. Top up with champagne, and gently stir to combine.

Nutritional Information Per 240ml Serving: 140 calories • 1g total fat • 1g saturated fat • 5mg cholesterol • 20g carbohydrates • 3g fibre • 5g protein • 60mg sodium • 12g sugar

soups

ACORN SQUASH SOUP

preparation: 5 minutes • processing: 5 minutes • makes: 960ml

480ml chicken broth
120ml low-fat
evaporated milk
1/2 medium acorn squash
or 1/2 small butternut
squash, peeled, deseeded
and cooked
1 tsp maple syrup
a pinch of freshly
grated nutmeg
1/4 tsp ground cinnamon
salt and freshly ground
black pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 5 minutes or until heavy steam escapes from the vented lid.
5. Season to taste with salt and pepper.



Nutritional Information Per 240ml Serving: 70 calories • 1g total fat • 0g saturated fat • 1mg cholesterol • 11g carbohydrates • 1g fibre • 5g protein • 420mg sodium • 5g sugar





soups

CHEDDAR POTATO SOUP WITH BACON

preparation: 5 minutes • processing: 5–6 minutes • makes: 960ml

480ml skimmed milk
2 medium floury potatoes,
such as Maris Piper,
scrubbed and baked,
with skin
40g grated, low-fat
Cheddar cheese
1/4 small onion,
sliced and sautéed
1/2 tsp dried dill
1/2 tsp dried rosemary
1/2 tsp salt
55g turkey bacon, or
lean bacon, cooked
and crumbled

1. Put the milk, 1 potato, the cheese, onion, dill, rosemary and salt into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 5–6 minutes or until heavy steam escapes from the vented lid.
5. Reduce the speed to Variable 3.
6. Remove the lid plug. Drop in the remaining potato and the bacon through the lid plug opening. Blend for a further 10 seconds until chopped.



Nutritional Information Per 240ml Serving: 203 calories • 5g total fat • 2g saturated fat • 17mg cholesterol • 26g carbohydrates • 1g fibre • 13g protein • 763mg sodium • 2g sugar





soups

BROCCOLI CHEESE SOUP

preparation: 5 minutes • processing: 5-6 minutes • makes: 480ml

240ml skimmed or
semi-skimmed milk
40g grated, low-fat
Cheddar cheese
100g fresh or frozen
broccoli or cauliflower
florets, chopped
and steamed
1 tsp diced onion
1/4 tsp chicken or
vegetable bouillon

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.



Nutritional Information Per 240ml Serving: 112 calories • 2g total fat • 1g saturated fat • 7mg cholesterol • 12g carbohydrates • 1g fibre • 12g protein • 228mg sodium • 1g sugar



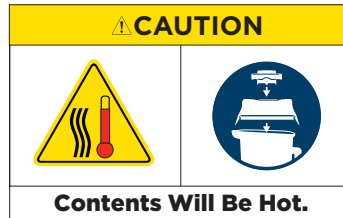
soups

CABBAGE SOUP

preparation: 8 minutes • processing: 6–7 minutes • makes: 960ml

480ml chicken stock
30ml white wine
1 medium onion,
peeled and cut
into quarters
1/2 medium carrot, peeled
1 large floury potato,
such as Maris Piper,
scrubbed, baked and cut
into quarters
1/4 tsp caraway seeds
1 tsp dried dill seeds
1/4 tsp Tabasco sauce
1/2 tsp salt
1/8 tsp freshly ground
black pepper
350g cabbage, chopped

1. Put all the ingredients, except the cabbage, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6–7 minutes or until heavy steam escapes from the vented lid.
5. Meanwhile, cook the cabbage in a large frying pan with 240ml water until tender.
6. Drain the excess water. Put the cooked cabbage into serving bowls and pour the soup over.



Nutritional Information Per 240ml Serving: 133 calories • 1g total fat • 0g saturated fat • 0mg cholesterol • 25g carbohydrates • 5g fibre • 6g protein • 708mg sodium • 6g sugar





soups

CHILLED MINTED MELON SOUP

preparation: 5 minutes • processing: 1 minute • chilling time: 3 hours • makes: 960ml

120ml water
120ml skimmed or
soya milk
1 1/2 tbsp honey
1/2 medium honeydew
melon, peeled, seeded
and diced
1/2 small lime, peeled
3 large mint leaves

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute. Chill for at least 3 hours before serving.

Nutritional Information Per 240ml Serving: 88 calories • 0g total fat • 0g saturated fat • 1mg cholesterol • 21g carbohydrates • 2g fibre • 2g protein • 44mg sodium • 17g sugar

COLD TOMATO SOUP WITH PRAWNS

preparation: 5 minutes • processing: 15 seconds • makes: 600ml

245g natural
low-fat yogurt
1 ripe tomato,
cut into quarters
1/2 shallot, peeled
1/4 tsp dried dill
115g cooked prawns, diced
dill sprigs, to garnish

1. Put the first four ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 15 seconds until smooth.
5. Divide the cooked prawns into soup bowls. Pour the soup over the prawns and garnish with dill sprigs.

Nutritional Information Per 240ml Serving: 126 calories • 2g total fat • 1g saturated fat • 94mg cholesterol • 11g carbohydrates • 1g fibre • 15g protein • 174mg sodium • 9g sugar



soups

CREAM OF CELERY SOUP

preparation: 10 minutes • processing: 6–7 minutes • makes: 960ml

400ml chicken stock
1/4 small onion, peeled
320g celery, chopped
25g parsnips, scrubbed
and chopped
1/2 small potato,
scrubbed and baked
1/2 garlic clove, peeled
a pinch of white pepper
1/3 tsp salt
3 tbsp single or double
cream, or milk

1. Put all the ingredients, except the cream, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6–7 minutes or until heavy steam escapes from the vented lid.
5. Reduce the speed to Variable 4 and remove the lid plug.
6. Add the cream through the lid plug opening and blend for a further 15 seconds.



Nutritional Information Per 240ml Serving: 74 calories • 2g total fat • 1g saturated fat • 4mg cholesterol • 11g carbohydrates • 2g fibre • 4g protein • 607mg sodium • 2g sugar





soups

GINGERED CARROT ORANGE SOUP

preparation: 10 minutes • processing: 30–45 seconds • makes: 1.2 litres

450g carrots, chopped
2 medium onions,
peeled and sliced
2.5cm cube of fresh root
ginger, peeled, or 1 1/2 tsp
ginger paste (Page 155)
2 tbsp low-fat
butter spread
950ml vegetable or
chicken stock
3 oranges, peeled and
cut into halves
5mm strip orange zest
salt and freshly ground
black pepper

This recipe can be
reduced by half and made
in smaller containers.

1. Gently fry the carrots, onions and ginger in the butter spread until soft.
2. Add 480ml of the stock and simmer until tender.
3. Put the oranges, orange zest and cooked vegetable mixture into the Vitamix container and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 30–45 seconds until smooth. Adjust the consistency with the remaining stock.
7. Season to taste with salt and pepper.



Serve hot or cold. Garnish with low-fat soured cream and chopped coriander.

Nutritional Information Per 240ml Serving: 159 calories • 3g total fat • 1g saturated fat • 0mg cholesterol • 27g carbohydrates • 6g fibre • 6g protein • 709mg sodium • 17g sugar







soups

MINESTRONE SOUP

preparation: 10 minutes • processing: 6–7 minutes • makes: 960ml

240ml chicken stock
2 tomatoes, cut into quarters or 1/2 x 400g tin chopped tomatoes
1/2 garlic clove, peeled
1 baby carrot
1/2 small onion, peeled
1/2 celery stick
a pinch of freshly ground black pepper
1/8 tsp dried oregano
1/8 tsp dried basil
1/4 tsp salt
1 tbs tomato purée
60g tinned chickpeas, rinsed and drained
65g courgettes, diced and steamed
130g tinned red kidney beans, rinsed and drained
50g tinned sweetcorn, drained
25g Pecorino cheese, grated (optional)

1. Put all the ingredients, except the chickpeas, courgettes, kidney beans, sweetcorn and cheese into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6–7 minutes or until heavy steam escapes from the vented lid.
5. Reduce the speed to Variable 2 and remove the lid plug.
6. Add the chickpeas, courgettes, kidney beans, sweetcorn and cheese through the lid plug opening. Replace the lid plug.
7. Blend for 15–20 seconds.



Nutritional Information Per 240ml Serving: 84 calories • 1g total fat • 0g saturated fat • 0mg cholesterol • 15g carbohydrates • 3g fibre • 5g protein • 567mg sodium • 3g sugar



soups

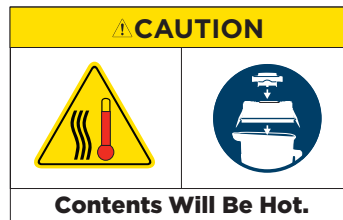
POTATO AND SPINACH SOUP

preparation: 10 minutes • processing: 6–7 minutes • makes: 1.2 litres

720ml vegetable stock
2 potatoes, scrubbed,
baked and cut into
quarters, with skin
1/8 onion, peeled
1/3 tsp dried rosemary
20g frozen spinach

This recipe can be
reduced by half and made
in smaller containers.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6–7 minutes or until heavy steam escapes from the vented lid.



Nutritional Information Per 240ml Serving: 108 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 24g carbohydrates • 3g fibre • 3g protein • 553mg sodium • 3g sugar



soups

THAI PUMPKIN SOUP

preparation: 10 minutes • processing: 25 seconds • makes: 960ml

1/2 large onion, chopped
1 tbsp olive oil
1/2 tbsp tomato purée
300g tinned pumpkin
or cooked and mashed
pumpkin or squash
1 tbsp fresh root ginger,
peeled and chopped, or
ginger paste (Page 155)
1/2 garlic clove,
peeled and chopped
360ml chicken or
vegetable stock
1/2 tbsp chopped
green chillies
80ml coconut cream
80ml coconut milk
1/2 tbsp lemon juice
salt and freshly ground
black pepper

1. Gently fry the onion in the olive oil until soft. Add the tomato purée, pumpkin, ginger paste, garlic and stock. Combine until thoroughly heated through.
2. Put the mixture into the Vitamix container. Add the chillies, coconut cream, coconut milk and lemon juice, and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 10, then to High.
5. Blend for 25 seconds.
6. Season to taste with salt and pepper.



Garnish with chopped coriander, chopped peanuts and soured cream.

Nutritional Information Per 240ml Serving: 176 calories • 14g total fat • 9g saturated fat • 0mg cholesterol • 12g carbohydrates • 3g fibre • 4g protein • 324mg sodium • 5g sugar



This recipe contains coconut cream and coconut milk. If a less sweet soup is desired, omit the coconut cream and increase the coconut milk to 160ml.







soups

QUICK MISO FISH SOUP

preparation: 10 minutes • processing: 35 seconds • cook: 3 minutes • makes: 4 servings

3 spring onions,
cut into halves

55g miso

1cm piece fresh root
ginger, peeled

840ml water

100g shiitake mushrooms,
stalks removed

200g shredded pak choi

125g rice noodles

1 tbsp tamari

225g skinless white fish
fillet, such as cod or
pollack, cut into cubes

a few coriander leaves

1. Put the spring onions into the Vitamix container and secure the lid.
2. Select Variable 1 and pulse on and off 2–3 times to chop. Transfer to a bowl and set aside.
3. Put the miso, ginger and water into the Vitamix container and secure the lid.
4. Select Variable 3. Turn the machine on and slowly increase the speed to Variable 10, then to High. Blend for 30 seconds.
5. Stop the machine and add the mushrooms. Select Variable 1 and pulse on and off 2–3 times until coarsely chopped.
6. Transfer the soup to a saucepan and add the pak choi, noodles, tamari and fish. Simmer over medium heat for 3 minutes or until the noodles are tender and the fish is cooked.
7. Garnish with coriander leaves and serve.



Nutritional Information Per Serving: 232 calories • 2g total fat • 0g saturated fat • 40mg cholesterol • 41g carbohydrates • 2g fibre • 14g protein • 1015mg sodium • 1g sugar



soups

COURGETTE SOUP

preparation: 8 minutes • processing: 6–7 minutes • makes: 960ml

480ml chicken stock
120ml single or double
cream, or milk
1 tsp lemon juice
1 medium
courgette, chopped
1 medium carrot, halved
1/2 celery stick
1 tsp chopped
green pepper
1/2 potato, scrubbed
and baked
salt and freshly ground
black pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6–7 minutes or until heavy steam escapes from the vented lid.
5. Season to taste with salt and pepper.



Nutritional Information Per 240ml Serving: 109 calories • 4g total fat • 2g saturated fat • 11mg cholesterol • 13g carbohydrates • 2g fibre • 5g protein • 417mg sodium • 2g sugar



dips & spreads

BUTTER

preparation: 5 minutes • processing: 1 minute • makes: 360g

480ml whipping cream
1/8-1/4 tsp salt,
to taste

Create flavoured butters
by adding sun-dried
tomatoes, herbs or
cinnamon in step 1.

NOTE: over-processing will cause serious overheating to your machine and can cause damage to your container. Do not process for more than 1 minute after the mixture starts circulating.

1. Put the cream into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend until the mixture is thick and you hear a change in the sound of the machine.
5. Stop the machine and scrape down the sides of the container with a spatula to bring the ingredients into the centre of the container.
6. Reset the machine to Variable 5.
7. Turn the machine on and blend for 5 seconds, stop and scrape the sides again.
8. Repeat this process several times until you see the mixture start to flow easier and fluid appears.
9. Blend for a few seconds more until solid butter starts to set up in the centre of the container on top of the blades.
10. Put the butter into a fine sieve to drain.
11. Transfer the butter to a bowl and add salt to taste. Work the butter using a spatula to remove as much of the liquid as possible. Store in an airtight container.

Nutritional Information Per 1 Tbsp Serving: 68 calories • 7g total fat • 5g saturated fat • 27mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 32mg sodium • 0g sugar







dips & spreads

PEANUT BUTTER

preparation: 2 minutes • processing: 1 minute • makes: 420g

440g unsalted
roasted peanuts

Almond Butter: use
roasted almonds. Add
60ml rapeseed oil to the
nuts to start circulating.
Add more oil, 60ml at a
time, if necessary. Chill and
pour off the excess oil the
next day.

NOTE: over-processing will cause serious overheating to
your machine and can cause damage to your container.
Do not process for more than 1 minute after the mixture
starts circulating.

1. Put all the ingredients into the Vitamix container and
secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to
Variable 10, then to High, using the tamper to press
the ingredients into the blades.
4. In 1 minute you will hear a high-pitched chugging
sound. Once the butter begins to flow freely through
the blades, the motor sound will change and become
low and labouring. Stop the machine.
5. Store in an airtight container. It can also be frozen for
longer storage.

Nutritional Information Per 2 Tbsp Serving: 183 calories • 16g total fat • 2g saturated fat •
Omg cholesterol • 7g carbohydrates • 3g fibre • 7g protein • 2mg sodium • 1g sugar



dips & spreads

FRUIT PRESERVE

preparation: 5 minutes • processing: 1 1/2–2 minutes • makes: 960g

240g fresh or frozen fruit,
cut into large pieces

320ml water

2 tbsp from a sachet of
fruit pectin

400g granulated sugar

1. Put the fruit and water into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 1/2–2 minutes until smooth.
5. Pour the contents into a 1 litre measuring jug. Add more water to equal 600ml if necessary.
6. Transfer to a flameproof casserole or heavy-based saucepan and stir in the fruit pectin.
7. Put over high heat, stirring constantly until the mixture comes to a boil.
8. Add the sugar and bring to a full rolling boil for 1 minute.
9. If bottling, follow standard preserving procedures.
10. If storing in a refrigerator, put into a container. The preserve can be stored for up to 4 weeks.

Nutritional Information Per 2 Tbsp Serving: 80 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 21g carbohydrates • 0g fibre • 0g protein • 2mg sodium • 19g sugar

dips & spreads

HUMMUS

preparation: 5 minutes • processing: 1 minute • makes: 360g

2 x 400g tins chickpeas,
1 rinsed and drained,
1 with liquid
35g sesame seeds
1 tbsp olive oil
60ml lemon juice
1 garlic clove, peeled
1 tsp ground cumin
salt

1. Put all the ingredients, except the salt, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Season to taste with salt.

Nutritional Information Per 2 Tbsp Serving: 75 calories • 2g total fat • 0g saturated fat • 0mg cholesterol • 12g carbohydrates • 2g fibre • 4g protein • 145mg sodium • 0g sugar





dips & spreads

CALIFORNIA SALSA

preparation: 5 minutes • processing: 25–30 seconds • makes: 1.2kg

1/2 medium onion, peeled
1 jalapeño chilli, deseeded
5g coriander leaves
1 tsp lemon juice
1 tsp salt (optional)
6 ripe plum tomatoes,
cut into quarters

This recipe can be
reduced by half and made
in smaller containers.

1. Put the first five ingredients and six of the tomato quarters into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 5.
4. Blend for 15–20 seconds, using the tamper to press the ingredients into the blades.
5. Reduce the speed to Variable 3 and remove the lid plug. Add the remaining tomatoes through the lid plug opening.
6. Blend for a further 10 seconds, using the tamper to press the ingredients into the blades. Do not over-mix, leave chunky.

Nutritional Information Per 2 Tbsp Serving: 5 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 2mg sodium • 1g sugar



dips & spreads

STRAWBERRY SALSA

preparation: 10 minutes • processing: 20–30 seconds • makes: 960g

1 cucumber, cut into quarters
1 spring onion, cut in half
1 tbsp chopped coriander
3–4 tbsp rice wine vinegar
300g strawberries
1 yellow pepper, cut into quarters and deseeded
salt and freshly ground black pepper

1. Put all the ingredients, except the salt and pepper, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 4.
4. Blend for 20–30 seconds, using the tamper to press the ingredients into the blades. Do not over-mix, leave chunky.
5. Season to taste with salt and pepper. Serve with rice crackers or with grilled poultry or fish.

Nutritional Information Per 2 Tbsp Serving: 6 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 1mg sodium • 1g sugar



dips & spreads

GUACAMOLE

preparation: 5 minutes • processing: 15–20 seconds • makes: 360g

2 ripe avocados,
peeled and pitted
1 tsp salt
2 tbsp lemon juice
40g onion, chopped
1 medium tomato,
cut in half
10g coriander leaves

For a spicy guacamole,
add 1/2 medium-hot chilli
during step 1. Garnish
with diced tomato and
chopped coriander.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 3.
4. Blend for 15–20 seconds, using the tamper to press the ingredients into the blades.
5. You may need to stop the machine and run a spatula around the inside of the container to integrate the ingredients.
6. Do not over-mix. Leave chunky. Serve with tortilla chips.

Garnish with diced tomato and parsley.

Nutritional Information Per 2 Tbsp Serving: 31 calories • 3g total fat • 0g saturated fat • 0mg cholesterol • 2g carbohydrates • 1g fibre • 0g protein • 150mg sodium • 1g sugar





dips & spreads

MOCK-AMOLE

preparation: 5 minutes • processing: 10–15 seconds • makes: 480g

2 tomatoes, cut into halves
2 tbsp lemon juice
2 x 400g tins cannellini
beans, drained
1 garlic clove, peeled
2 tbsp chopped parsley
20g basil leaves
1/2 tsp salt
1/2 tsp freshly ground
black pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 10–15 seconds, using the tamper to press the ingredients into the blades.
5. Serve with tortilla chips.

Nutritional Information Per 2 Tbsp Serving: 59 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 11g carbohydrates • 3g fibre • 4g protein • 77mg sodium • 0g sugar



This is a low-fat alternative to traditional guacamole.



dips & spreads

MAYONNAISE

preparation: 5 minutes • processing: 1 minute • makes: 780g

Use room-temperature ingredients.

3 eggs or 180ml
egg substitute

1 1/4 tsp dry mustard

1 1/2 tsp salt

60ml lemon juice

420ml rapeseed oil

1. Put the eggs, mustard, salt and lemon juice into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. While the machine is running, remove the lid plug and slowly pour the oil in a thin, steady stream through the lid plug opening until completely used and the mixture thickens (about 1 minute).
5. Stop the machine and stir in any oil sitting on top.
6. Store in the refrigerator in a separate container and use within 2-4 weeks.

Nutritional Information Per 1 Tbsp Serving: 70 calories • 7g total fat • 1g saturated fat • 0mg cholesterol • 0g carbohydrates • 0g fibre • 0g protein • 75mg sodium • 0g sugar



dips & spreads

SPINACH ARTICHOKE DIP

preparation: 5 minutes • processing: 20 seconds • baking time: 20–25 minutes • makes: 660g

120g low-fat mayonnaise
120g low-fat soured cream
1 peeled lemon
slice, deseeded
280g frozen spinach,
thawed and drained
1/8 tsp salt
1/8 tsp freshly ground
black pepper
1 garlic clove, peeled
25g freshly grated
Parmesan cheese
85g frozen and cooked
artichoke hearts or tinned
artichoke hearts, drained

1. Preheat the oven to 180°C/Gas 4.
2. Put all the ingredients, except the artichoke hearts, into the Vitamix container in the order listed and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 4.
5. Blend for 15 seconds. Remove the lid plug.
6. Add the artichokes through the lid plug opening.
7. Blend for a further 5 seconds.
8. Pour into an ovenproof dish and bake uncovered for 20–25 minutes or until bubbly.

Nutritional Information Per 2 Tbsp Serving: 35 calories • 2g total fat • 1g saturated fat • 3mg cholesterol • 2g carbohydrates • 1g fibre • 1g protein • 92mg sodium • 1g sugar

dips & spreads

BEETROOT, SALMON AND MASCARPONE PÂTÉ

preparation: 5 minutes • processing: 15 seconds • makes: 600g

340g mascarpone cheese

1 tbsp lemon juice

55g cooked beetroot

140g smoked salmon

1/4 tsp dried dill

freshly ground
black pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 5.
4. Blend for 15 seconds, using the tamper to press the ingredients into the blades.
5. Transfer to a bowl and season with pepper.
6. Cover and chill until ready to serve.

Because of the delicate nature of the pâté, it is best eaten within 24 hours.

Nutritional Information Per 60g Serving: 165 calories • 16g total fat • 9g saturated fat • 46mg cholesterol • 1g carbohydrates • 0g fibre • 5g protein • 140mg sodium • 0g sugar

sauces

APPLE SAUCE

preparation: 5 minutes • processing: 30 seconds • makes: 360g

4 medium apples,
unpeeled, cut into
quarters and cored
2 tbsp lemon juice

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 2 for chunky or to Variable 5 for a puréed consistency.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.

Nutritional Information Per 8 Tbsp Serving: 91 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 24g carbohydrates • 2g fibre • 1g protein • 0mg sodium • 19g sugar





sauces

FRESH FRUIT SYRUP

preparation: 5 minutes • processing: 3–4 minutes • makes: 360ml

450g fresh or thawed
frozen fruit
100–200g caster sugar
1 tsp lemon juice

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 3–4 minutes.

Use on pancakes, waffles or crêpes. Or, mix 30ml of syrup with 240–360ml of soda water and ice for a refreshing beverage.

Nutritional information based on using blueberries. Per 2 Tbsp Serving: 52 calories •
0g total fat • 0g saturated fat • 0mg cholesterol • 13g carbohydrates • 1g fibre • 0g protein •
0mg sodium • 12g sugar



For a traditional, thicker syrup, put the mixture into a saucepan and cook on medium heat for 30 minutes.



sauces

CREAMY PROVENÇALE BASIL SAUCE

preparation: 5 minutes • processing: 30 seconds • makes: 240ml

2 tbsp double cream
85g low-fat cream cheese
1 plum tomato, cut in half
1 garlic clove, peeled
9 basil leaves
salt and freshly ground
black pepper

1. Put all the ingredients, except the salt and pepper, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and quickly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades. Season to taste with salt and pepper.

Serve as a sauce with salmon or use as a dip for fresh vegetables.

Nutritional Information Per 60ml Serving: 76 calories • 6g total fat • 4g saturated fat • 21mg cholesterol • 2g carbohydrates • 0g fibre • 3g protein • 88mg sodium • 1g sugar

sauc

CHIPOTLE CREAM SAUCE

preparation: 5 minutes • processing: 5-6 minutes • makes: 480ml

- 170g light tofu
- 3/4 tbsp very low-fat cream cheese
- 1/4 tsp garlic powder or 1 small garlic clove, peeled
- 3 tbsp freshly grated Parmesan cheese
- 2 tbsp freshly grated Pecorino cheese
- 30g low-fat butter spread
- 1/4 tsp white pepper
- 1/2 tinned chipotle pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and quickly increase the speed to Variable 10, then to High.
4. Blend for 5-6 minutes until smooth and hot.
5. Toss with hot pasta and serve.

CAUTION





Contents Will Be Hot.

Nutritional Information Per 60ml Serving: 37 calories • 2g total fat • 1g saturated fat • 4mg cholesterol • 1g carbohydrates • 0g fibre • 3g protein • 101mg sodium • 0g sugar



Tinned chipotle peppers tend to be very spicy! Adjust the amount according to your personal taste.



105



sauc

FRESH GINGER ALL-PURPOSE SAUCE

preparation: 5 minutes • processing: 30 seconds • makes: 360ml

2.5cm piece fresh root ginger or 1 tsp ginger paste (Page 155)
100g silken tofu
120g low-fat soured cream
1 garlic clove, peeled
2 tsp soy sauce
1 lemon, peeled, cut in half and deseeded
a thin strip of lemon zest
1 spring onion, thinly sliced

- 1. Put all the ingredients, except the spring onion, into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 30 seconds.
- 5. Stir in the spring onion.

Serve as a dip with fresh vegetables or as a sauce with grilled seafood or poultry.

Nutritional Information Per 60ml Serving: 48 calories • 3g total fat • 2g saturated fat • 10mg cholesterol • 3g carbohydrates • 0g fibre • 2g protein • 120mg sodium • 2g sugar

sauces

FRESH TOMATO AND CAPER SAUCE

preparation: 5 minutes • processing: 10 seconds • makes: 660ml

2 tbsp olive oil
1 tbsp red wine vinegar
4 plum tomatoes, cut
into halves
1 1/2 celery
sticks, chopped
1 tsp dried oregano
3 basil leaves
2 tbsp capers, drained
salt and freshly ground
black pepper

1. Put all the ingredients, except the salt and pepper, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 10 seconds, using the tamper to press the ingredients into the blades.
5. Season to taste with salt and pepper.

Toss with hot cooked pasta or serve alongside
grilled seafood.

Nutritional Information Per 60ml Serving: 28 calories • 3g total fat • 0g saturated fat •
0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 75mg sodium • 1g sugar

sauc

PESTO SAUCE

preparation: 5 minutes • processing: 1 minute • makes: 360ml

120ml olive oil
50g freshly grated
Parmesan cheese
3 garlic cloves, peeled
80g basil leaves
3 tbsp pine nuts
salt and freshly ground
black pepper

- 1. Put all the ingredients, except the salt and pepper into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 7.
- 4. Blend for 1 minute, using the tamper to press the ingredients into the blades. Season to taste with salt and pepper.

The recipe makes enough sauce to coat 450g cooked pasta.

Nutritional Information Per 60g Serving: 229 calories • 23g total fat • 4g saturated fat • 7mg cholesterol • 2g carbohydrates • 1g fibre • 0g protein • 129mg sodium • 0g sugar



sauces

SUN-DRIED TOMATO CREAM SAUCE

preparation: 5 minutes • processing: 6 minutes • makes: 600ml

480ml semi-skimmed milk
3 tbsp tomato purée
1 tbsp very low-fat cream cheese
2 tbsp cornflour
1 tbsp butter or light butter spread
30–40g whole sun-dried tomatoes
1 tsp dried basil
1 tsp dried oregano
55g hard mozzarella cheese, grated
1/4 tsp dried chilli flakes
1 garlic clove, peeled
1 tsp salt

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.



Use this as an alternative to traditional cheese sauces for casseroles. Also great on pasta.

Nutritional Information Per 60ml Serving: 81 calories • 4g total fat • 2g saturated fat • 9mg cholesterol • 7g carbohydrates • 1g fibre • 4g protein • 369mg sodium • 3g sugar



sauces

TOMATO ALFREDO SAUCE

preparation: 3 minutes • processing: 6 minutes • makes: 720ml

4 plum tomatoes,
cut into halves

240ml very low-fat
evaporated or
semi-skimmed milk

225g low-fat
cottage cheese

30g low-fat butter spread

3 tbsp plain flour

salt and freshly ground
black pepper

1. Put all the ingredients, except the salt and pepper, into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.
5. Season to taste with salt and pepper.



Nutritional Information Per 60ml Serving: 60 calories • 3g total fat • 1g saturated fat • 7mg cholesterol • 5g carbohydrates • 0g fibre • 4g protein • 114mg sodium • 1g sugar



sauces

TOMATO BASIL SAUCE

preparation: 3 minutes • processing: 6 minutes • makes: 720ml

1 medium shallot, peeled
60ml balsamic vinegar
2 tbsp red wine vinegar
60g sun-dried tomatoes
1/2 tsp salt
6 basil leaves
1 garlic clove, peeled
60ml olive oil

1. Microwave the shallot and balsamic vinegar for 1 minute on High.
2. Put all the ingredients, except the olive oil, into the Vitamix container in the order listed and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 10, then to High.
5. Remove the lid plug and add the olive oil in a thin stream through the lid plug opening.
6. Blend for 1 minute.



This is a thick, concentrated sauce that will mellow on pasta. Toss 240ml of sauce with 450g of cooked pasta.

Nutritional Information Per 60ml Serving: 146 calories • 14g total fat • 2g saturated fat • 0mg cholesterol • 6g carbohydrates • 1g fibre • 1g protein • 463mg sodium • 4g sugar





sauc

MACARONI WITH CHEESE SAUCE

preparation: 5 minutes • processing: 4–5 minutes • makes: 1 litre

100g elbow macaroni, uncooked
cooking spray or oil,
for greasing
30g low-fat butter spread
2 tbsp plain flour
1/4 tsp salt
160ml skimmed milk
60g mild hard cheese, cubed

CRUMB TOPPING

2 slices of bread,
white or wholemeal
1 tsp low-fat butter spread
a dash of garlic powder
a dash of black pepper
a dash of dried oregano
a dash of onion powder
a dash of cayenne pepper

Season your sauces after
preparation to spark and
balance their flavour.



1. Preheat the oven to 180°C/Gas 4. Cook the macaroni according to the pack instructions. Drain.
2. Spray a 20 x 20cm baking dish with vegetable cooking spray or lightly grease it, then add the macaroni.
3. Put the butter, flour, salt and milk into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 3–4 minutes or until heavy steam escapes from the vented lid. As the mixture thickens, it will not splash as much.
7. Remove the lid plug and add the cheese through the lid plug opening.
8. Blend for 1 minute.
9. Pour the mixture over the macaroni and mix thoroughly. Cover with the crumb topping and bake until the top is golden brown, about 30 minutes.

TO MAKE THE CRUMB TOPPING

1. Toast and butter 2 pieces of bread and cut into quarters.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 4. Remove the lid plug.
4. Drop the bread through the lid plug opening. Blend until you have crumbs. Add the seasonings to the crumbs.

Nutritional Information Per 240ml Serving: 318 calories • 7g total fat • 3g saturated fat • 9mg cholesterol • 48g carbohydrates • 2g fibre • 13g protein • 629mg sodium • 4g sugar





bread & breakfast

AVOCADO BREAD

preparation: 5 minutes • processing: 40 seconds • baking time: 50–60 minutes
makes: 1 loaf (16 slices)

cooking spray or oil,
for greasing

375g unbleached flour

100g caster sugar

1 tsp bicarbonate of soda

1 tsp baking powder

1/8 tsp ground cinnamon

1 tsp salt

6 egg whites

60ml olive oil

1 1/2 tsp vanilla extract

1/4 tsp freshly
grated nutmeg

180ml water

225g avocado, peeled
and pitted

100g unsalted sunflower
seeds (optional)

For a denser loaf, use
half wholemeal flour
and half unbleached
white flour.

1. Preheat the oven to 180°C/Gas 4. Spray a 22 x 12cm loaf tin with cooking spray or lightly grease with oil.
2. Combine the flour, sugar, bicarbonate of soda, baking powder, cinnamon, and salt in a large bowl. Set aside.
3. Put the egg whites, oil, vanilla extract, nutmeg and water into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Reduce the speed to Variable 2 and remove the lid plug.
8. Drop the avocado and sunflower seeds in through the lid plug opening. Replace the lid plug.
9. Increase the speed to Variable 4 and blend for 10 seconds.
10. Pour the wet mixture into the dry mixture and fold until evenly incorporated.
11. Pour into the prepared loaf tin.
12. Bake for 50–60 minutes or until a knife inserted into the centre comes out clean.

Nutritional Information Per Slice: 184 calories • 7g total fat • 1g saturated fat • 0mg cholesterol • 26g carbohydrates • 2g fibre • 4g protein • 280mg sodium • 7g sugar









breads & breakfast

APPLE PANCAKES

preparation: 5 minutes • processing: 30 seconds • makes: 8-10 pancakes

120g wholemeal flour
 3 tsp baking powder
 1/2 tsp salt
 3 tbsp caster sugar
 1/4 tsp freshly
 grated nutmeg
 1/2 tsp bicarbonate
 of soda
 1 egg or 60ml egg
 substitute
 1 1/2 tsp low-fat
 butter spread
 1/4 tsp vanilla extract
 240ml soya milk
 or semi-skimmed milk
 1/2 medium apple, cored

1. Blend the first six ingredients in a medium bowl by hand. Set aside.
2. Put the egg, butter spread, vanilla extract, milk and apple into the Vitamix container in the order listed and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 10, then to High.
5. Blend for 30 seconds.
6. Pour the wet mixture into the dry mixture and mix by hand until incorporated.
7. Leave the batter to stand for 5-10 minutes before cooking to give the best texture and flavour.

Nutritional Information Per Pancake: 108 calories • 2g total fat • 1g saturated fat • 32mg cholesterol • 19g carbohydrates • 2g fibre • 4g protein • 441mg sodium • 6g sugar



breads & breakfast

BLUEBERRY BREAKFAST COBBLER

preparation: 5 minutes • processing: 30 seconds • baking time: 25–30 minutes
makes: 9–12 squares

cooking spray or oil,
for greasing

230g porridge oats

60g wholemeal flour

1 tsp baking powder

1/2 tsp ground cinnamon

1/2 tsp salt

360ml semi-skimmed
or soya milk

2 eggs or 120ml egg
substitute

60g low-fat butter spread

165g light soft
brown sugar

150g blueberries or
other fruit

1. Preheat the oven to 180°C/Gas 4. Spray a 23 x 23cm baking tin with cooking spray or lightly grease with oil.
2. Mix the first five ingredients together in a medium bowl. Set aside.
3. Put the milk, eggs, butter spread and sugar into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Pour the wet mixture into the dry mixture and mix well. Fold in the fruit.
8. Pour into the prepared baking tin.
9. Bake for 25–30 minutes or until light golden brown. Cool on a wire rack.

Serve with vanilla yogurt.

Nutritional Information Per Serving: 200 calories • 5g total fat • 1g saturated fat • 2mg cholesterol • 33g carbohydrates • 3g fibre • 6g protein • 207mg sodium • 16g sugar



breads & breakfast

BLUEBERRY ORANGE BREAD

preparation: 5 minutes • processing: 30 seconds • baking time: 60–70 minutes
makes: 1 loaf (16 slices)

cooking spray or oil,
for greasing

125g plain flour

120g wholemeal flour

1 tsp baking powder

1/4 tsp bicarbonate
of soda

1/2 tsp salt

30g low-fat butter spread

60ml water

100g caster sugar

1 egg or 60ml
egg substitute

1 orange, peeled and
cut in half

5mm strip of orange zest

145g fresh or thawed
frozen blueberries

1. Preheat the oven to 170°C/Gas 3. Spray a 22 x 12cm loaf tin with cooking spray or lightly grease with oil.
2. Combine the first five ingredients in a large bowl. Set aside.
3. Put the butter spread, water, sugar, egg, orange and orange zest into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Pour the liquid mixture into the dry ingredients and mix gently to combine. Fold in the blueberries.
8. Pour into the prepared loaf tin.
9. Bake for 60–70 minutes or until a knife inserted into the centre comes out clean.

Nutritional Information Per Slice: 99 calories • 1g total fat • 0g saturated fat • 15mg cholesterol • 20g carbohydrates • 2g fibre • 2g protein • 140mg sodium • 8g sugar





breads & breakfast

CARROT AND RAISIN MUFFINS

preparation: 10 minutes • processing: 37 seconds • baking time: 20–25 minutes
makes: 12 muffins

cooking spray (optional)
200g self-raising flour
1/2 tsp bicarbonate
of soda
1 tsp ground cinnamon
1 tsp mixed spice
100g raisins
100g carrots, chopped
2 eggs
150g caster sugar
160ml light olive oil

1. Preheat the oven to 180°C/Gas 4. Spray a 12-cup muffin tin with cooking spray or line with paper cases.
2. Put the flour, bicarbonate of soda, spices and raisins in a medium bowl and stir lightly. Set aside.
3. Put the carrots into the Vitamix container and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 6.
6. Blend for 6–7 seconds until very finely chopped. Stop the machine and remove the lid.
7. Add the eggs, sugar and oil to the carrots in the Vitamix container and secure the lid.
8. Select Variable 1.
9. Turn the machine on and slowly increase the speed to Variable 5. Blend for 30 seconds until thick and creamy.
10. Pour the carrot mixture into the flour mixture and fold to combine. Spoon the mixture into the muffin cups.
11. Bake for 20–25 minutes until golden brown. Transfer to a wire rack to cool, then serve.

These can be kept in an airtight container in the refrigerator for up to 5 days or frozen for up to 1 month.

Nutritional Information Per Muffin: 231 calories • 10g total fat • 2g saturated fat • 35mg cholesterol • 32g carbohydrates • 1g fibre • 3g protein • 295mg sodium • 17g sugar





breads & breakfast

POTATO CHEDDAR BREAKFAST BAKE

preparation: 10 minutes • processing: 30–35 seconds • baking time: 1 hour 20 minutes
serves: 9

cooking spray or oil,
for greasing

3 medium floury
potatoes, such as Maris
Piper, cubed

8 eggs or 480ml
egg substitute

480ml semi-skimmed
or soya milk

1/2 tsp salt

227g cheddar cheese,
cut into large cubes

40g green
pepper, chopped

40g onion, chopped

210g ham, diced

1. Preheat the oven to 180°C/Gas 4. Spray a 23 x 23cm baking tin with cooking spray or lightly grease with oil.
2. Hash the potatoes using the wet chop method. (See Getting Started guide.) Drain and reserve.
3. Put the eggs, milk, salt and cheese into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 20 seconds.
7. Reduce the speed to Variable 3 and remove the lid plug.
8. Add the peppers, onion, potatoes and ham through the lid plug opening.
9. Blend for 10–15 seconds.
10. Pour into the prepared tin.
11. Bake covered for 40–45 minutes.
12. Uncover and bake for another 30–35 minutes until firm and lightly browned.

Nutritional Information Per Serving: 267 calories • 13g total fat • 7g saturated fat • 44mg cholesterol • 17g carbohydrates • 2g fibre • 21g protein • 563mg sodium • 4g sugar



bread & breakfast

WHOLEMEAL WAFFLES

preparation: 3 minutes • processing: 30 seconds • makes: 8 waffles

120g wholemeal flour

125g plain flour

1 tbsp baking powder

1 tsp salt

480ml semi-skimmed
or soya milk

2 large eggs, beaten,
or 120ml egg substitute

2 tbsp sugar or honey

110g silken tofu

1. Combine the flours, baking powder, and salt in a medium bowl. Set aside.
2. Put the milk, eggs, sugar and tofu into the Vitamix container in the order listed and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 10, then to High.
5. Blend for 20 seconds.
6. Reduce the speed to Variable 4 and remove the lid plug.
7. Add the flour mixture slowly through the lid plug opening and blend for a further 10 seconds until incorporated.
8. Leave the batter to stand for 5-10 minutes before cooking to give the best texture and flavour.

Nutritional Information Per Waffle: 175 calories • 3g total fat • 1g saturated fat • 62mg cholesterol • 30g carbohydrates • 2g fibre • 8g protein • 526mg sodium • 7g sugar





breads & breakfast

VEGGIE TOFU SCRAMBLE

preparation: 5 minutes • processing: 5-10 seconds • cook time: 12 minutes • serves: 2

80g shallots or red onions,
coarsely chopped

45g jalapeño chillies,
deseeded

100g button mushrooms

210g silken tofu

1 tsp olive oil

1 tsp ground coriander

1/2 tsp ground cumin

1/4 tsp ground turmeric

1/2 small tomato, chopped

Be sure to use silken tofu
for this recipe.

1. Put the onions, chillies and mushrooms into the Vitamix container and secure the lid.
2. Select Variable 3.
3. Turn the machine on and off quickly 3-4 times to chop the vegetables. Pour into a bowl and set aside.
4. Put the tofu into the Vitamix container and secure the lid.
5. Select Variable 2.
6. Turn the machine on and off quickly twice.
7. Gently fry the chopped vegetables in olive oil until slightly softened. Add the seasonings and tofu to the fried mixture.
8. Stir occasionally until dry, about 8 minutes. Stir in the chopped tomatoes. Season to taste.

Nutritional Information Per Serving: 142 calories • 7g total fat • 1g saturated fat • 0mg cholesterol • 12g carbohydrates • 1g fibre • 11g protein • 19mg sodium • 2g sugar



This is a great vegan alternative to scrambled eggs.





bread & breakfast

WHOLEMEAL BANANA NUT QUICK BREAD

preparation: 5 minutes • processing: 10-15 seconds • baking time: 60 minutes
makes: 1 loaf (16 slices)

cooking spray or oil,
for greasing

200g wholemeal flour

2 tsp baking powder

1 tsp salt

1 egg or 60ml
egg substitute

130g caster sugar

60g low-fat butter spread

80ml skimmed milk

1 tsp grated lemon zest

2 ripe bananas, peeled

60g apple sauce

80g walnuts, chopped,
reserve 3 tbsp for
the topping

1. Preheat the oven to 180°C/Gas 4. Spray a 22 x 12cm loaf tin with cooking spray or lightly grease with oil.
2. Combine the flour, baking powder and salt in a medium bowl. Set aside.
3. Put the egg, sugar, butter spread, milk, lemon zest, bananas and apple sauce into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 5.
6. Blend for 10-15 seconds or until mixed.
7. Pour the batter into the dry ingredients and mix gently by hand to combine.
8. Stir the nuts into the batter, reserving 3 tbsp to sprinkle over the top.
9. Pour the batter into prepared loaf tin.
10. Bake for 60 minutes or until a knife inserted into the centre comes out clean.

Nutritional Information Per Slice: 139 calories • 5g total fat • 1g saturated fat • 0mg cholesterol • 22g carbohydrates • 2g fibre • 4g protein • 240mg sodium • 10g sugar

breads & breakfast

RAISIN ALMOND BREAKFAST SPREAD

preparation: 5 minutes • processing: 1 minute • makes: 720g

2 tbsp honey or agave nectar 145g raw almonds 5cm piece of fresh root ginger or 1 tbsp ginger paste (Page 155) 2 tbsp raw sesame seeds 70-145g raisins or 4 dates and 4 ready-to-eat dried apricots	<ol style="list-style-type: none"> Put all the ingredients into the Vitamix container in the order listed and secure the lid. Select Variable 1. Turn the machine on and slowly increase the speed to Variable 10, then to High. Blend for 1 minute, using the tamper to press the ingredients into the blades. <p>Spread on warm toast and top with sliced bananas for a healthy and hearty breakfast.</p>
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Nutritional Information Per 2 Tbsp Serving: 64 calories • 3g total fat • 0g saturated fat • 0mg cholesterol • 8g carbohydrates • 1g fibre • 2g protein • 1mg sodium • 6g sugar



bread & breakfast

DOUGHNUT MUFFINS

preparation: 5 minutes • processing: 45 seconds • makes: 12 muffins

cooking spray (optional)
90g plain flour
90g wholemeal flour
1 1/2 tsp baking powder
1/2 tsp salt
1/4 tsp freshly
grated nutmeg
120ml semi-skimmed
or soya milk
1 egg or 60ml
egg substitute
80g low-fat butter spread
100g caster sugar

1. Preheat the oven to 180°C/Gas 4. Spray a 12-cup muffin tin with cooking spray or line with paper cases.
2. Mix the first five ingredients together in a medium bowl. Set aside.
3. Put the milk, egg, butter spread and sugar into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Blend for 45 seconds.
7. Pour the wet mixture into the dry mixture and stir until just moistened.
8. Pour into the prepared muffin cups.
9. Bake for 20 minutes or until light golden brown. Cool on wire racks.
10. Toss the muffins in cinnamon sugar while still warm.

Nutritional Information Per Muffin: 116 calories • 3g total fat • 1g saturated fat • 1mg cholesterol • 21g carbohydrates • 1g fibre • 3g protein • 211mg sodium • 9g sugar



desserts

BAKED APPLE CRUMB

preparation: 10 minutes • processing: 2 minutes • baking time: 45 minutes • serves: 12

cooking spray or oil,
for greasing

60ml egg whites

60ml honey

1/2 lemon, peeled
and deseeded

4 apples, cut into quarters
and cored

90g dates, pitted

2 tbsp flax seeds

1/4 tsp freshly
grated nutmeg

1 tsp ground cinnamon

120g wholemeal flour

300g porridge oats

1/2 tsp salt

1/2 tsp baking powder

50g walnuts

2 tbsp soft light
brown sugar

1. Preheat the oven to 180°C/Gas 4. Spray a 23 x 23cm baking tin with cooking spray or lightly grease with oil.
2. Put the egg whites, honey, lemon, apples, dates, flax seeds, nutmeg and cinnamon into the Vitamix container in the order listed and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 10, then to High.
5. Blend for 1 1/2 minutes, using the tamper to press the ingredients into the blades.
6. Put the flour, oats, salt and baking powder into a large bowl and gently combine.
7. Pour the liquid mixture into the dry mixture and stir together by hand.
8. Pour into the prepared baking tin. Clean and dry the container.
9. Add the walnuts and brown sugar to the Vitamix container and secure the lid.
10. Select Variable 1.
11. Turn the machine on and slowly increase the speed to Variable 2 until chopped.
12. Pour over the batter in the baking tin. Bake for 45 minutes.

Nutritional Information Per Serving: 255 calories • 6g total fat • 1g saturated fat • 0mg cholesterol • 46g carbohydrates • 7g fibre • 8g protein • 130mg sodium • 18g sugar







desserts

CHOCOLATE AND COOKIES FREEZE

preparation: 5 minutes • processing: 30–60 seconds • serves: 8

3 chocolate chip cookies
240ml chocolate milk
60ml honey
2 tbsp cocoa powder
2 tbsp dried skimmed milk
2 bananas, peeled
and frozen
14 ice cubes

1. Put the cookies into the Vitamix container and secure the lid.
2. Select Variable 2 and pulse on and off 1–2 times to break up the cookies into small pieces. Transfer to a bowl and set aside.
3. Put the remaining ingredients into the Vitamix container in the order listed and secure the lid.
4. Select Variable 1.
5. Turn the machine on and slowly increase the speed to Variable 10, then to High.
6. Use the tamper to press the ingredients into the blades. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
7. Stop the machine. Stir in the cookies and serve immediately.

Nutritional Information Per 120g Serving: 120 calories • 2g total fat • 1g saturated fat • 4mg cholesterol • 25g carbohydrates • 2g fibre • 2g protein • 40mg sodium • 18g sugar



To make this a wheat and gluten-free recipe, substitute chocolate chips instead of the cookies.



desserts

CHOCOLATE ICE CREAM

preparation: 5 minutes • processing: 30–60 seconds • makes: 1.2kg

240ml semi-skimmed or whole milk
35g chocolate milk mix
100g caster sugar, or other sweetener, to taste
35g dried skimmed milk (optional)
1 tsp vanilla extract
28 ice cubes

This recipe can be reduced by half and made in smaller containers.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
6. Stop the machine. Do not over-mix or the ice cream will begin to melt. Serve immediately.

Nutritional Information Per 120g Serving: 113 calories • 3g total fat • 2g saturated fat • 10mg cholesterol • 21g carbohydrates • 0g fibre • 2g protein • 46mg sodium • 19g sugar

desserts

ORANGE SORBET

preparation: 5 minutes • processing: 30–60 seconds • makes: 1.2kg

2 oranges, peeled and cut into halves
2 tbsp sugar, or other sweetener, to taste
28 ice cubes

This recipe can be reduced by half and made in smaller containers.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
6. Stop the machine. Do not over-mix or the sorbet will begin to melt. Serve immediately.

Nutritional Information Per 120g Serving: 23 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 6g carbohydrates • 1g fibre • 0g protein • 0mg sodium • 5g sugar



desserts

PEACH SOYA SHERBET

preparation: 5 minutes • processing: 30–60 seconds • makes: 720g

240ml soya milk
450g peeled peach
slices, frozen
50g sugar, or other
sweetener, to taste
1/2 tsp vanilla extract

Other frozen fruits may
be substituted.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
6. Stop the machine. Do not over-mix or the sherbet will begin to melt. Serve immediately.

Nutritional Information Per 120g Serving: 128 calories • 1g total fat • 0g saturated fat • 0mg cholesterol • 29g carbohydrates • 2g fibre • 2g protein • 27mg sodium • 26g sugar

desserts

PINEAPPLE UPSIDE-DOWN CAKE

preparation: 5 minutes • processing: 30 seconds • baking time: 25 minutes • serves: 12

60g plain flour
90g wholemeal flour
1 tsp baking powder
1/4 tsp salt
1/4 tsp bicarbonate
of soda
80ml fat-free caramel
topping
about 9 pineapple slices
9 maraschino cherries
60g butter or low-fat
butter spread
70g light brown sugar
2 large eggs or
120ml egg substitute
120ml low-fat buttermilk
1 tsp vanilla extract

1. Preheat the oven to 180°C/Gas 4.
2. Put the first five ingredients into a large bowl. Set aside.
3. Spread the caramel topping into the base of a 23 x 23cm non-stick square baking tin.
4. Lay the pineapple slices on top and put a cherry in the centre of each slice.
5. Put the remaining ingredients into the Vitamix container in the order listed and secure the lid.
6. Select Variable 1.
7. Turn the machine on and slowly increase the speed to Variable 10, then to High.
8. Blend for 30 seconds.
9. Pour into the flour mixture and fold in by hand until thoroughly incorporated.
10. Pour over the pineapple slices and bake for 25 minutes.

Nutritional Information Per Serving: 157 calories • 5g total fat • 3g saturated fat • 50mg cholesterol • 26g carbohydrates • 1g fibre • 3g protein • 202mg sodium • 10g sugar

desserts

ICING SUGAR

preparation: 5 minutes • processing: 40 seconds • makes: 240g

300g sugar
1 tbsp cornflour

- 1. Put the sugar into the Vitamix container and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High. Blend for 30 seconds.
- 4. Remove the lid plug. Add the cornflour through the lid plug opening and blend for a further 10 seconds.
- 5. Allow the powder to settle before removing the lid. Store in an airtight container.

Nutritional Information Per 1 Tbsp Serving: 38 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 10g carbohydrates • 0g fibre • 0g protein • 0mg sodium • 9g sugar



Adding cornflour to icing sugar prevents the sugar from caking and improves flow. If using immediately, the cornflour is optional.





desserts

SPICED PUMPKIN DIP

preparation: 5 minutes • processing: 30–45 seconds • makes: 480g

400g tin pumpkin purée
or 450g pumpkin or
squash, baked in its skin
and flesh removed

1/2 orange, peeled

225g low-fat
cream cheese

60g icing sugar

1 tbsp mixed spice

1/4 tsp grated fresh root
ginger or ginger paste
(Page 155)

2 tbsp light brown sugar

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30–45 seconds, using the tamper to press the ingredients into the blades.

Serve with ginger biscuits or sliced apples. May also be used as a spread on fruited quick breads.

Nutritional Information Per 2 Tbsp Serving: 48 calories • 0g total fat • 0g saturated fat • 1mg cholesterol • 9g carbohydrates • 1g fibre • 2g protein • 80mg sodium • 6g sugar

desserts

STRAWBERRY LIME SORBET

preparation: 5 minutes • processing: 30–60 seconds • makes: 840g

240ml water

50g caster sugar

1/2 lime, peeled

450g frozen strawberries

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form.
6. Stop the machine. Do not over-mix or the sorbet will begin to melt. Serve immediately.

Nutritional Information Per 120g Serving: 50 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 13g carbohydrates • 1g fibre • 0g protein • 1mg sodium • 10g sugar

desserts

STRAWBERRY YOGURT FREEZE

preparation: 5 minutes • processing: 30–60 seconds • makes: 720g

240g low-fat plain, vanilla or strawberry yogurt
450g frozen strawberries
65g caster sugar (optional)

Experiment with using other frozen fruit and yogurt flavours, such as blueberries, peaches, etc.

If using flavoured yogurt, omit the sugar.

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Use the tamper to press the ingredients into the blades.
5. In about 30–60 seconds, the sound of the motor will change and four mounds should form in the mixture.
6. Stop the machine. Do not over-mix or the yogurt freeze will begin to melt. Serve immediately.

Nutritional Information Per 120g Serving: 108 calories • 0g total fat • 0g saturated fat • 1mg cholesterol • 26g carbohydrates • 2g fibre • 2g protein • 25mg sodium • 22g sugar



desserts

VANILLA PUDDING

preparation: 3 minutes • processing: 8 1/2 minutes • makes: 480g

70-100g caster sugar
2 egg yolks
2 whole eggs
360ml low-fat milk
2 tbsp potato starch
120ml semi-skimmed milk
2 tsp vanilla extract

Instead of using vanilla extract, split and scrape 1/2 vanilla pod and add during the last 10 seconds of blending.

1. Put the first four ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 7 1/2 minutes.
5. While the machine is processing, mix the potato starch with the milk in a measuring jug.
6. Reduce the speed to Variable 4, remove the lid plug, and pour in the starch mixture slowly through the lid plug opening.
7. Blend for 1 minute.
8. Add the vanilla through the lid plug opening during the last 10 seconds.
9. Pour into a bowl and chill until thoroughly cooled.

Nutritional Information Per 120g Serving: 215 calories • 7g total fat • 3g saturated fat • 214mg cholesterol • 29g carbohydrates • 0g fibre • 9g protein • 105mg sodium • 24g sugar



desserts

VEGAN TRUFFLES

preparation: 3 minutes • processing: 1 minute • makes: 24 truffles

140g raw almonds
130g large dates, pitted
80-120ml soya milk
1 tbsp cocoa powder
2 tbsp honey or
agave nectar
40g chocolate-flavoured
puffed wheat cereal

1. Put the almonds, dates and 80ml soya milk into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades. The consistency should be thick like a dough. If too thick, adjust by adding more milk.
5. With the machine off, add the cocoa powder, honey, and puffed wheat cereal to the container. Stir the ingredients by hand using a spatula.
6. Form into 2.5cm balls and freeze.

Nutritional Information Per Truffle: 68 calories • 3g total fat • 0g saturated fat • 0mg cholesterol • 9g carbohydrates • 1g fibre • 2g protein • 8mg sodium • 6g sugar



The mixture will be very thick and dough-like. During processing, the Vitamix machine will sound like it is struggling. This is normal.



dressings & marinades

COLESLAW DRESSING

preparation: 5 minutes • processing: 15–20 seconds • makes: 1.1 litres

SLAW

350g cabbage, cut into
5cm wedges

1 medium carrot, peeled
and cut into quarters

1 1/2 spring onions, cut
into quarters

DRESSING

120g very low-fat
mayonnaise

120g very low-fat
soured cream

1/2 tsp salt

1/2 tsp apple cider vinegar

freshly ground black
pepper, to taste

FOR THE SLAW

1. Put the cabbage wedges, carrot and onions into the Vitamix container in two batches.
2. Fill the container with enough water to cover the vegetables, and secure the lid.
3. Select Variable 1.
4. Turn the machine on and slowly increase the speed to Variable 4 or 5.
5. Blend for 5 seconds until chopped.
6. Drain well, put into a bowl and set aside.

FOR THE DRESSING

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 4.
4. Blend for 10–15 seconds, or until the desired consistency is reached. Pour over the slaw and mix with a spoon.

Nutritional Information Per 8 Tbsp Serving: 34 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 6g carbohydrates • 1g fibre • 1g protein • 242mg sodium • 3g sugar



Store in the refrigerator in an airtight container. The Nutritional analysis includes the slaw and dressing.





dressings & marinades

CAESAR SALAD DRESSING

preparation: 5 minutes • processing: 20 seconds • makes: 240ml

90ml olive oil
120ml egg substitute
1/2 garlic clove, peeled
2 tsp red wine vinegar
3 tbsp lemon juice
33g freshly grated
Parmesan cheese
1 1/2 tsp crumbled blue
cheese, or anchovy paste
or anchovy fillets
1/2 tsp salt
1/8 tsp mustard powder
freshly ground
black pepper

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 4.
4. Blend for 20 seconds or until the desired consistency is reached.

Store in the refrigerator in an airtight container for 3-4 days.

Nutritional Information Per 2 Tbsp Serving: 126 calories • 12g total fat • 2g saturated fat • 4mg cholesterol • 1g carbohydrates • 0g fibre • 4g protein • 253mg sodium • 0g sugar



dressings & marinades

CARIBBEAN DRY RUB AND MARINADE

Dry Rub: preparation: 5 minutes • processing: 30 seconds • makes: 300g

Marinade: preparation: 5 minutes • processing: 30 seconds • makes: 720ml

CARIBBEAN DRY RUB

165g brown sugar
140g coarse salt
2 tbsp dried thyme
1 tsp allspice
2 tsp dried chilli flakes
1 tsp garlic powder
1/2 tsp ground cloves
1/4 tsp mustard powder

CARIBBEAN MARINADE

2 limes, peeled and cut
into halves
165g orange segments
3 shallots, peeled
100g Caribbean dry rub
360ml rapeseed oil

If only using the dry rub, reduce the salt to 2 tbsp. Marinate chicken, pork or beef overnight for best results.

DRY RUB

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Store in the refrigerator until ready to use.

MARINADE

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Store in the refrigerator until ready to use.

Nutritional Information Per 2 Tbsp Serving: 147 calories • 14g total fat • 2g saturated fat • 0mg cholesterol • 7g carbohydrates • 0g fibre • 1g protein • 677mg sodium • 3g sugar



dressings & marinades

RASPBERRY VINAIGRETTE

preparation: 5 minutes • processing: 30 seconds • makes: 480ml

180ml olive oil

60ml apple cider or
raspberry vinegar

1 tsp salt

2 tbsp honey

1 tsp dried basil

60g fresh or
frozen raspberries

60ml water

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 5.
4. Blend for 30 seconds.

Store in the refrigerator in an airtight container for up to 2 weeks.

Nutritional Information Per 2 Tbsp Serving: 85 calories • 8g total fat • 1g saturated fat • 0mg cholesterol • 3g carbohydrates • 0g fibre • 0g protein • 118mg sodium • 3g sugar





dressings & marinades

ITALIAN DRESSING

preparation: 5 minutes • processing: 10–15 seconds • makes: 240ml

75ml red wine vinegar
60ml water
120ml olive oil
1/4 tsp sugar
1/2 tsp salt
1/8 tsp freshly ground
black pepper
1 tsp Dijon mustard
1 garlic clove, peeled
1/8 tsp dried basil
1/8 tsp dried thyme
1/8 tsp dried oregano

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 5.
4. Blend for 10–15 seconds or until the desired consistency is reached.

Store in the refrigerator in an airtight container for up to 2 weeks.

Nutritional Information Per 2 Tbsp Serving: 125 calories • 14g total fat • 2g saturated fat • 0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 155mg sodium • 0g sugar



dressings & marinades

LIME CORIANDER MARINADE

preparation: 5 minutes • processing: 30 seconds • makes: 360ml

60ml olive oil
3 small limes, peeled and
cut into halves
10g coriander leaves
1/2 tsp salt
1 garlic clove
1/4 tsp freshly ground
black pepper
1/4 tsp dried oregano

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.

This is a great fajita marinade. You can also brush it on vegetables before grilling.

Nutritional Information Per 2 Tbsp Serving: 34 calories • 3g total fat • 0g saturated fat • 0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 75mg sodium • 0g sugar

dressings & marinades

POPPY SEED DRESSING

preparation: 3 minutes • processing: 65 seconds • cooking time: 4 minutes • makes: 360ml

240ml cold water
80ml apple cider vinegar
1 onion, peeled and
thinly sliced
150g caster sugar
1 tsp mustard powder
1 tsp salt
2 tbsp cornflour
1 tbsp poppy seeds

- 1. Put all the ingredients, except the poppy seeds, into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 1 minute, then reduce the speed to Variable 3. Remove the lid plug.
- 5. Add the poppy seeds through the lid plug opening. Continue to blend for 5 more seconds.
- 6. Pour into a 1 litre microwaveable bowl. Cook for 2 minutes on High. Whisk to keep the mixture smooth.
- 7. Microwave for a further 2 minutes.

Nutritional Information Per 2 Tbsp Serving: 59 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 14g carbohydrates • 0g fibre • 0g protein • 197mg sodium • 13g sugar



dressings & marinades

MUSTARD MARINADE

preparation: 5 minutes • processing: 30 seconds • makes: 240ml

60ml soy sauce
2 tbsp whipping cream
160ml Dijon mustard
1/2 tsp black peppercorns
2 tsp dried thyme
2 tsp grated fresh root
ginger or ginger paste
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- 1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 30 seconds.

Use with flank steak, chicken or pork.

Nutritional Information Per 2 Tbsp Serving: 25 calories • 2g total fat • 0g saturated fat • 3mg cholesterol • 2g carbohydrates • 1g fibre • 1g protein • 677mg sodium • 0g sugar



dressings & marinades

GINGER PASTE

preparation: 3 minutes • processing: 45 seconds • makes: 240g

150g fresh root
ginger, unpeeled

1. Put the ginger into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ginger into the blades.
5. Cover a baking sheet with plastic wrap and put rounded teaspoonfuls 1cm apart.
6. Freeze until solid, then store in a plastic bag.

Will keep refrigerated for 3 weeks, or in the freezer for 6 months.

Nutritional Information Per 2 Tbsp Serving: 14 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 3g carbohydrates • 0g fibre • 0g protein • 2mg sodium • 0g sugar



Use half the amount of ginger paste if a recipe calls for ground ginger.
Use in equal amounts for any recipe that calls for fresh ginger.

dressings & marinades

TAHINI MARINADE

preparation: 5 minutes • processing: 1 minute • makes: 240ml

120ml chicken stock
1 tbsp lemon juice
2 tsp finely chopped onion
2 tsp raw sesame seeds
1/2 tsp ground cumin
1/4 tsp freshly ground
black pepper
1/2 tsp salt
1/2 garlic clove

- 1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable 1.
- 3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
- 4. Blend for 1 minute.

Excellent as a marinade for lamb or chicken for pitta pockets or kebabs.

Nutritional Information Per 2 Tbsp Serving: 8 calories • 0g total fat • 0g saturated fat • 0mg cholesterol • 1g carbohydrates • 0g fibre • 0g protein • 196mg sodium • 0g sugar

dressings & marinades

BASIC VINAIGRETTE

preparation: 5 minutes • processing: 30 seconds • makes: 240ml

60ml water

120ml olive oil

60ml red or white vinegar

1/2 tsp Dijon mustard

1/8 tsp freshly ground
black pepper

1/2 tsp salt

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 5.
4. Blend for 30 seconds.

Store in the refrigerator in an airtight container for up to 2 weeks.

Nutritional Information Per 2 Tbsp Serving: 121 calories • 14g total fat • 2g saturated fat • 0mg cholesterol • 0g carbohydrates • 0g fibre • 0g protein • 152mg sodium • 0g sugar

