

Welcome!

You are about to begin an incredible journey . . . to a world of fabulous, fresh flavors and perfect textures . . . unlike anything you have ever experienced on a plate!

Over two years in the making, the new **Vita-Mix Whole Food Recipes** cookbook is a dramatic departure from the ordinary. Each recipe represents the creative collaboration of a Registered Dietitian and a CIA-trained Professional Chef with a combined 39 years of experience. Blending classic culinary knowledge with basic technique, each recipe was researched, tested, and tasted. Vita-Mix employees were a big part of bringing to life the extraordinary flavors, textures and tastes you are about to enjoy. This book was a true labor of love and we are excited about sharing these recipes with you!

Our cookbook is not designed for one particular diet; rather it is an essential tool for creating a healthier lifestyle. Our Registered Dietitian reviewed each recipe for nutritional accuracy, while our Chef discovered unique ways to incorporate these recipes into every aspect of meal planning. Each recipe embraces the importance of natural, whole foods while maintaining the integrity of heavier classical recipes. This cookbook was created with you in mind. Not only is it a wonderful addition to your kitchen collection, but we also hope it becomes a vital part of your daily cooking routine. Let this book be your guide, leading you to an exciting destination filled with new tastes and textures. Feel free to veer off the road a bit or take a shortcut...each side trip is another opportunity for you to experiment.

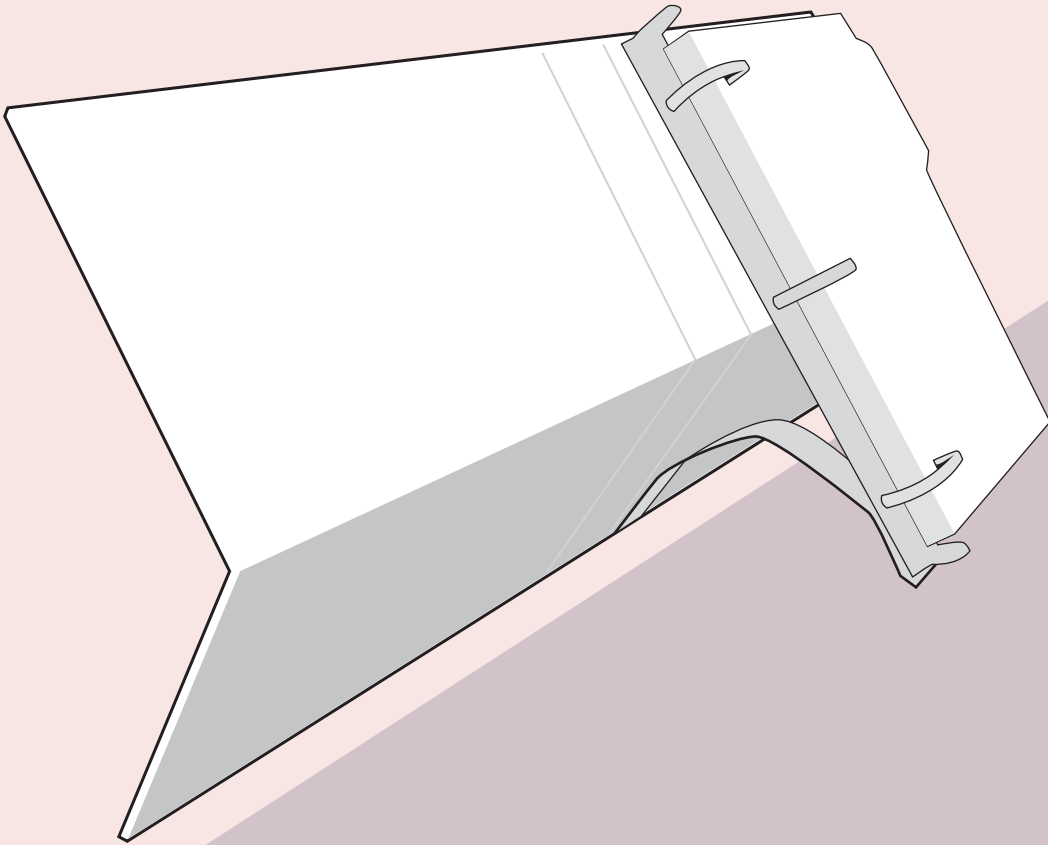


We wish you health and happiness on your journey!



Convenient, new easel-back binder displays Vita-Mix Whole Food Recipes for easy reading!

1. Open your Whole Food Recipes binder to the recipe of your choice.
2. Carefully bend back the cover of the binder along the center score to create an easel effect (as shown).
3. Prop and position your cookbook on the “legs” that have formed.
4. Pages will turn freely to recipe of your choice while the binder remains in “easel” position.



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Banana Blueberry Orange Smoothie

If using fresh fruit, add 1 cup (240 ml) of ice to the recipe.

preparation: 5 minutes • processing: 1 minute • yield: 1 1/2 cups (360 ml)

3/4 cup (180 ml) water

**1 medium orange,
peeled, halved**

1 small banana, peeled, frozen

**1/2 cup (80 g) frozen
unsweetened blueberries**

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

Per 1 Cup (240 ml) Serving: 197 Cal (4% from Fat, 5% from Protein, 91% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 50 g Carb; 8 g Fiber; 31 g Sugar; 77 mg Calcium; 1 mg Iron; 8 mg Sodium; 445 IU Vit A; 93 mg Vit C; 0 mg Cholesterol

Summer Blush Smoothie

*This smoothie contains broken raspberry seeds. Strain for smoothness.
This recipe can be reduced by half and made in a 32 oz (0.9 l) container.*

preparation: 5 minutes • processing: 1 minute • yield: 5 cups (1.2 l)

2 cups (480 ml) water

**2 cups (320 g) grapes,
red or green**

**2 cups (300 g) frozen
unsweetened peaches**

**1 cup (150 g) frozen
unsweetened raspberries**

**2 tablespoons (30 ml) agave
nectar or honey, optional**

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

Per 1 Cup (240 ml) Serving: 85 Cal (1% from Fat, 6% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 22 g Carb; 3 g Fiber; 16 g Sugar; 9 mg Calcium; 1 mg Iron; 3 mg Sodium; 109 IU Vit A; 148 mg Vit C; 0 mg Cholesterol



Banana Blueberry Orange Smoothie

Kiwi Watermelon Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 2 1/4 cups (540 ml)

**1 1/2 cups (230 g) peeled,
diced watermelon**

1 kiwi, peeled, halved

1 date, pitted

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 95 Cal (4% from Fat, 5% from Protein, 91% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 3 g Fiber; 19 g Sugar; 31 mg Calcium; 1 mg Iron; 3 mg Sodium; 714 IU Vit A; 52 mg Vit C; 0 mg Cholesterol

Just Dew It Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 3 3/4 cups (900 ml)

1/4 cup (60 ml) water

1 cup (170 g) diced honeydew

**1 medium orange,
peeled, halved**

**1/2 medium peach,
halved, pitted**

1/2 cup (75 g) pineapple chunks

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 53 Cal (3% from Fat, 6% from Protein, 91% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 2 g Fiber; 11 g Sugar; 23 mg Calcium; 0 mg Iron; 10 mg Sodium; 186 IU Vit A; 40 mg Vit C; 0 mg Cholesterol



Kiwi Watermelon Smoothie

Mango Delight Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 3 1/4 cups (780 ml)

**1 medium orange,
peeled, halved**

1/2 medium banana, peeled

1/2 mango, peeled, pitted

1/2 medium apple

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 75 Cal (3% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 19 g Carb; 3 g Fiber; 14 g Sugar; 26 mg Calcium; 0 mg Iron; 2 mg Sodium; 404 IU Vit A; 40 mg Vit C; 0 mg Cholesterol

Summer Splash Smoothie

preparation: 5 minutes • processing: 30 seconds • yield: 3 1/4 cups (780 ml)

1/2 cup (120 ml) water

1 cup (170 g) diced honeydew

1/2 cup (85 g) diced cantaloupe

1 medium peach, halved, pitted

1 cup (150 g) pineapple chunks

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 73 Cal (3% from Fat, 6% from Protein, 90% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 18 g Carb; 2 g Fiber; 16 g Sugar; 17 mg Calcium; 0 mg Iron; 17 mg Sodium; 1197 IU Vit A; 43 mg Vit C; 0 mg Cholesterol



Summer Splash Smoothie

Citrus Refresher Smoothie

This smoothie contains broken seeds. Strain for smoothness.

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

**1/2 cup (80 g) grapes,
red or green**

**1/2 cup (75 g) fresh blackberries
or raspberries**

1/4 lime, peeled

**1-inch-thick (2.5 cm) slice
pineapple, core included**

1 1/4 cups (300 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 64 Cal (4% from Fat, 6% from Protein, 90% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 16 g Carb; 3 g Fiber; 12 g Sugar; 22 mg Calcium; 1 mg Iron; 2 mg Sodium; 130 IU Vit A; 29 mg Vit C; 0 mg Cholesterol

Nutty Fruit Smoothie

This smoothie contains broken raspberry seeds. Strain for smoothness.

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1/2 cup (120 ml) water

1/4 cup (60 g) plain low fat yogurt

1/2 cup (75 g) fresh raspberries

1/4 medium banana, peeled

2 tablespoons (15 g) walnuts

1 tablespoon blanched almonds

1 tablespoon honey or 2 dates

1/2-1 cup (120-240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 154 Cal (40% from Fat, 10% from Protein, 50% from Carb); 4 g Protein; 7 g Tot Fat; 1 g Sat Fat; 20 g Carb; 3 g Fiber; 15 g Sugar; 83 mg Calcium; 1 mg Iron; 26 mg Sodium; 13 IU Vit A; 2 mg Vit C; 1 mg Cholesterol



Nutty Fruit Smoothie

Triple Berry Smoothie

This smoothie contains broken raspberry seeds. Strain for smoothness.

preparation: 5 minutes • processing: 90 seconds • yield: 1 1/2 cups (360 ml)

1/2 cup (120 ml) water

**1/4 cup (60 g) low fat
vanilla yogurt**

**1/2 cup (75 g) frozen
unsweetened strawberries**

**1/2 cup (80 g) frozen
unsweetened blueberries**

**1/2 cup (100 g) frozen
unsweetened raspberries**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 90 seconds or until desired consistency is reached.

Per 1 Cup (240 ml) Serving: 110 Cal (7% from Fat, 11% from Protein, 82% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 24 g Carb; 5 g Fiber; 16 g Sugar; 87 mg Calcium; 1 mg Iron; 30 mg Sodium; 141 IU Vit A; 42 mg Vit C; 2 mg Cholesterol

Berry Delicious Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 3 cups (720 ml)

**1 cup (150 g) fresh
pineapple chunks**

1 ripe banana, peeled

**1 cup (150 g) frozen
unsweetened strawberries**

1/3 cup (50 g) fresh blueberries

**1/3 cup (30 g) cranberries,
fresh or frozen**

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 100 Cal (3% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 26 g Carb; 4 g Fiber; 15 g Sugar; 22 mg Calcium; 1 mg Iron; 3 mg Sodium; 103 IU Vit A; 56 mg Vit C; 0 mg Cholesterol



Triple Berry Smoothie

Peach Mango Smoothie

If using frozen fruit, omit the ice cubes.

preparation: 5 minutes • processing: 30 seconds • yield: 2 cups (480 ml)

1/2 cup (120 ml) water

1/2 mango, peeled, pitted

1 medium peach, halved, pitted

2 dates or 1 tablespoon honey

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 124 Cal (2% from Fat, 4% from Protein, 94% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 33 g Carb; 3 g Fiber; 29 g Sugar; 26 mg Calcium; 0 mg Iron; 3 mg Sodium; 643 IU Vit A; 19 mg Vit C; 0 mg Cholesterol

Just Peachy Smoothie

If using frozen fruit, omit the ice cubes.

preparation: 5 minutes • processing: 45 seconds • yield: 2 1/4 cups (540 ml)

**1/2 cup (80 g) grapes,
red or green**

1 cup (150 g) fresh blueberries

1 medium peach, halved, pitted

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 91 Cal (6% from Fat, 5% from Protein, 89% from Carb); 1 g Protein; 1 g Tot Fat; 0 g Sat Fat; 22 g Carb; 3 g Fiber; 18 g Sugar; 14 mg Calcium; 0 mg Iron; 2 mg Sodium; 272 IU Vit A; 10 mg Vit C; 0 mg Cholesterol



Peach Mango Smoothie

Cherry Mint Limeade

preparation: 5 minutes • processing: 45 seconds • yield: 2 cups (480 ml)

3/4 cup (180 ml) soy milk

1/4 small lime, peeled

3 medium mint leaves

**1 cup (155 g) frozen
sweet cherries**

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

Per 1 Cup (240 ml) Serving: 87 Cal (20% from Fat, 21% from Protein, 59% from Carb); 5 g Protein; 2 g Tot Fat; 0 g Sat Fat; 14 g Carb; 3 g Fiber; 8 g Sugar; 53 mg Calcium; 2 mg Iron; 52 mg Sodium; 1356 IU Vit A; 4 mg Vit C; 0 mg Cholesterol

Lemon Lime Basil-ade

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 1 1/2 minutes • yield: 5 cups (1.2 l)

1 lemon, peeled, halved, seeded

1 lime, peeled, halved

**1/4 cup (50 g) sugar or
sweetener of choice**

1/8 cup fresh basil leaves

3-4 cups (720-960 ml) ice cubes

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 1/2 minutes, using the tamper to press ingredients into the blades.

Per 1 Cup (240 ml) Serving: 49 Cal (2% from Fat, 2% from Protein, 96% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 14 g Carb; 1 g Fiber; 10 g Sugar; 12 mg Calcium; 0 mg Iron; 1 mg Sodium; 67 IU Vit A; 16 mg Vit C; 0 mg Cholesterol

Key Lime Kiwi Smoothie

preparation: 5 minutes • processing: 30 seconds • yield: 2 cups (480 ml)

1/4 cup (60 ml) water
1 tablespoon key lime juice
2 kiwis, peeled, halved
1 large ripe pear, halved
2 tablespoons (30 ml) honey (optional)
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 149 Cal (3% from Fat, 3% from Protein, 94% from Carb); 1 g Protein; 1 g Tot Fat; 0 g Sat Fat; 38 g Carb; 5 g Fiber; 28 g Sugar; 39 mg Calcium; <1 mg Iron; 4 mg Sodium; 100 IU Vit A; 90 mg Vit C; 0 mg Cholesterol

Lemon Kiwi Cooler

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 45 seconds • yield: 5 cups (1.2 l)

2 cups (320 g) grapes, red or green
1/2 lemon, peeled, seeded
1/2 kiwi, peeled
3 cups (720 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 49 Cal (3% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 1 g Fiber; 10 g Sugar; 11 mg Calcium; 0 mg Iron; 3 mg Sodium; 49 IU Vit A; 18 mg Vit C; 0 mg Cholesterol

Frosty Basil Lemonade

preparation: 3 minutes • processing: 1 minute • yield: 3 cups (720 ml)

3 cups (720 ml) water

**1 1/2 lemons, peeled,
halved, seeded**

**1/4 cup (50 g) sugar or
sweetener of choice**

1/2 cup (20 g) fresh basil leaves

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 75 Cal (1% from Fat, 2% from Protein, 96% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 20 g Carb; 1 g Fiber; 18 g Sugar; 26 mg Calcium; 0 mg Iron; 8 mg Sodium; 379 IU Vit A; 17 mg Vit C; 0 mg Cholesterol

Banana Bounce Smoothie

If using fresh banana, add 1 cup (240 ml) of ice cubes.

preparation: 2 minutes • processing: 45 seconds • yield: 3 cups (720 ml)

**3/4 cup (180 ml) skim milk
or soy milk**

**1 cup (245 g) low fat
vanilla yogurt**

1 tablespoon chocolate syrup

1 banana, peeled, frozen

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

Per 1 Cup (240 ml) Serving: 133 Cal (8% from Fat, 19% from Protein, 72% from Carb); 7 g Protein; 1 g Tot Fat; 1 g Sat Fat; 25 g Carb; 1 g Fiber; 17 g Sugar; 220 mg Calcium; 0 mg Iron; 90 mg Sodium; 135 IU Vit A; 3 mg Vit C; 5 mg Cholesterol



Frosty Basil Lemonade

Cucumber Melon Smoothie

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 45 seconds • yield: 5 cups (1.2 l)

1/4 cup (60 ml) soy milk

**1 cup (160 g) grapes,
red or green**

**1 1/2 cups (240 g)
diced cantaloupe**

**1/2 cup (65 g) cucumber,
peeled, chopped**

1 cup (170 g) diced honeydew

1 small lime, peeled, halved

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 64 Cal (6% from Fat, 9% from Protein, 85% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 2 g Fiber; 12 g Sugar; 21 mg Calcium; 1 mg Iron; 23 mg Sodium; 1925 IU Vit A; 33 mg Vit C; 0 mg Cholesterol

Fruit Salad Smoothie

preparation: 3 minutes • processing: 1 minute • yield: 3 cups (720 ml)

**1/2 cup (80 g) grapes,
red or green**

**1 medium orange,
peeled, halved**

**1/2-inch-thick (1.3 cm) slice
pineapple, core included**

1/4 cucumber, peeled

4 baby carrots

1/4 medium apple

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 63 Cal (3% from Fat, 5% from Protein, 92% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 16 g Carb; 2 g Fiber; 12 g Sugar; 33 mg Calcium; 0 mg Iron; 11 mg Sodium; 2402 IU Vit A; 43 mg Vit C; 0 mg Cholesterol



Fruit Salad Smoothie

Cabbage Peach and Carrot Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 2 1/2 cups (600 ml)

1/2 cup (120 ml) water

**3/4 cup (50 g)
sliced green cabbage**

**1 cup (160 g) grapes,
red or green**

1 medium peach, halved, pitted

5 baby carrots

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 76 Cal (3% from Fat, 7% from Protein, 90% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 19 g Carb; 2 g Fiber; 15 g Sugar; 26 mg Calcium; 1 mg Iron; 21 mg Sodium; 3594 IU Vit A; 19 mg Vit C; 0 mg Cholesterol

Plain Yogurt Lassi

1 cup (150 g) of your favorite fruit may be added for different flavors.

preparation: 2 minutes • processing: 20 seconds • yield: 3 1/2 cups (840 ml)

1 cup (240 ml) water

**1 cup (245 g) low fat
plain yogurt**

1/2-1 teaspoon salt

2 teaspoons sugar

1/2 cup (120 ml) ice cubes

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 20 seconds or until desired consistency is reached.

Per 1 Cup (240 ml) Serving: 53 Cal (18% from Fat, 27% from Protein, 55% from Carb); 4 g Protein; 1 g Tot Fat; 1 g Sat Fat; 7 g Carb; 0 g Fiber; 7 g Sugar; 130 mg Calcium; 0 mg Iron; 387 mg Sodium; 36 IU Vit A; 1 mg Vit C; 4 mg Cholesterol

Autumn Sweet Potato Smoothie

preparation: 8 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1 cup (160 g) red grapes
1/2 medium orange, peeled
1/2 sweet potato, cooked
and cooled
1/2 medium apple, halved
1/4 cup (25 g) fresh or
frozen cranberries
1/2 teaspoon fresh ginger
or Ginger Paste (p.275)
2 dates
2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 182 Cal (1% from Fat, 5% from Protein, 94% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 47 g Carb; 5 g Fiber; 34 g Sugar; 56 mg Calcium; 1 mg Iron; 19 mg Sodium; 180 IU Vit A; 40 mg Vit C; 0 mg Cholesterol

Sweet Greens Smoothie

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 45 seconds • yield: 5 cups (1.2 l)

1/2 cup (120 ml) water
1/2 cup (65 g) peeled,
chopped cucumber
1 cup (30 g) fresh
spinach, washed
3/4-1 cup (110-150 g) frozen
unsweetened strawberries

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

Per 1 Cup (240 ml) Serving: 29 Cal (4% from Fat, 10% from Protein, 86% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 7 g Carb; 2 g Fiber; 3 g Sugar; 26 mg Calcium; 1 mg Iron; 11 mg Sodium; 1174 IU Vit A; 32 mg Vit C; 0 mg Cholesterol

All Green Smoothie

preparation: 5 minutes • processing: 1 minute • yield: 3 cups (720 ml)

1/2 cup (120 ml) water
1/2 cup (120 ml) pineapple juice
1 1/2 cups (240 g) green grapes
1/4 Bartlett pear
1/4-1/2 avocado, peeled, pitted
1 broccoli floret
1/2 cup (15 g) fresh spinach, washed
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 124 Cal (17% from Fat, 7% from Protein, 76% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 26 g Carb; 3 g Fiber; 20 g Sugar; 70 mg Calcium; 1 mg Iron; 36 mg Sodium; 4009 IU Vit A; 19 mg Vit C; 0 mg Cholesterol

Sweet Lettuce Smoothie

preparation: 3 minutes • processing: 45 seconds • yield: 3 cups (720 ml)

1 cup (160 g) green grapes
1 cup (55 g) romaine lettuce, chopped, washed
1/2 medium apple, halved
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 49 Cal (3% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 1 g Fiber; 10 g Sugar; 12 mg Calcium; 0 mg Iron; 2 mg Sodium; 954 IU Vit A; 10 mg Vit C; 0 mg Cholesterol



All Green Smoothie

Good Morning Smoothie

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1/2 cup (120 ml) water

1 cup (160 g) green grapes

**1/4 cup (30 g) peeled,
chopped, cucumber**

1/2 kiwi, peeled

1/2 medium apple, halved

**3/4 cup (65 g) chopped
fresh broccoli**

**1/2-inch-thick (1.3 cm)
slice lemon, peeled, seeded**

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 100 Cal (4% from Fat, 7% from Protein, 89% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 25 g Carb; 3 g Fiber; 18 g Sugar; 39 mg Calcium; 1 mg Iron; 16 mg Sodium; 314 IU Vit A; 66 mg Vit C; 0 mg Cholesterol

All Mixed Up Smoothie

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1/2 cup (120 ml) water

1 cup (160 g) green grapes

1/2 small lime, peeled

1/2 yellow pepper, seeded

1/2 medium apple, halved

1 carrot, halved

**1 cup (30 g) fresh
spinach, washed**

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 52 Cal (3% from Fat, 7% from Protein, 90% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 2 g Fiber; 9 g Sugar; 23 mg Calcium; 1 mg Iron; 18 mg Sodium; 3310 IU Vit A; 53 mg Vit C; 0 mg Cholesterol



Good Morning Smoothie

Everything Smoothie

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1/2 cup (120 ml) soy milk
1/2 cup (80 g) grapes, red or green
1 medium orange, peeled, halved
1/2 peach, pitted
1/2 cup (75 g) pineapple chunks
2 baby carrots
1/2 cup (45 g) chopped fresh broccoli
1/2 cup (15 g) fresh spinach, washed
1 cup (150 g) frozen unsweetened strawberries
1/4 banana, peeled, frozen
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 95 Cal (8% from Fat, 11% from Protein, 82% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 22 g Carb; 4 g Fiber; 13 g Sugar; 52 mg Calcium; 1 mg Iron; 29 mg Sodium; 1643 IU Vit A; 70 mg Vit C; 0 mg Cholesterol

Ruby Emerald Smoothie

This smoothie contains broken raspberry seeds. Strain for smoothness.

preparation: 5 minutes • processing: 1 1/2 minutes • yield: 4 cups (960 ml)

2 cups (480 ml) water
1 medium apple, quartered
1 cup (65 g) coarsely chopped fresh kale, spine and stem removed
1 cup (140 g) frozen unsweetened raspberries

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

Per 1 Cup (240 ml) Serving: 44 Cal (3% from Fat, 6% from Protein, 91% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 11 g Carb; 2 g Fiber; 5 g Sugar; 25 mg Calcium; 0 mg Iron; 8 mg Sodium; 2594 IU Vit A; 22 mg Vit C; 0 mg Cholesterol

Strawberry and Greens Smoothie

preparation: 3 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1 cup (240 ml) water

1 cup (240 ml) soy milk

**2 cups (60 g) fresh
spinach, washed**

**1 cup (150 g) frozen
unsweetened strawberries**

2 bananas, peeled, frozen

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

Per 1 Cup (240 ml) Serving: 103 Cal (12% from Fat, 14% from Protein, 74% from Carb); 4 g Protein; 1 g Tot Fat; 0 g Sat Fat; 21 g Carb; 4 g Fiber; 9 g Sugar; 50 mg Calcium; 2 mg Iron; 47 mg Sodium; 1841 IU Vit A; 32 mg Vit C; 0 mg Cholesterol

Tropic Tango Smoothie

preparation: 3 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1/2 cup (120 ml) water

1/2 lime, peeled

1 medium banana, peeled

**1 cup (30 g) fresh
spinach, washed**

2 medium apples, quartered

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 65 Cal (3% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 17 g Carb; 3 g Fiber; 11 g Sugar; 17 mg Calcium; 0 mg Iron; 8 mg Sodium; 763 IU Vit A; 10 mg Vit C; 0 mg Cholesterol

It's Easy Being Green Smoothie

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 1 minute • yield: 8 cups (1.9 l)

**1 cup (160 g) grapes,
red or green**

**1 medium orange,
peeled, halved**

1/2 cup (75 g) pineapple chunks

1 medium banana, peeled

1 carrot, halved

**2 cups (60 g) fresh
spinach, washed**

1 medium apple, quartered

6 cups (1.4 l) ice cubes

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

Per 1 Cup (240 ml) Serving: 52 Cal (3% from Fat, 6% from Protein, 91% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 2 g Fiber; 9 g Sugar; 22 mg Calcium; 0 mg Iron; 12 mg Sodium; 2043 IU Vit A; 22 mg Vit C; 0 mg Cholesterol

Peachy Green Smoothie

preparation: 3 minutes • processing: 45 seconds • yield: 4 cups (960 ml)

1 cup (240 ml) soy milk

**2 cups (60 g) fresh
spinach, washed**

1 medium apple, quartered

**2 cups (375 g) fresh, pitted or
frozen unsweetened peaches**

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 87 Cal (12% from Fat, 16% from Protein, 71% from Carb); 4 g Protein; 1 g Tot Fat; 0 g Sat Fat; 17 g Carb; 3 g Fiber; 10 g Sugar; 40 mg Calcium; 1 mg Iron; 46 mg Sodium; 2134 IU Vit A; 174 mg Vit C; 0 mg Cholesterol



It's Easy Being Green Smoothie

Refreshingly Green Smoothie

preparation: 3 minutes • processing: 45 seconds • yield: 4 cups (960 ml)

1 cup (240 ml) water
2 Roma tomatoes, halved
1 lime, peeled, halved
1 cup (150 g) pineapple chunks
1/4 cucumber, peeled, diced
2 cups (60 g) fresh spinach, washed
1/4 avocado, peeled, pitted
2 celery stalks, halved
8 sprigs parsley
2 carrots, halved
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 66 Cal (20% from Fat, 9% from Protein, 71% from Carb); 2 g Protein; 2 g Tot Fat; 0 g Sat Fat; 13 g Carb; 4 g Fiber; 7 g Sugar; 50 mg Calcium; 1 mg Iron; 52 mg Sodium; 6967 IU Vit A; 39 mg Vit C; 0 mg Cholesterol

Sailor Man Smoothie

preparation: 3 minutes • processing: 45 seconds • yield: 4 cups (960 ml)

1/2 cup (80 g) grapes, red or green
1/4 cup (60 g) low fat vanilla yogurt
1 cup (30 g) fresh spinach, washed
1/2 medium banana, peeled
1/2 apple, halved
1/3 cup (50 g) pineapple chunks
1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 57 Cal (5% from Fat, 9% from Protein, 86% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 1 g Fiber; 10 g Sugar; 39 mg Calcium; 0 mg Iron; 17 mg Sodium; 749 IU Vit A; 14 mg Vit C; 1 mg Cholesterol



Sailor Man Smoothie

Wheatgrass Smoothie

preparation: 5 minutes • processing: 1 minute • yield: 3 cups (720 ml)

1/2 cup (120 ml) water

**1 medium orange,
peeled, halved**

1 medium apple, quartered

4 strawberries, fresh or frozen

1/2 cup (25 g) wheatgrass

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 50 Cal (3% from Fat, 8% from Protein, 89% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 12 g Carb; 2 g Fiber; 8 g Sugar; 22 mg Calcium; 1 mg Iron; 2 mg Sodium; 1124 IU Vit A; 34 mg Vit C; 0 mg Cholesterol

Wheatgrass Cocktail

preparation: 3 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1/2 cup (120 ml) water

1 cup (160 g) green grapes

1/2 cup (75 g) pineapple chunks

1/2 cup (25 g) wheatgrass

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 85 Cal (2% from Fat, 8% from Protein, 91% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 21 g Carb; 1 g Fiber; 16 g Sugar; 13 mg Calcium; 2 mg Iron; 2 mg Sodium; 1828 IU Vit A; 30 mg Vit C; 0 mg Cholesterol

Cindy's Midday Smoothie

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 3 minutes • processing: 45 seconds • yield: 6 cups (1.4 l)

2 medium oranges,
peeled, halved

8-10 small fresh or
frozen strawberries

1 small banana, peeled

1 Macintosh apple, quartered

2 cups (60 g) fresh
spinach, washed

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 71 Cal (4% from Fat, 7% from Protein, 89% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 18 g Carb; 3 g Fiber; 12 g Sugar; 43 mg Calcium; 1 mg Iron; 9 mg Sodium; 1104 IU Vit A; 60 mg Vit C; 0 mg Cholesterol

Going Green Smoothie

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 3 minutes • processing: 45 seconds • yield: 5 cups (1.2 l)

1/2 cup (120 ml) water

1 cup (160 g) green grapes

1/2 cup (75 g) pineapple chunks

1/2 medium banana, peeled

2 cups (60 g) fresh
spinach, washed

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 60 Cal (3% from Fat, 7% from Protein, 91% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 2 g Fiber; 11 g Sugar; 26 mg Calcium; 1 mg Iron; 16 mg Sodium; 1660 IU Vit A; 24 mg Vit C; 0 mg Cholesterol

Frozen Strawberry Grape Juice

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1 cup (160 g) green grapes

1 cup (160 g) red grapes

**1 cup (150 g) frozen
unsweetened strawberries**

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 114 Cal (2% from Fat, 4% from Protein, 94% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 30 g Carb; 3 g Fiber; 23 g Sugar; 26 mg Calcium; 1 mg Iron; 5 mg Sodium; 120 IU Vit A; 49 mg Vit C; 0 mg Cholesterol

Carrot Juice Plus

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1 cup (240 ml) water

1 1/2 cups (190 g) diced carrots

**2 teaspoons fresh lemon juice or
1 teaspoon lemon concentrate**

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 37 Cal (5% from Fat, 8% from Protein, 87% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 10 g Carb; 3 g Fiber; 4 g Sugar; 36 mg Calcium; <1 mg Iron; 71 mg Sodium; 11555 IU Vit A; 7 mg Vit C; 0 mg Cholesterol



Carrot Juice Plus

Tomato Juice

preparation: 5 minutes • processing: 30-60 seconds • yield: 1 1/4 cups (300 ml)

3 ripe tomatoes, cleaned
and quartered

Fresh Tomato Juice:

1. Place tomatoes into the Vita-Mix container and secure lid.
2. Select Variable 1. Turn machine on and quickly increase speed to Variable 10, then to High.
3. Blend for 30-60 seconds. Chill and serve.

Traditional Tomato Juice:

1. Follow above instructions.
2. Pour tomato juice into a saucepan and simmer over medium heat for 5 to 10 minutes, stirring occasionally. Salt to taste. Chill and serve.

6-8 cups (1.0-1.4 kg) tomatoes,
cleaned and quartered

Canned Tomato Juice:

1. Place 6-8 cups of clean tomato quarters into the Vita-Mix container (for each batch) and secure lid.
2. Select Variable 1. Turn machine on and quickly increase speed to Variable 10, then to High.
3. Blend for 30-60 seconds, using the tamper to press tomatoes into the blades.
4. In a large saucepan, bring juice to a boil, stirring occasionally. Salt to taste.
5. Add 2 tablespoons (30 ml) lemon juice per quart (.95 l) of tomato juice. Freeze or can.
6. To can, pour into hot, scalded jars, leaving 1/4-inch (.6 cm) headspace for pints (.48 l) and 1/2-inch (1.3 cm) headspace for quarts (.95 l). Seal and process pints or quarts for 35 minutes in a boiling water bath.

Per 1 Cup (240 ml) Serving: 53 Cal (8% from Fat, 17% from Protein, 75% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 12 g Carb; 3 g Fiber; 8 g Sugar; 30 mg Calcium; 1 mg Iron; 14 mg Sodium; 2459 IU Vit A; 38 mg Vit C; 0 mg Cholesterol

Apple Juice

For the best flavor, combine two or more apple varieties.

preparation: 5 minutes • processing: 45 seconds • yield: 1 2/3 cups (400 ml)

**4 medium to large apples,
quartered**

1/4 cup (60 ml) cool water

2 double layers of cheesecloth

1. Place apples and water into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press apples into blades until puréed.
5. Transfer purée to a bowl lined with cheesecloth and twist until juice is extracted.

Per 1 Cup (240 ml) Serving: 130 Cal (2% from Fat, 1% from Protein, 97% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 32 g Carb; 0 g Fiber; 30 g Sugar; 20 mg Calcium; 1 mg Iron; 9 mg Sodium; 3 IU Vit A; 2 mg Vit C; 0 mg Cholesterol

Pineapple Juice

preparation: 5 minutes • processing: 1 minute • yield: 1 1/2 cups (360 ml)

**2 1/2 cups (400 g)
fresh pineapple chunks,
core included**

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 127 Cal (2% from Fat, 4% from Protein, 94% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 32 g Carb; 4 g Fiber; 24 g Sugar; 38 mg Calcium; 1 mg Iron; 7 mg Sodium; 145 IU Vit A; 94 mg Vit C; 0 mg Cholesterol

Morning Glory Smoothie

preparation: 5 minutes • processing: 30 seconds • yield: 3 1/2 cups (840 ml)

1/4 orange, peeled

**1 cup (245 g) plain
low fat yogurt**

**10 ounces (300 ml)
pomegranate juice**

**3/4 cup (125 g) frozen
unsweetened blueberries**

1/2 banana, peeled, frozen

**1/2 teaspoon bee pollen
granules (optional)**

**1/2 teaspoon shelled hemp
seeds (optional)**

**1/2 teaspoon lecithin
granules (optional)**

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

Per 1 Cup (240 ml) Serving: 134 Cal (9% from Fat, 12% from Protein, 79% from Carb); 4 g Protein; 1 g Tot Fat; 1 g Sat Fat; 27 g Carb; 2 g Fiber; 22 g Sugar; 137 mg Calcium; 0 mg Iron; 53 mg Sodium; 91 IU Vit A; 10 mg Vit C; 4 mg Cholesterol



Chef's Tip: Make this vegan and dairy-free by using soy yogurt and omitting the bee pollen.



Morning Glory Smoothie



Garden Fresh Cocktail

preparation: 5 minutes • processing: 1 minute • yield: 1 3/4 cups (420 ml)

**1 cup (180 g) diced fresh or
canned tomatoes**

**1/2 cup (15 g) fresh
spinach, washed**

1/4 cup (25 g) diced carrots

1 tablespoon diced onion

1 sprig parsley

**1/4 cup (40 g) diced sweet red
or green bell pepper**

**1/8 teaspoon hot sauce
(optional)**

**1/2 teaspoon Worcestershire
sauce (optional)**

dash salt (optional)

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 38 Cal (8% from Fat, 15% from Protein, 77% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 7 g Carb; 2 g Fiber; 4 g Sugar; 27 mg Calcium; 1 mg Iron; 21 mg Sodium; 3909 IU Vit A; 35 mg Vit C; 0 mg Cholesterol

Chocolate Banana Malt

For a vanilla banana malt, omit chocolate syrup.

preparation: 5 minutes • processing: 45 seconds • yield: 4 cups (960 ml)

1 cup (145 g) vanilla ice cream

**1 1/2 cups (360 ml) soy milk
or low fat milk**

**1/3 cup (100 g) malted
milk powder***

1/4 cup (60 ml) chocolate syrup

1/2 banana, peeled, frozen

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 206 Cal (30% from Fat, 11% from Protein, 59% from Carb); 6 g Protein; 7 g Tot Fat; 3 g Sat Fat; 31 g Carb; 2 g Fiber; 21 g Sugar; 70 mg Calcium; 1 mg Iron; 94 mg Sodium; 218 IU Vit A; 2 mg Vit C; 18 mg Cholesterol

Vanilla Shake

For French vanilla malt, add 2 tablespoons (37 g) malted milk powder.
For a non-dairy alternative, use soy milk and soy ice cream.*

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

**1 cup (240 ml) vanilla frozen
yogurt or ice cream**

1/4 teaspoon vanilla extract

1/2 cup (120 ml) skim milk

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 144 Cal (26% from Fat, 15% from Protein, 59% from Carb); 5 g Protein; 4 g Tot Fat; 3 g Sat Fat; 21 g Carb; 0 g Fiber; 17 g Sugar; 191 mg Calcium; 0 mg Iron; 99 mg Sodium; 277 IU Vit A; 1 mg Vit C; 3 mg Cholesterol

**Malted milk powder contains wheat flour and milk.*

Strawberry Shake

Substitute strawberry frozen yogurt or ice cream for vanilla nonfat frozen yogurt or ice cream. For a non-dairy alternative, use soy milk and soy ice cream.

preparation: 5 minutes • processing: 1 minute • yield: 2 1/2 cups (600 ml)

3/4 cup (180 ml) skim milk

1/2 cup (120 ml) vanilla frozen yogurt or ice cream

1 cup (150 g) fresh or frozen unsweetened strawberries

1 tablespoon sugar or other sweetener (optional)

1/4 cup (60 ml) ice cubes*

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

Per 1 Cup (240 ml) Serving: 134 Cal (12% from Fat, 13% from Protein, 75% from Carb); 4 g Protein; 2 g Tot Fat; 1 g Sat Fat; 26 g Carb; 2 g Fiber; 18 g Sugar; 161 mg Calcium; 1 mg Iron; 71 mg Sodium; 251 IU Vit A; 38 mg Vit C; 2 mg Cholesterol

**If using frozen strawberries, you may not need to add ice.*

Chocolate Shake

For a chocolate malt, add 2 tablespoons (37 g) malted milk powder.
For a non-dairy alternative, use soy milk and soy ice cream.*

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1/3 cup (80 ml) skim milk

1/4 cup (60 ml) chocolate syrup

1 cup (240 ml) vanilla frozen yogurt or ice cream

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 206 Cal (19% from Fat, 10% from Protein, 71% from Carb); 5 g Protein; 4 g Tot Fat; 3 g Sat Fat; 36 g Carb; 1 g Fiber; 30 g Sugar; 165 mg Calcium; 1 mg Iron; 105 mg Sodium; 236 IU Vit A; 1 mg Vit C; 2 mg Cholesterol

**Malted milk powder contains wheat flour and milk.*



Strawberry Shake

Frosted Cosmopolitan

preparation: 5 minutes • processing: 35 seconds • yield: 1 1/4 cups (300 ml)

1/4 cup (60 ml) cranberry juice

2 ounces (60 ml) vodka

1 ounce (30 ml) triple sec

**2 tablespoons (30 ml)
sweetened lime juice**

1 cup (240 ml) ice cubes

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 35 seconds or until desired consistency is reached.

Per 1 Cup (240 ml) Serving: 246 Cal (2% from Fat, 0% from Protein, 97% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 21 g Carb; 0 g Fiber; 20 g Sugar; 5 mg Calcium; 0 mg Iron; 3 mg Sodium; 24 IU Vit A; 6 mg Vit C; 0 mg Cholesterol

Piña Colada

preparation: 5 minutes • processing: 30 seconds • yield: 1 1/2 cups (360 ml)

1 ounce (30 ml) light rum

**2 tablespoons (30 ml)
cream of coconut**

1/4 cup (40 g) pineapple chunks

1/2 cup (120 ml) skim milk

1/2 cup (120 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 136 Cal (42% from Fat, 17% from Protein, 41% from Carb); 4 g Protein; 5 g Tot Fat; 4 g Sat Fat; 10 g Carb; 1 g Fiber; 4 g Sugar; 121 mg Calcium; 0 mg Iron; 61 mg Sodium; 181 IU Vit A; 11 mg Vit C; 2 mg Cholesterol



Frosted Cosmopolitan

Bellini

preparation: 5 minutes • processing: 30 seconds • yield 1 cup (240 ml)

**1 large fresh peach,
pitted, halved**

**1 ounce (30 ml)
peach schnapps**

**4-6 ounces (120-180 ml)
champagne, chilled**

1. Place peach and peach schnapps into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10.
4. Blend for 30 seconds or until desired consistency is reached. Pour into a tall flute glass and add chilled champagne.

Per 1 Cup (240 ml) Serving: 214 Cal (4% from Fat, 8% from Protein, 88% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 2 g Fiber; 11 g Sugar; 8 mg Calcium; <1 mg Iron; 0 mg Sodium; 424 IU Vit A; 9 mg Vit C; 0 mg Cholesterol

Frozen Whiskey Sour

preparation: 5 minutes • processing: 1 minute • yield: 3 3/4 cups (900 ml)

6 ounces (180 ml) bourbon

**2 lemons, peeled,
halved, seeded**

**1 medium orange,
peeled, halved**

2 tablespoons (25 g) sugar

3 cups (720 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 167 Cal (2% from Fat, 4% from Protein, 93% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 2 g Fiber; 11 g Sugar; 24 mg Calcium; 0 mg Iron; 1 mg Sodium; 100 IU Vit A; 39 mg Vit C; 0 mg Cholesterol

Whole Fruit Margarita

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 7 minutes • processing: 45 seconds • yield: 8 cups (1.9 l)

1/4 cup (60 ml) water
6 ounces (180 ml) tequila
2 ounces (60 ml) Grand Marnier
1 medium orange, peeled, halved
1 lime, peeled, halved
1 lemon, peeled, halved, seeded
1/4 cup (50 g) + 2 tablespoons (25 g) sugar
6 cups (1.4 l) ice cubes

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1 Cup (240 ml) Serving: 262 Cal (1% from Fat, 2% from Protein, 97% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 34 g Carb; 2 g Fiber; 30 g Sugar; 27 mg Calcium; 0 mg Iron; 3 mg Sodium; 95 IU Vit A; 38 mg Vit C; 0 mg Cholesterol

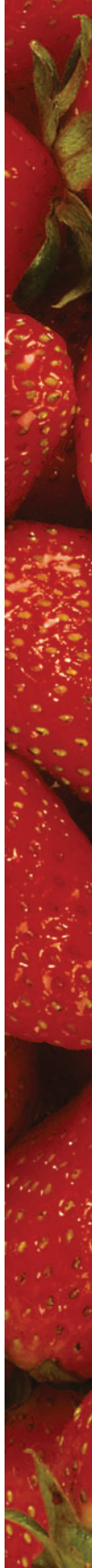
Strawberry Daiquiri

preparation: 5 minutes • processing: 30 seconds • yield: 1 serving

1 ounce (30 ml) light rum
1/2 cup (75 g) frozen unsweetened strawberries
1 tablespoon sweetened lime juice
3/4 cup (180 ml) ice cubes

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

Per Recipe: 206 Cal (1% from Fat, 1% from Protein, 98% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 37 g Carb; 2 g Fiber; 30 g Sugar; 19 mg Calcium; 1 mg Iron; 3 mg Sodium; 50 IU Vit A; 46 mg Vit C; 0 mg Cholesterol



Frozen Mango Daiquiri

preparation: 3 minutes • processing: 1 minute • yield: 3 1/2 cups (840 ml)

4 ounces (120 ml) light rum

1 lime, peeled, halved

2 tablespoons (25 g) sugar

**1 cup (165 g) frozen
mango chunks**

**1 cup (160 g) frozen
pineapple chunks**

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 159 Cal (2% from Fat, 3% from Protein, 95% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 23 g Carb; 2 g Fiber; 19 g Sugar; 17 mg Calcium; 0 mg Iron; 2 mg Sodium; 395 IU Vit A; 35 mg Vit C; 0 mg Cholesterol

Peach Daiquiri

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 3 minutes • processing: 1 minute • yield: 5 cups (1.2 l)

1/2 cup (120 ml) orange juice

6 ounces (180 ml) light rum

1 tablespoon cream of coconut

**2 cups (300 g) frozen
unsweetened peaches**

1 tablespoon sugar

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 163 Cal (9% from Fat, 6% from Protein, 86% from Carb); 1 g Protein; 1 g Tot Fat; 1 g Sat Fat; 20 g Carb; 1 g Fiber; 19 g Sugar; 13 mg Calcium; 0 mg Iron; 3 mg Sodium; 308 IU Vit A; 43 mg Vit C; 0 mg Cholesterol



Frozen Mango Daiquiri

Vanilla Coffee Frappé

Vanilla syrup can be found in the coffee section of most grocery stores.

preparation: 1 minutes • processing: 45 seconds • yield: 3 1/2 cups (840 ml)

3/4 cup (180 ml) double strength coffee, cooled

1 cup (240 ml) skim milk or soy milk

3 tablespoons (45 ml) vanilla syrup

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 42 Cal (4% from Fat, 28% from Protein, 68% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 7 g Carb; 0 g Fiber; 3 g Sugar; 102 mg Calcium; 0 mg Iron; 42 mg Sodium; 143 IU Vit A; 1 mg Vit C; 1 mg Cholesterol

Pumpkin Latte

If using instant coffee granules, blend for 6 minutes or until steam escapes from the vented lid.

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

1 cup (240 ml) skim or soy milk

1/4 cup (60 ml) strongly brewed coffee, hot or 1 1/2 teaspoons instant coffee granules

1/4 cup (60 g) fresh cooked or canned pumpkin

1 tablespoon white chocolate chips

1/4 teaspoon ground cinnamon

1/4 teaspoon nutmeg

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

Per 1 Cup (240 ml) Serving: 92 Cal (21% from Fat, 24% from Protein, 55% from Carb); 6 g Protein; 2 g Tot Fat; 1 g Sat Fat; 13 g Carb; 1 g Fiber; 4 g Sugar; 199 mg Calcium; 1 mg Iron; 80 mg Sodium; 252 IU Vit A; 3 mg Vit C; 3 mg Cholesterol

Coco-Mocha Mint

This drink can be made without alcohol.

preparation: 5 minutes • processing: 30 seconds • yield: 1 cup (240 ml)

1 ounce (30 ml) light rum
3/4 cup (180 ml) fresh-brewed coffee, hot
1/4 cup (60 ml) chocolate soy milk
2 teaspoons honey
1 teaspoon chopped fresh mint

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

Per 1 Cup (240 ml) Serving: 155 Cal (22% from Fat, 6% from Protein, 72% from Carb); 2 g Protein; 2 g Tot Fat; 0 g Sat Fat; 18 g Carb; 0 g Fiber; 16 g Sugar; 21 mg Calcium; 1 mg Iron; 35 mg Sodium; 77 IU Vit A; 2 mg Vit C; 0 mg Cholesterol

Cappuccino

For a non-dairy alternative, use soy milk instead of skim milk.

For a frozen version, add 1/2 cup (120 ml) ice cubes, 1 cup (240 ml) cold milk and increase coffee to 2 teaspoons. Blend on High for 30 seconds.

preparation: 5 minutes • processing: 10-15 seconds • yield: 1 1/4 cups (300 ml)

1 tablespoon white chocolate chips
1 teaspoon instant coffee
3/4 cup (180 ml) skim milk, hot
1 teaspoon vanilla extract
sugar to taste, (optional)

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

Per Recipe: 148 Cal (26% from Fat, 23% from Protein, 51% from Carb); 8 g Protein; 4 g Tot Fat; 2 g Sat Fat; 17 g Carb; 0 g Fiber; 7 g Sugar; 287 mg Calcium; 0 mg Iron; 119 mg Sodium; 378 IU Vit A; 2 mg Vit C; 5 mg Cholesterol



Moco-Coco Chilled Coffee

For less sugar, you may substitute coconut milk for cream of coconut.

preparation: 2 minutes • processing: 45 seconds • yield: 4 cups (960 ml)

3/4 cup (180 ml) double strength coffee, cooled

1 cup (240 ml) soy milk or low fat milk

1/4 cup (60 ml) chocolate syrup

1 1/2 tablespoons cream of coconut

2 tablespoons (9 g) unsweetened shredded coconut

2 cups (480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 93 Cal (31% from Fat, 14% from Protein, 55% from Carb); 3 g Protein; 3 g Tot Fat; 2 g Sat Fat; 13 g Carb; 2 g Fiber; 8 g Sugar; 26 mg Calcium; 1 mg Iron; 55 mg Sodium; 375 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Iced Pepperminty Café

For a hot version, use 1 teaspoon instant coffee granules, 2 tablespoons (30 g) white chocolate chips, 2 mint candies, 1 1/2 cups (360 ml) scalding milk. Blend for 3 minutes on High.

preparation: 5 minutes • processing: 10-15 seconds • yield: 1 1/2 cups (360 ml)

1 cup (240 ml) low fat milk

1 1/2 teaspoons instant coffee granules

2 tablespoons (30 g) white chocolate chips

3 mint candies

1 1/2-2 cups (360-480 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 175 Cal (28% from Fat, 16% from Protein, 56% from Carb); 7 g Protein; 5 g Tot Fat; 3 g Sat Fat; 25 g Carb; 1 g Fiber; 21 g Sugar; 224 mg Calcium; 1 mg Iron; 83 mg Sodium; 369 IU Vit A; 0 mg Vit C; 10 mg Cholesterol



Iced Pepperminty Café

Sesame Milk

Sesame milk has a slightly bitter flavor. For best results, toast seeds to improve flavor.

preparation: 5 minutes • processing: 2 minutes • yield: 2 1/2 cups (600 ml)

2 cups (480 ml) water

3/4 cup (110 g) sesame seeds

1. Place all ingredients into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 2 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using.

Per 1 Cup (240 ml) Serving: 244 Cal (73% from Fat, 12% from Protein, 15% from Carb); 7 g Protein; 21 g Tot Fat; 3 g Sat Fat; 11 g Carb; 6 g Fiber; 0 g Sugar; 43 mg Calcium; 6 mg Iron; 9 mg Sodium; 4 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Almond or Cashew Milk

*If you desire to strain away sediment, place a fine mesh sieve over a large bowl.
Pour almond milk slowly into sieve and allow to filter through, or stir the milk in the sieve with a spatula to encourage it to pass through more rapidly. Do not strain if using cashews.*

preparation: 5 minutes • processing: 2 minutes • yield: 3 1/2 cups (840 ml)

3 cups (720 ml) water

**1 cup (140 g) raw almonds
or cashews**

**sugar or sweetener,
to taste (optional)**

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

Per 1 Cup (240 ml) Serving: 239 Cal (74% from Fat, 14% from Protein, 12% from Carb); 9 g Protein; 21 g Tot Fat; 2 g Sat Fat; 8 g Carb; 5 g Fiber; 2 g Sugar; 112 mg Calcium; 2 mg Iron; 7 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Rice Milk

Add 1/2 teaspoon vanilla extract if desired.

preparation: 5 minutes • processing: 2-3 minutes • yield: 2 cups (480 ml)

2 cups (480 ml) water

**1/2 cup (100 g) cooked
brown rice**

**1/2-1 tablespoon brown sugar
or other sweetener, to taste**

1. Place ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 2-3 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using.

Per 1 Cup (240 ml) Serving: 67 Cal (6% from Fat, 7% from Protein, 87% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 1 g Fiber; 3 g Sugar; 10 mg Calcium; 0 mg Iron; 5 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Coconut Milk

Strain through a fine mesh sieve for a smoother drink.

preparation: 3 minutes • processing: 3 minutes • yield: 1 1/2 cups (360 ml)

2 cups (480 ml) water

**1 cup (75 g) shredded coconut,
sweetened or unsweetened**

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

Per 1 Cup (240 ml) Serving: 258 Cal (53% from Fat, 3% from Protein, 44% from Carb); 2 g Protein; 16 g Tot Fat; 15 g Sat Fat; 29 g Carb; 6 g Fiber; 21 g Sugar; 16 mg Calcium; 1 mg Iron; 170 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Soy Milk

For a refreshing flavor, add 1-inch (2.5 cm) cube of ginger root before blending.

preparation: 5 minutes • processing: 1 1/2 minutes • yield: 4 cups (960 ml)

1 1/2 cups (300 g) soy beans

1 tablespoon sugar

**3 1/2 cups (840 ml)
boiled water**

1. Clean whole soy beans and soak for 4-8 hours. Steam for about 15 minutes.
2. Drain soy beans and let cool.
3. Place ingredients into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn the machine on, and quickly increase to Variable 10, then to High.
6. Blend for 1 1/2 minutes until smooth.

Per 1 Cup (240 ml) Serving: 107 Cal; (34% from Fat, 29% from Protein, 37% from Carb) 8 g Protein; 4 g Tot Fat; 0 g Sat Fat; 11 g Carb; 3 g Fiber; 3 g Sugar; 102 mg Calcium; 2 mg Iron; 16 mg Sodium; 105 IU Vit A; 11 mg Vit C; 0 mg Cholesterol



Chef's Tip: To obtain a commercial-style soy milk, it is best to strain the milk through a nut milk bag.







Soy Milk

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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For a quick meal, look for soup recipes that have the soup bowl icon. They are prepared from start to finish in the Vita-Mix container.

Carrot Ginger Tofu Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 3-4 minutes • yield: 4 1/2 cups (1.0 l)

**4 medium carrots,
peeled, halved**

1/4 small onion, peeled

4 garlic cloves, peeled

2 tablespoons (30 ml) oil

1/2 teaspoon salt

pinch of white pepper

**1 tablespoon fresh ginger root
or Ginger Paste (p.275)**

1/3 cup (70 g) light silken tofu

**2 cups (480 ml) low sodium
vegetable or chicken broth**

1. Place carrots, onion and garlic into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4 or 5.
4. Blend for 10 seconds or until chopped.
5. Heat oil in a small pan and sauté chopped ingredients until onion is clear and carrots are tender. Add a little broth, if needed.
6. Place remaining ingredients into the Vita-Mix container, add sautéed ingredients and secure lid.
7. Select Variable 1.
8. Turn machine on and quickly increase speed to Variable 10, then to High.
9. Blend for 3-4 minutes or until heavy steam escapes from the vented lid.

Per 1 Cup (240 ml) Serving: 107 Cal (56% from Fat, 14% from Protein, 30% from Carb); 4 g Protein; 6 g Tot Fat; 1 g Sat Fat; 8 g Carb; 2g Fiber; 3 g Sugar; 32 mg Calcium; <1 mg Iron; 348 mg Sodium; 8616 IU Vit A; 5 mg Vit C; 0 mg Cholesterol



Chef's Tip:

There is no need to peel fresh ginger root when using it in a Vita-Mix recipe.



Carrot Ginger Tofu Soup

Tortilla Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 5-6 minutes • yield: 5 cups (1.2 l)

Soup base

**3 cups (720 ml) low sodium
chicken, beef or vegetable broth**

1 Roma tomato, halved

1 carrot, halved

1 stalk celery, halved

1 thin slice of onion, peeled

1 garlic clove, peeled

1 thin slice of yellow squash

1 thin slice of red bell pepper

1 thin slice of cabbage

1 mushroom

salt and pepper, to taste

1 teaspoon taco seasoning

dash cumin

Optional ingredients

**1/2 cup (70 g) cooked chicken,
breast meat**

1/2 fresh jalapeño

1/4 cup (30 g) pitted olives

**1/4 cup (50 g) unsalted canned
corn, drained**

**2 ounces (60 g) baked
tortilla chips**

1. Place all soup base ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.
5. If adding optional ingredients, reduce speed to Variable 2. Remove the lid plug.
6. Drop in chicken, jalapeños, olives, corn and chips through the lid plug opening. Blend for an additional 10 seconds.

Per 1 Cup (240 ml) Serving: 36 Cal (21% from Fat, 34% from Protein, 45% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 5 g Carb; 1 g Fiber; 2 g Sugar; 18 mg Calcium; 0 mg Iron; 60 mg Sodium; 2258 IU Vit A; 7 mg Vit C; 0 mg Cholesterol



Tortilla Soup

Bacon Cheddar Potato Soup

preparation: 5 minutes • processing: 4 minutes • yield: 4 cups (960 ml)

2 cups (480 ml) skim milk

2 medium Yukon Gold potatoes, baked

1/3 cup (40 g) shredded, low fat cheddar cheese

1/4 small onion, sliced, sautéed

1/2 teaspoon dried dill weed

1/2 teaspoon dried rosemary

1/2 teaspoon salt

2 ounces (55 g) turkey bacon, cooked, crumbled

1. Place milk, one potato, cheese, onion, dill, rosemary and salt into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 4 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 3.
6. Remove the lid plug. Drop in remaining potato and bacon. Blend for an additional 10 seconds, until chopped.

Per 1 Cup (240 ml) Serving: 203 Cal (23% from Fat, 26% from Protein, 26% from Carb); 13 g Protein; 5 g Tot Fat; 2 g Sat Fat; 26 g Carb; 1 g Fiber; 2 g Sugar; 234 mg Calcium; 1 mg Iron; 763 mg Sodium; 293 IU Vit A; 13 mg Vit C; 17 mg Cholesterol



Chef's Tip: There is no need to peel baked potatoes when using in Vita-Mix recipes. Scrub thoroughly before baking.

Chicken Potato Spinach Soup

Use vegetable broth and omit chicken to make this recipe suitable for vegetarian diets.

preparation: 5 minutes • processing: 4-5 minutes • yield: 4 cups (960 ml)

**1 cup (240 ml) low sodium
chicken, beef or vegetable broth**

1 1/2 cups (360 ml) skim milk

1/2 small onion, peeled

**3 medium potatoes,
baked or boiled, with skin
(reserve 1 potato)**

1/8 teaspoon dried rosemary

**1 tablespoon spinach,
cooked or frozen**

**5 ounces (140 g) chicken
breast, skinned and boned,
cooked and diced**

salt to taste

1. Place broth, skim milk, onion, two potatoes, and rosemary into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 4-5 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 3 and remove the lid plug.
6. Add spinach and reserved potato through the lid plug opening and blend until potato is chopped, about 15 seconds.
7. Drop in chicken and blend for an additional 5 seconds.

Per 1 Cup (240 ml) Serving: 305 Cal (8% from Fat, 26% from Protein, 67% from Carb); 19 g Protein; 3 g Tot Fat; 1 g Sat Fat; 51 g Carb; 4 g Fiber; 4 g Sugar; 152 mg Calcium; 1 mg Iron; 105 mg Sodium; 241 IU Vit A; 18 mg Vit C; 34 mg Cholesterol



Broccoli Cheese Soup

preparation: 5 minutes • processing: 5-6 minutes • yield: 2 cups (480 ml)

1 cup (240 ml) skim or low fat milk

1/3 cup (40 g) shredded, low fat cheddar cheese

1 cup (100 g) chopped fresh or frozen broccoli or cauliflower florets, steamed

1 teaspoon diced onion

1 teaspoon cornstarch

1/4 teaspoon chicken or vegetable bouillon or soup base

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

Per 1 Cup (240 ml) Serving: 112 Cal (16% from Fat, 41% from Protein, 43% from Carb); 12 g Protein; 2 g Tot Fat; 1 g Sat Fat; 12 g Carb; 1 g Fiber; 1 g Sugar; 291 mg Calcium; 1 mg Iron; 228 mg Sodium; 581 IU Vit A; 49 mg Vit C; 7 mg Cholesterol



Chef's Tip: Steam and reserve an extra cup of florets to add to your finished soup when serving.



Broccoli Cheese Soup

Cream of Spinach Soup

preparation: 5 minutes • processing: 3-4 minutes • cook: 10 minutes • yield: 3 1/2 cups (840 ml)

**2 tablespoons (20 g) onion,
peeled, chopped**

1 teaspoon olive oil

**1/2 pound (277 g) fresh
spinach, washed**

**2 cups (480 ml) low sodium
chicken or vegetable broth**

1 1/2 teaspoons cornstarch

3 ounces (85 g) tofu

1. In a large frying pan, sauté onion in olive oil over medium heat until translucent, about 4 minutes.
2. Add spinach and cover. Stir periodically to make sure spinach wilts evenly. Cook for about 5 minutes or until all spinach is wilted slightly.
3. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 3-4 minutes or until heavy steam escapes from the vented lid.

Per 1 Cup (240 ml) Serving: 64 Cal (32% from Fat, 36% from Protein, 32% from Carb); 6 g Protein; 3 g Tot Fat; 0 g Sat Fat; 6 g Carb; 2 g Fiber; 1 g Sugar; 81 mg Calcium; 2 mg Iron; 117 mg Sodium; 6076 IU Vit A; 19 mg Vit C; 0 mg Cholesterol



Chef's Tip:

1 cup (156 g) frozen, chopped, well-drained spinach may be substituted for fresh spinach. A great way to use leftovers! Try different cooked vegetables in place of spinach.

Gazpacho

Serve over chopped cucumbers and tomatoes

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30-45 seconds • yield: 5 cups (1.2 l)

**3 cups (720 ml) tomato juice,
fresh or canned**

**1/3 cup (80 ml) red
wine vinegar**

1/4 cup (60 ml) olive oil

2 large ripe tomatoes, quartered

**1 cucumber, peeled
and cut into chunks**

1 small onion, peeled, quartered

**1 sweet green bell
pepper, seeded, quartered**

dash hot sauce

salt and pepper to taste

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 30-45 seconds.
5. Stop machine, season soup and serve immediately.

Per 1 Cup (240 ml) Serving: 152 Cal (63% from Fat, 6% from Protein, 31% from Carb); 2 g Protein; 11 g Tot Fat; 2 g Sat Fat; 12 g Carb; 2 g Fiber; 9 g Sugar; 34 mg Calcium; 1 mg Iron; 21 mg Sodium; 1374 IU Vit A; 57 mg Vit C; 0 mg Cholesterol

Quick Miso Fish Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

*preparation: 10 minutes • processing: 35 seconds
cook time: 3 minutes • yield: 4 servings*

3 spring onions, halved

3 tablespoons (55 g) miso

1/2-inch (1.3 cm) piece ginger root, peeled

3 1/2 cups (840 ml) water

3 1/2 ounces (100 g) shiitake mushrooms, stalks removed

2 3/4 cups (200 g) shredded bok choy

4 ounces (125 g) rice noodles

1 tablespoon tamari

1/2 pound (227 g) skinless white fish fillet, such as cod or pollack, cut into cubes

a few cilantro leaves

1. Place the spring onions in Vita-Mix container and secure lid.
2. Select Variable 1 and pulse on and off 2-3 times to chop. Transfer to a bowl and set aside.
3. Place the miso, ginger and water into the Vita-Mix container and secure lid.
4. Select Variable 3.
5. Turn the machine on and increase speed to Variable 10, then to High.
6. Blend for 30 seconds to combine.
7. Stop machine and add the mushrooms. Select Variable 1 and pulse on and off 2-3 times until coarsely chopped.
8. Transfer the soup to a pan, add the bok choy, noodles, tamari and fish. Simmer over medium heat for 3 minutes or until the noodles are tender and the fish is cooked.
9. Garnish with cilantro leaves and serve immediately.

Per Serving: 232 Cal (6% from Fat, 24% from Protein, 70% from Carb); 14 g Protein; 2 g Tot Fat; 0 g Sat Fat; 41 g Carb; 2 g Fiber; 1 g Sugar; 86 mg Calcium; 2 mg Iron; 1015 mg Sodium; 177 IU Vit A; 5 mg Vit C; 40 mg Cholesterol



Quick Miso Fish Soup

Cream of Celery Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minutes • yield: 6 cups (1.4 l)

**2 1/2 cups (600 ml)
chicken broth**

1/2 small onion, peeled

4 cups (480 g) chopped celery

**1/3 cup (45 g) scrubbed,
chopped parsnips**

1 small potato, scrubbed, baked

1 garlic clove, peeled

1/8 teaspoon white pepper

1/2 teaspoon salt

**1/4 cup (60 ml) half and half,
heavy cream or milk**

1. Place all ingredients, except half and half, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 4 and remove the lid plug.
6. Add half and half through the lid plug opening and blend for an additional 15 seconds.

Per 1 Cup (240 ml) Serving: 74 Cal (23% from Fat, 19% from Protein, 58% from Carb); 4 g Protein; 2 g Tot Fat; 1 g Sat Fat; 11 g Carb; 2 g Fiber; 2 g Sugar; 57 mg Calcium; 1 mg Iron; 607 mg Sodium; 397 IU Vit A; 7 mg Vit C; 4 mg Cholesterol

Zucchini Soup

preparation: 8 minutes • processing: 6-7 minutes • yield: 4 cups (960 ml)

2 cups (480 ml) chicken broth

**1/2 cup (120 ml) half and half,
heavy cream or milk**

1 teaspoon lemon juice

1 medium zucchini, chopped

1 medium carrot, halved

1/2 celery stalk

**1 teaspoon diced green
bell pepper**

1/2 potato, scrubbed, baked

salt and pepper

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1 Cup (240 ml) Serving: 109 Cal (35% from Fat, 18% from Protein, 47% from Carb); 5 g Protein; 4 g Tot Fat; 2 g Sat Fat; 13 g Carb; 2 g Fiber; 2 g Sugar; 57 mg Calcium; 1 mg Iron; 417 mg Sodium; 2042 IU Vit A; 15 mg Vit C; 11 mg Cholesterol



Potato and Spinach Soup

There is no need to peel your baked potatoes when using in soups.

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minutes • yield: 7 cups (1.7 l)

4 cups (960 ml) vegetable broth

**3 potatoes, scrubbed,
baked, quartered**

1/4 onion, peeled

1/2 teaspoon dried rosemary

**3 tablespoons (30 g)
frozen spinach**

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

Per 1 Cup (240 ml) Serving: 108 Cal (2% from Fat, 10% from Protein, 88% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 3 g Fiber; 3 g Sugar; 24 mg Calcium; 1 mg Iron; 553 mg Sodium; 645 IU Vit A; 10 mg Vit C; 0 mg Cholesterol

Garden Pea Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 15 minutes • processing: 30-45 seconds • yield: 6 cups (1.4 l)

**5 1/2 cups (1.3 l) chicken
or vegetable broth**

**4 small potatoes,
scrubbed, quartered**

**1 cup (60 g) fresh sweet peas or
1/2 package frozen sweet peas**

**1/2 shallot or small
onion, peeled**

1/4-inch (.6 cm) piece lemon peel

1. Cook potatoes, peas, and shallot with 4 cups (960 ml) broth in saucepan until potatoes are tender.
2. Place cooked ingredients, remaining broth, and lemon peel into the Vita-Mix container and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 30-45 seconds until smooth.

Per 1 Cup (240 ml) Serving: 165 Cal (8% from Fat, 21% from Protein, 71% from Carb); 9 g Protein; 2 g Tot Fat; 0 g Sat Fat; 29 g Carb; 4 g Fiber; 3 g Sugar; 35 mg Calcium; 2 mg Iron; 713 mg Sodium; 266 IU Vit A; 22 mg Vit C; 0 mg Cholesterol



Garden Pea Soup

Acorn Squash Soup

preparation: 5 minutes • processing: 4-5 minutes • yield: 4 cups (960 ml)

2 cups (480 ml) chicken broth

**1/2 cup (120 ml) low fat
evaporated milk**

**1/2 medium acorn squash,
cooked, peeled, seeded**

1 teaspoon maple syrup

pinch of nutmeg

1/4 teaspoon ground cinnamon

salt and pepper

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

Per 1 Cup (240 ml) Serving: 70 Cal (10% from Fat, 29% from Protein, 61% from Carb); 5 g Protein; 1 g Tot Fat; 0 g Sat Fat; 11 g Carb; 1 g Fiber; 5 g Sugar; 118 mg Calcium; 1 mg Iron; 420 mg Sodium; 324 IU Vit A; 6 mg Vit C; 1 mg Cholesterol

Chilled Minted Melon Soup

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 ml)

1/2 cup (120 ml) water

**1/2 cup (120 ml) skim milk
or soy milk**

1 1/2 tablespoons honey

1/2 medium honeydew, diced

1/2 small lime, peeled

3 large mint leaves

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

Per 1 Cup (240 ml) Serving: 88 Cal (3% from Fat, 9% from Protein, 89% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 21 g Carb; 2 g Fiber; 17 g Sugar; 60 mg Calcium; 1 mg Iron; 44 mg Sodium; 249 IU Vit A; 27 mg Vit C; 1 mg Cholesterol



Acorn Squash Soup

Minestrone Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minutes • yield: 8 cups (1.9 l)

2 cups (480 ml) chicken broth

**4 fresh tomatoes, quartered or
1 (15-ounce) can diced tomatoes**

1 garlic clove, peeled

2 baby carrots

1 small onion, peeled, halved

1 celery stalk, halved

1/8 teaspoon black pepper

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1/2 teaspoon salt

**2 tablespoons (30 ml)
tomato paste**

**1/2 cup (120 g) canned
chick peas, drained**

**1 cup (125 g) diced
zucchini, steamed**

**1 cup (260 g) canned kidney
beans, drained**

**1/2 cup (100 g) canned
corn, drained**

**1/4 cup (25 g) grated Romano
cheese (optional)**

1. Place all ingredients, except the chick peas, zucchini, kidney beans, corn and cheese into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 2 and remove the lid plug.
6. Add chick peas, zucchini, kidney beans, corn and cheese through the lid plug opening. Replace the lid plug.
7. Blend for 15-20 seconds.

Per 1 Cup (240 ml) Serving: 84 Cal (9% from Fat, 22% from Protein, 69% from Carb); 5 g Protein; 1 g Tot Fat; 0 g Sat Fat; 15 g Carb; 3 g Fiber; 3 g Sugar; 31 mg Calcium; 1 mg Iron; 567 mg Sodium; 785 IU Vit A; 14 mg Vit C; 0 mg Cholesterol

Avocado Tortilla Soup

Garnish with tortilla chips and sour cream or a sprig of cilantro.

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 6-7 minutes • yield: 5 cups (1.2 l)

2 cups (480 ml) chicken broth

5 Roma tomatoes, quartered

1/3 bunch cilantro, stemmed

1 garlic clove, peeled

1/2 teaspoon black pepper

1/2 avocado, peeled, pitted

1/2 lime, peeled

**1/2 cup (130 g) canned
black beans, drained**

**1/2 cup (100 g) canned
corn, drained**

**2 ounces (56 g) tortilla
chips, crushed**

1. Place all ingredients, except tortilla chips, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 2 and remove the lid plug.
6. Drop in corn, beans and tortilla chips through the lid plug opening. Blend for an additional 10 seconds.

Per 1 Cup (240 ml) Serving: 165 Cal (35% from Fat, 15% from Protein, 51% from Carb); 6 g Protein; 7 g Tot Fat; 1 g Sat Fat; 22 g Carb; 6 g Fiber; 4 g Sugar; 51 mg Calcium; 2 mg Iron; 472 mg Sodium; 1645 IU Vit A; 24 mg Vit C; 0 mg Cholesterol



Harvest Cheddar Soup

Garnish with sour cream and diced apples.

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minutes • yield: 6 cups (1.4 l)

2 cups (480 ml) chicken broth

**2 tablespoons (30 ml)
white wine**

1/4 medium onion, peeled

1 stalk celery, halved

**2 Granny Smith
apples, quartered**

2 potatoes, baked, quartered

1/8 teaspoon dried thyme

1/8 teaspoon nutmeg

pinch white pepper

**1 cup (115 g) shredded
cheddar cheese**

1. Place all ingredients, except the cheese, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 4 and remove the lid plug.
6. Drop in cheese through the lid plug opening. Blend for an additional 15 seconds.

Per 1 Cup (240 ml) Serving: 224 Cal (32% from Fat, 17% from Protein, 51% from Carb); 10 g Protein; 8 g Tot Fat; 5 g Sat Fat; 28 g Carb; 3 g Fiber; 7 g Sugar; 184 mg Calcium; 1 mg Iron; 407 mg Sodium; 279 IU Vit A; 12 mg Vit C; 23 mg Cholesterol



Harvest Cheddar Soup

Cabbage Soup

preparation: 10 minutes • processing: 6-7 minutes • yield: 4 cups (960 ml)

**4 cups (350 g) cabbage, wet
chopped on Variable 4 (see
Getting Started guide)**

2 cups (480 ml) chicken broth

**2 tablespoons (30 ml)
white wine**

**1 medium onion,
peeled, quartered**

1/2 medium carrot

1 large potato, baked, quartered

1/4 teaspoon caraway seed

1 teaspoon dried dill weed

1/4 teaspoon hot sauce

1/2 teaspoon salt

1/8 teaspoon black pepper

1. Place all ingredients, except cabbage, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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 cabbage in large skillet with 1/2-1 cup (120-240 ml) water until tender.
6. Drain excess water. Place cooked cabbage in serving bowls. Pour soup over cabbage.

Per 1 Cup (240 ml) Serving: 133 Cal (7% from Fat, 18% from Protein, 75% from Carb); 6 g Protein; 1 g Tot Fat; 0 g Sat Fat; 25 g Carb; 5 g Fiber; 6 g Sugar; 77 mg Calcium; 2 mg Iron; 708 mg Sodium; 1066 IU Vit A; 38 mg Vit C; 0 mg Cholesterol



Cabbage Soup

Holiday Squash Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minute • yield: 5 cups (1.2 l)

2 cups (480 ml) chicken broth

**1/2 buttercup or butternut squash, cooked, peeled
-or-**

2 cups (410 g) of cooked squash or pumpkin

1/4 small onion, peeled

1/4 medium apple

1/4 teaspoon nutmeg

1/4 teaspoon dried sage

1/4 teaspoon dried rosemary

1/8 teaspoon white pepper

1/2 teaspoon salt

1/4 cup (60 ml) heavy cream

1. Place all ingredients, except the heavy cream, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 4 and remove the lid plug.
6. Add in the heavy cream through the lid plug opening.
7. Blend for an additional 20 seconds.

Per 1 Cup (240 ml) Serving: 77 Cal (31% from Fat, 14% from Protein, 56% from Carb); 3 g Protein; 3 g Tot Fat; 2 g Sat Fat; 12 g Carb; 0 g Fiber; 3 g Sugar; 45 mg Calcium; 1 mg Iron; 270 mg Sodium; 9241 IU Vit A; 13 mg Vit C; 8 mg Cholesterol



Chef's Tip: To cook butternut squash easily, split squash in half vertically, scoop out seeds and place flesh side down on a lightly greased baking pan. Pierce skin and bake at 350°F (180°C) for 30 minutes. Cool and scoop out flesh.



Holiday Squash Soup

Gingered Carrot Orange Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 30-45 seconds • yield: 5 cups (1.2 l)

1 pound (454 g) carrots, chopped

2 medium onions, peeled, sliced

**1 1/2 teaspoons Ginger Paste
(p.275) or a 1-inch (2.5 cm)
cube of fresh ginger**

**2 tablespoons (30 g) low fat
butter spread**

**4 cups (960 ml) vegetable or
chicken broth**

3 oranges, peeled, halved

**1/4-inch (.6 cm) piece
orange peel**

salt and pepper

1. Sauté carrots, onions and ginger in butter spread until soft.
2. Add 2 cups (480 ml) of broth, simmer until tender.
3. Place oranges, orange peel and cooked vegetable mixture into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30-45 seconds until smooth. Adjust consistency with remaining 2 cups (480 ml) of broth.
7. Season to taste with salt and pepper.

Per 1 Cup (240 ml) Serving: 159 Cal (19% from Fat, 15% from Protein, 66% from Carb); 6 g Protein; 3 g Tot Fat; 1 g Sat Fat; 27 g Carb; 6 g Fiber; 17 g Sugar; 93 mg Calcium; 1 mg Iron; 709 mg Sodium; 11368 IU Vit A; 67 mg Vit C; 0 mg Cholesterol



Chef's Tip:

Serve hot or cold.
Garnish with light sour cream
and chopped cilantro.



Gingered Carrot Orange Soup

Cold Tomato Soup with Shrimp

preparation: 5 minutes • processing: 15 seconds • yield: 2 1/2 cups (600 ml)

**1 cup (245 g) plain
low fat yogurt**

1 ripe tomato, quartered

1/2 shallot, peeled

1/4 teaspoon dried dill weed

**1 cup (113 g) diced,
cooked shrimp**

1. Place first four ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 15 seconds until smooth.
5. Portion cooked shrimp in soup bowls. Pour soup over shrimp and garnish with dill sprigs.

Per 1 Cup (240 ml) Serving: 126 Cal (15% from Fat, 49% from Protein, 36% from Carb); 15 g Protein; 2 g Tot Fat; 1 g Sat Fat; 11 g Carb; 1 g Fiber; 9 g Sugar; 209 mg Calcium; 2 mg Iron; 174 mg Sodium; 575 IU Vit A; 10 mg Vit C; 94 mg Cholesterol

Celery and Almond Soup

preparation: 10 minutes • processing: 45-60 seconds • yield: 3 cups (720 ml)

**3 cups (720 ml) chicken or
vegetable broth**

6 stalks celery, halved

**1/4 cup (40 g)
blanched almonds**

1/8 lemon, peeled, seeded

salt and pepper

1. Cook celery in broth until soft. Place mixture and rest of ingredients into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45-60 seconds until smooth.
5. Season to taste with salt and pepper.

Per 1 Cup (240 ml) Serving: 126 Cal (53% from Fat, 25% from Protein, 22% from Carb); 8 g Protein; 8 g Tot Fat; 1 g Sat Fat; 7 g Carb; 3 g Fiber; 3 g Sugar; 84 mg Calcium; 1 mg Iron; 863 mg Sodium; 540 IU Vit A; 5 mg Vit C; 0 mg Cholesterol



Cold Tomato Soup with Shrimp

Clam Bisque Provençale

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 3 minutes • processing: 45 seconds • cook: 20 minutes • yield: 4 1/2 cups (1.0 l)

2 small onions, peeled, halved

4 stalks celery, halved

1 1/2 garlic cloves, peeled

1/2 carrot

**2 1/2 tablespoons (40 ml)
olive oil**

1/4 cup (60 ml) tomato paste

8 ounces (225 g) clam meat

1 cup (240 ml) water

**1 1/2 cups (360 ml) dry
white wine**

1 bay leaf

1 teaspoon dried oregano

1 1/2 teaspoons dried thyme

**2 1/2 cups (600 ml) heavy
cream, half and half or milk**

salt and pepper

1. Place onions, celery, garlic and carrot into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4.
4. Blend for 15 seconds until chopped.
5. Sauté chopped mixture in olive oil until soft. Add tomato paste and stir well.
6. Add clam meat, water, wine, and herbs and simmer for 20 minutes.
7. Stir in cream. Add soup to the Vita-Mix container and secure lid.
8. Select Variable 1.
9. Turn machine on and quickly increase speed to Variable 7.
10. Blend for 30 seconds.
11. Season to taste with salt and pepper

Per 1 Cup (240 ml) Serving: 324 Cal (43% from Fat, 27% from Protein, 30% from Carb); 19 g Protein; 13 g Tot Fat; 4 g Sat Fat; 21 g Carb; 3 g Fiber; 13 g Sugar; 260 mg Calcium; 16 mg Iron; 280 mg Sodium; 1718 IU Vit A; 20 mg Vit C; 47 mg Cholesterol



Chef's Tip: If using half and half or milk, this soup may be thickened with 1 tablespoon of potato starch dissolved in 1/4 cup (60 ml) cold water. Nutrition information above is based on using heavy cream.



Clam Bisque Provençale

Thai Pumpkin Soup

Garnish with chopped cilantro, chopped peanuts and sour cream.

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 25 seconds • yield: 8 cups (1.9 l)

2 tablespoons (30 ml) olive oil
1 large onion, peeled, chopped
1 tablespoon tomato paste
2 1/2 cups (610 g) canned pumpkin
2 tablespoons (30 g) Ginger Paste (p.275) or fresh ginger
1 garlic clove, peeled, chopped
3 cups (720 ml) chicken or vegetable broth
1 tablespoon chopped green chilies
3/4 cup (180 ml) coconut cream
3/4 cup (180 ml) coconut milk
1 tablespoon lemon juice
salt and pepper

1. Sauté onion in olive oil until soft. Add tomato paste, pumpkin, ginger paste, garlic and broth. Combine until thoroughly heated through.
2. Place mixture into the Vita-Mix container. Add chilies, coconut cream, coconut milk, and lemon juice and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 25 seconds.
6. Season to taste with salt and pepper.

Per 1 Cup (240 ml) Serving: 176 Cal (65% from Fat, 9% from Protein, 26% from Carb); 4 g Protein; 14 g Tot Fat; 9 g Sat Fat; 12 g Carb; 3 g Fiber; 5 g Sugar; 33 mg Calcium; 2 mg Iron; 324 mg Sodium; 11997 IU Vit A; 7 mg Vit C; 0 mg Cholesterol



Chef's Tip:

This recipe contains coconut cream and coconut milk. If a less sweet soup is desired, omit coconut cream and increase coconut milk to 1 1/2 cups (360 ml). The nutrition information above is based on using coconut cream.



Thai Pumpkin Soup

Cream of Asparagus Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 1 minute • yield: 4 1/2 cups (1.0 l)

1 1/2 pounds (680 g) asparagus spears, cooked (reserve one cup of pieces for garnish)

1 1/2 cups (360 ml) chicken broth

1/2 cup (120 ml) half and half or heavy cream

salt and pepper

1. Place asparagus and chicken broth into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute until smooth.
5. Pour into pot and heat until simmering. Stir in half and half. Season to taste with salt and pepper. Serve immediately over reserved asparagus pieces.

Per 1 Cup (240 ml) Serving: 78 Cal (39% from Fat, 27% from Protein, 34% from Carb); 6 g Protein; 4 g Tot Fat; 2 g Sat Fat; 7 g Carb; 3 g Fiber; 3 g Sugar; 68 mg Calcium; 3 mg Iron; 268 mg Sodium; 1238 IU Vit A; 9 mg Vit C; 10 mg Cholesterol

Summer Squash Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 20 minutes • processing: 30-45 seconds • yield: 7 cups (1.7 l)

2 tablespoons (30 ml) olive oil

2 medium onions, peeled, sliced

1 pound (454 g) summer squash, sliced

1 head garlic, peeled, chopped

5 cups (1.2 l) vegetable or chicken broth

1 teaspoon lemon pepper seasoning

1. Sauté onion, squash, and garlic in olive oil until golden.
2. Add broth and seasoning. Simmer 10-15 minutes until tender.
3. Place mixture into the Vita-Mix container in batches and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30-45 seconds until smooth.

Per 1 Cup (240 ml) Serving: 113 Cal (39% from Fat, 19% from Protein, 42% from Carb); 6 g Protein; 5 g Tot Fat; 1 g Sat Fat; 12 g Carb; 2 g Fiber; 3 g Sugar; 57 mg Calcium; 1 mg Iron; 551 mg Sodium; 131 IU Vit A; 19 mg Vit C; 0 mg Cholesterol



Cream of Asparagus Soup

Spinach and Vegetable Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 10 minutes • processing: 6-7 minutes • yield: 7 cups (1.7 l)

2 cups (480 ml) chicken broth

1 1/2 cups (360 ml) water

2 garlic cloves, peeled

1 teaspoon diced onion

1/2 cup (60 g) chopped carrots, steamed

4 spears asparagus, steamed

3/4 cup (60 g) chopped broccoli, steamed

1 cup (170 g) diced potatoes, cooked

2 cups (60 g) fresh spinach, washed

1/2 cup (60 g) chopped yellow squash, steamed

1/2 cup (60 g) chopped zucchini, steamed

1/4 teaspoon dried basil

1/4 teaspoon black pepper

1/4 teaspoon salt

1/2 teaspoon lemon juice

1 (15-ounce) can chick peas, drained

1. Place all ingredients, except the chick peas, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 2 and remove the lid plug.
6. Add in chick peas through the lid plug opening and blend for 5-10 seconds.

Per 1 Cup (240 ml) Serving: 160 Cal (9% from Fat, 22% from Protein, 69% from Carb); 9 g Protein; 2 g Tot Fat; 0 g Sat Fat; 29 g Carb; 7 g Fiber; 2 g Sugar; 135 mg Calcium; 3 mg Iron; 626 mg Sodium; 7931 IU Vit A; 20 mg Vit C; 0 mg Cholesterol

Vita-Mix Dal Soup

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30 seconds • cook: 40 minutes • yield: 7 cups (1.7 l)

1 cup (190 g) dried lentils

2 garlic cloves, peeled, chopped

3 cups (720 ml) water or vegetable broth

1 tablespoon olive oil

1 onion, peeled, chopped

1/2 teaspoon cumin

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon ground cardamom

1/2 teaspoon curry powder

1 1/2 teaspoons salt

3/4 cup (180 ml) tomato paste

4 cups (960 ml) water or vegetable broth

1 tablespoon fresh lemon juice

2 potatoes, baked, unpeeled, quartered

1 1/2 tablespoons fresh cilantro leaves

1. Wash the lentils and cook with one garlic clove in 3 cups (720 ml) of water or vegetable broth until liquid is absorbed. Set aside.
2. In a 2-quart pot, sauté onion and remaining garlic clove in olive oil until soft. Add spices and tomato paste. Mix well.
3. Add remaining 4 cups (960 ml) of water and lemon juice. Bring to a boil. Remove from heat.
4. Place soup, lentils, potatoes and cilantro into the Vita-Mix container and secure lid.
5. Select Variable 1.
6. Turn machine on and quickly increase speed to Variable 10, then to High.
7. Blend for 30 seconds.

Per 1 Cup (240 ml) Serving: 163 Cal (12% from Fat, 14% from Protein, 73% from Carb); 6 g Protein; 2 g Tot Fat; 0 g Sat Fat; 32 g Carb; 6 g Fiber; 6 g Sugar; 41 mg Calcium; 3 mg Iron; 740 mg Sodium; 481 IU Vit A; 17 mg Vit C; 0 mg Cholesterol



Notes

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Hummus

preparation: 5 minutes • processing: 1 minute • yield: 3 3/4 cups (360 g)

2 (15-ounce) cans chick peas (garbanzos), one drained, one with liquid

1/4 cup (35 g) raw sesame seeds

1 tablespoon olive oil

1/4 cup (60 ml) lemon juice

1 garlic clove, peeled

1 teaspoon cumin

salt

1. Place all ingredients, except salt, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1/4 Cup (60 g) Serving: 99 Cal (25% from Fat, 14% from Protein, 61% from Carb); 4 g Protein; 3 g Tot Fat; 0 g Sat Fat; 15 g Carb; 3 g Fiber; 0 g Sugar; 45 mg Calcium; 1 mg Iron; 193 mg Sodium; 22 IU Vit A; 6 mg Vit C; 0 mg Cholesterol

Mayonnaise

Use room temperature ingredients.

preparation: 5 minutes • processing: 60 seconds • yield: 3 1/4 cups (780 g)

3/4 cup (180 ml) egg substitute or 3 pasteurized eggs

1 1/4 teaspoons dry mustard

1 1/2 teaspoons salt

1/4 cup (60 ml) lemon juice

1 3/4 cups (420 ml) canola oil

1. Place egg substitute, mustard, salt and lemon juice into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. While machine is running, remove the lid plug and slowly pour oil in a thin, steady stream through the lid plug opening until completely used and mixture thickens (about 60 seconds).
5. Stop machine and stir in any oil sitting on top.
6. Refrigerate in a separate container and use within 2-4 weeks.

Per 1 Tablespoon Serving: 70 Cal (98% from Fat, 2% from Protein, 0% from Carb); 0 g Protein; 7 g Tot Fat; 1 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 2 mg Calcium; 0 mg Iron; 75 mg Sodium; 11 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Hummus

Guacamole

Garnish with diced tomato and parsley.

preparation: 5 minutes • processing: 15-20 seconds • yield: 1 1/2 cups (360 g)

2 ripe avocados, peeled, pitted

1 teaspoon salt

**2 tablespoons (30 ml)
lemon juice**

1/4 cup (40 g) chopped onion

1 medium tomato, halved

**1/2 cup (10 g) fresh
cilantro leaves**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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 ingredients.
6. Do not over mix. Leave chunky. Serve with tortilla chips.

Per 2 Tablespoon (30 g) Serving: 31 Cal (70% from Fat, 5% from Protein, 25% from Carb); 0 g Protein; 3 g Tot Fat; 0 g Sat Fat; 2 g Carb; 1 g Fiber; 1 g Sugar; 4 mg Calcium; 0 mg Iron; 150 mg Sodium; 110 IU Vit A; 3 mg Vit C; 0 mg Cholesterol



Chef's Tip: For a spicy guacamole, add 1/2 jalapeño pepper during step 1. Garnish with diced tomato and fresh chopped cilantro.

Mock-amole

This is a low fat alternative to traditional guacamole.

preparation: 5 minutes • processing: 10-15 seconds • yield: 2 cups (480 g)

2 tomatoes, halved
2 tablespoons (30 ml) lemon juice
2 (15-ounce) cans Great Northern beans, drained
1 garlic clove, peeled
2 tablespoons (5 g) fresh parsley
1/2 cup (20 g) fresh basil
1/2 teaspoon salt
1/2 teaspoon black pepper

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 2 Tablespoon (30 g) Serving: 59 Cal (3% from Fat, 25% from Protein, 72% from Carb); 4 g Protein; 0 g Tot Fat; 0 g Sat Fat; 11 g Carb; 3 g Fiber; 0 g Sugar; 30 mg Calcium; 1 mg Iron; 77 mg Sodium; 194 IU Vit A; 4 mg Vit C; 0 mg Cholesterol

Fruity Avocado Salsa

preparation: 5 minutes • processing: 10-15 seconds • yield: 1 1/2 cups (360 g)

1 1/2 avocados, peeled, pitted
1 kiwi, peeled, halved
3 strawberries
1/4 cup (40 g) pineapple chunks
1/2-inch (1.3 cm) piece orange peel
thin slice of peeled red onion
1/2 lime, peeled
1/2 teaspoon salt
4 drops hot sauce

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 2.
4. Blend for 10-15 seconds, using the tamper to press the ingredients into the blades.
5. Do not over mix. Leave chunky.
6. Serve with fajita tortilla chips or rice crackers.

Per 1/4 Cup (60 g) Serving: 37 Cal (59% from Fat, 5% from Protein, 36% from Carb); 0 g Protein; 3 g Tot Fat; 0 g Sat Fat; 4 g Carb; 2 g Fiber; 1 g Sugar; 7 mg Calcium; 0 mg Iron; 100 mg Sodium; 35 IU Vit A; 12 mg Vit C; 0 mg Cholesterol

California Salsa

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 25-30 seconds • yield: 5 cups (1.2 kg)

1/2 medium onion, peeled

1 jalapeño pepper, seeds and membranes removed

1/4 cup (5 g) fresh cilantro leaves

1 teaspoon fresh lemon juice

1 teaspoon salt (optional)

6 ripe Roma tomatoes, quartered (24 quarters)

1. Place first four ingredients and six of the tomato quarters into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 15-20 seconds, using the tamper to press the ingredients into the blades.
5. Reduce to Variable 3 and remove the lid plug. Add in the rest of the tomatoes through the lid plug opening.
6. Blend for an additional 10 seconds, using the tamper to press the ingredients into the blades. Do not over mix, leave chunky.

Per 1/4 Cup (60 g) Serving: 4 Cal (9% from Fat, 17% from Protein, 74% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 2 mg Calcium; 0 mg Iron; 1 mg Sodium; 193 IU Vit A; 3 mg Vit C; 0 mg Cholesterol

Peanut Butter

*CAUTION! Over-processing will cause serious overheating to your machine!
Do not process for more than 1 minute after mixture starts circulating.*

preparation: 2 minutes • processing: 1-2 minutes • yield: 1 3/4 cups (420 g)

3 cups (440 g) unsalted roasted peanuts

1. Place ingredients into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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 laboring. Stop machine.
5. Store in an airtight container. It can also be frozen for longer storage.

Per 2 Tablespoon (30 g) Serving: 183 Cal (71% from Fat, 15% from Protein, 14% from Carb); 7 g Protein; 16 g Tot Fat; 2 g Sat Fat; 7 g Carb; 3 g Fiber; 1 g Sugar; 17 mg Calcium; 1 mg Iron; 2 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Peanut Butter

Beetroot, Salmon and Mascarpone Pâté

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

preparation: 5 minutes • processing: 15 seconds • yield: 2 1/2 cups (600 g)

**12 ounces (340 g)
mascarpone cheese**

1 tablespoon lemon juice

**2 ounces (56 g) cooked
beets, drained**

**5 ounces (140 g)
smoked salmon**

**1/4 teaspoon dried dill weed
ground black pepper, to taste**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1/4 Cup (60 g) Serving: 165 Cal (87% from Fat, 12% from Protein, 1% from Carb); 5 g Protein; 16 g Tot Fat; 9 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 3 mg Calcium; 0 mg Iron; 140 mg Sodium; 14 IU Vit A; 1 mg Vit C; 46 mg Cholesterol

Tahini

Toasting raw seeds gives the tahini a more intense flavor. If toasting raw sesame seeds, bake at 350°F (180°C) for 5 minutes or until light brown.

preparation: 10 minutes • processing: 1-2 minutes • yield: 2 1/2 cups (600 g)

**5 cups (640 g) sesame seeds,
lightly toasted**

1. Place sesame seeds into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1-2 minutes, using the tamper to press the mixture into the blades. Blend until consistency of peanut butter and all of the seeds are ground up.

Per 2 Tablespoon (30 g) Serving: 181 Cal (72% from Fat, 11% from Protein, 17% from Carb); 5 g Protein; 15 g Tot Fat; 2 g Sat Fat; 8 g Carb; 5 g Fiber; 0 g Sugar; 42 mg Calcium; 2 mg Iron; 12 mg Sodium; 21 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Beetroot, Salmon and Mascarpone Pâté

Garlic Feta Pâté

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 g)

**1/4 cup (60 g) plain
low fat yogurt**

**1/4 cup (60 g) heart-healthy
butter spread**

**8 ounces (230 g) reduced-fat
cream cheese**

**3/4 cup (110 g) reduced-fat
feta cheese**

4 anchovy f lets

2 garlic cloves, peeled

1 tablespoon chopped chives

1/4 cup (10 g) fresh basil

1/4 cup (35 g) pine nuts

dash hot pepper sauce

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Place pâté in a serving container and chill thoroughly before serving.

Per 1/4 Cup (60 g) Serving: 135 Cal (67% from Fat, 21% from Protein, 12% from Carb); 7 g Protein; 10 g Tot Fat; 3 g Sat Fat; 4 g Carb; 1 g Fiber; 1 g Sugar; 143 mg Calcium; 1 mg Iron; 384 mg Sodium; 690 IU Vit A; 1 mg Vit C; 12 mg Cholesterol



Chef's Tip: Serve with toasted pita triangles or crudités and Kalamata olives.

Butter

preparation: 5 minutes • processing: 1 minute • yield: 1 1/2 cups (360 g)

2 cups (480 ml) heavy whipping cream

1/8-1/4 teaspoon salt, to taste

1. Place cream into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend until mixture is thick and you hear a change in the sound of the machine.
5. Stop machine and scrape down the sides of the container with a spatula to bring ingredients into the center of the container.
6. Reset machine to Variable 5.
7. Turn machine on and blend for 5 seconds, stop and scrape 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 center of container on top of blades.
10. Place butter in a fine strainer to drain.
11. Remove butter to a bowl and add salt to taste. Work butter with a spatula to remove as much liquid as possible.
12. Store in an airtight container.

Per 1 Tablespoon Serving: 68 Cal (95% from Fat, 2% from Protein, 3% from Carb); 0 g Protein; 7 g Tot Fat; 5 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 13 mg Calcium; 0 mg Iron; 32 mg Sodium; 293 IU Vit A; 0 mg Vit C; 27 mg Cholesterol



Chef's Tip: Create flavored butters by adding sun-dried tomatoes, herbs or cinnamon in Step 1.

Citrus Butter

preparation: 5 minutes • processing: 15-30 seconds • yield: 16 slices

1/4 medium orange, peeled

**1/4 lemon, seeded with
1/4-inch-thick (.6 cm) slice
of rind**

**1/4 lime with 1/4-inch-thick
(.6 cm) slice of rind**

6 sprigs fresh parsley

**1/4 pound (115 g)
butter, softened**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 15-30 seconds until smooth, using the tamper to press the ingredients into the blades.
5. Roll in plastic wrap and form a 6-inch (15 cm) log. Freeze until ready to use.

Per Slice: 52 Cal (96% from Fat, 1% from Protein, 4% from Carb); 0 g Protein; 6 g Tot Fat; 4 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 3 mg Calcium; 0 mg Iron; 41 mg Sodium; 183 IU Vit A; 2 mg Vit C; 15 mg Cholesterol



Chef's Tip

This butter is an excellent accompaniment to grilled meats and seafood.



Citrus Butter

Honey Butter

preparation: 5 minutes • processing: 15-30 seconds • yield: 2 1/2 cups (560 g)

**1 1/2 cups (340 g)
butter, softened**

1 cup (240 ml) light olive oil

**1/2 cup (120 ml) honey
(or to taste)**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 15-30 seconds until smooth.
5. Roll in plastic wrap and form a 6-inch (15 cm) log. Freeze until ready to use.

Per 1 Tablespoon Serving: 133 Cal (89% from Fat, 0% from Protein, 11% from Carb); 0 g Protein; 13 g Tot Fat; 5 g Sat Fat; 4 g Carb; 0 g Fiber; 4 g Sugar; 2 mg Calcium; <1 mg Iron; 53 mg Sodium; 230 IU Vit A; 0 mg Vit C; 20 mg Cholesterol



Chef's Tip: Serve this butter with
toasted bagels, pancakes,
waffles or French toast.

Savory Garlic Butter

preparation: 5 minutes • processing: 15-30 seconds • yield: 2 cups (480 g)

1 1/2 cups (340 g) unsalted butter, softened

3 tablespoons (9 g) fresh snipped chives

1 garlic clove, peeled

1 tablespoon dry mustard

1/8 teaspoon salt

dash red pepper sauce, to taste

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 15-30 seconds until smooth.
5. Roll in plastic wrap and form a 6-inch (15 cm) log. Freeze until ready to use.

Per 1 Tablespoon Serving: 78 Cal (99% from Fat, 1% from Protein, 0% from Carb); 0 g Protein; 9 g Tot Fat; 5 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 3 mg Calcium; 0 mg Iron; 10 mg Sodium; 279 IU Vit A; 0 mg Vit C; 23 mg Cholesterol



Chef's Tip: For a quick meal, toss with hot cooked pasta or melt over grilled meat or fish.

Spinach Artichoke Dip

preparation: 30 minutes • processing: 20 seconds
bake time: 20-25 minutes • yield: 2 3/4 cups (660 g)

1/2 cup (120 g) light mayonnaise

1/2 cup (120 g) light sour cream

1 slice lemon, peeled, seeded

1 (10-ounce) package frozen spinach, thawed, drained

1/8 teaspoon salt

1/8 teaspoon black pepper

1 garlic clove, peeled

1/4 cup (25 g) grated Parmesan cheese

1/2 cup (85 g) frozen and cooked artichoke hearts or canned artichoke hearts, drained

1. Preheat oven to 350°F (180°C).
2. Place all ingredients, except artichoke hearts, into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 4.
5. Blend for 15 seconds. Remove the lid plug.
6. Add artichokes through the lid plug opening.
7. Blend for an additional 5 seconds.
8. Pour into an oven-safe dish and bake uncovered for 20-25 minutes or until bubbly.

Per 2 Tablespoon (30 g) Serving: 35 Cal (57% from Fat, 15% from Protein, 28% from Carb) 1 g Protein; 2 g Tot Fat; 1 g Sat Fat; 2 g Carb; 1 g Fiber; 1 g Sugar; 43 mg Calcium; 0 mg Iron; 92 mg Sodium; 80 mg Potassium; 1573 IU Vit A; 4 mg Vit C; 3 mg Cholesterol



Spinach Artichoke Dip

Tropical Avocado Salsa

preparation: 7 minutes • processing: 15-20 seconds • yield: 2 1/4 cups (540 g)

2 avocados, peeled, pitted
1 cup (165 g) mango chunks
1/4 cup (40 g) peeled, chopped red onion
1/4 cup (5 g) cilantro leaves
1/2 medium orange, peeled
1 teaspoon salt

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4.
4. Blend for 5-10 seconds, using the tamper to press the ingredients into the blades.

Per 2 Tablespoon (30 g) Serving: 34 Cal (57% from Fat, 4% from Protein, 39% from Carb); 0 g Protein; 2 g Tot Fat; 0 g Sat Fat; 4 g Carb; 1 g Fiber; 2 g Sugar; 6 mg Calcium; 0 mg Iron; 133 mg Sodium; 141 IU Vit A; 7 mg Vit C; 0 mg Cholesterol

Crunchy Apple Salsa

Leave seeds and membrane in jalapeño pepper for a spicier salsa.

preparation: 10 minutes • processing: 15-20 seconds • yield: 2 1/2 cups (600 g)

1/4 cup (60 ml) white wine
1 small onion, peeled, halved
1/2 lime, half with peel
2 Granny Smith apples, quartered
1/2 jalapeño pepper, seeds and membranes removed
1/2 teaspoon salt
1/8 teaspoon black pepper

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4.
4. Blend for 15-20 seconds, using the tamper to press the ingredients into the blades.

Per 1/4 Cup (60 g) Serving: 22 Cal (3% from Fat, 3% from Protein, 94% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 5 g Carb; 1 g Fiber; 3 g Sugar; 4 mg Calcium; 0 mg Iron; 119 mg Sodium; 24 IU Vit A; 3 mg Vit C; 0 mg Cholesterol



Tropical Avocado Salsa

Horseradish Cheese Dip

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 g)

**1/4 cup (60 ml) stout or
lager beer**

1/4 cup (50 g) soft tofu

1/4 pound (115 g) cream cheese

**3/4 pound (340 g)
cheddar cheese, cubed**

1/4 cup (25 g) horseradish

**2 tablespoons (20 g)
diced red onion**

1 teaspoon dry mustard

1 teaspoon Worcestershire sauce

1 teaspoon salt

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Stop machine after 30 seconds of blending to scrape down sides if necessary.

Per 2 Tablespoon (30 g) Serving: 103 Cal (66% from Fat, 27% from Protein, 6% from Carb); 7 g Protein; 8 g Tot Fat; 5 g Sat Fat; 2 g Carb; 0 g Fiber; 0 g Sugar; 196 mg Calcium; 0 mg Iron; 334 mg Sodium; 287 IU Vit A; 2 mg Vit C; 23 mg Cholesterol



Chef's Tip: This zesty dip is great with hearty, whole-grain crackers.



Horseradish Cheese Dip

Aioli

preparation: 5 minutes • processing: 1 minute • yield: 2 cups (480 ml)

3 large pasteurized egg yolks

1/4 cup (60 ml) lemon juice

1 teaspoon salt

1/8 teaspoon white pepper

3 large garlic cloves, peeled

1 cup (240 ml) light olive oil

1. Place egg yolks, lemon juice, salt and pepper into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 8.
4. While machine is running, remove the lid plug and drop in garlic cloves through the lid plug opening.
5. Blend for 10 seconds, then reduce speed to Variable 6.
6. With the machine still running, slowly pour oil in a thin, steady stream through the lid plug opening until emulsified.
7. Refrigerate in an airtight container.

Per 1 Tablespoon Serving: 66 Cal (97% from Fat, 2% from Protein, 2% from Carb); 0 g Protein; 7 g Tot Fat; 1 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 3 mg Calcium; 0 mg Iron; 73 mg Sodium; 23 IU Vit A; 1 mg Vit C; 20 mg Cholesterol



Chef's Tip: Aioli is a garlic mayonnaise that can be used as a dip or as a sandwich spread.



Tomato Mayonnaise

Serve with grilled fish or vegetables or as a dip with crudités.

preparation: 2 minutes • processing: 20-30 seconds • yield: 1 cup (240 g)

1 tomato, quartered

**1 cup (240 g) reduced-fat
mayonnaise**

1/4 lemon, peeled, seeded

salt and pepper

1. Place all ingredients, except salt and pepper, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 20-30 seconds until smooth.
5. Season to taste with salt and pepper.

Per 1 Tablespoon Serving: 50 Cal (87% from Fat, 2% from Protein, 11% from Carb); 0 g Protein; 5 g Tot Fat; 1 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 1 mg Calcium; 0 mg Iron; 106 mg Sodium; 68 IU Vit A; 2 mg Vit C; 0 mg Cholesterol

Strawberry Salsa

Serve with rice crackers or with grilled poultry or fish.

preparation: 10 minutes • processing: 20-30 seconds • yield: 4 cups (960 g)

**1 English cucumber,
peeled, quartered**

1 green onion, halved

1 tablespoon fresh cilantro leaves

**3-4 tablespoons (45-60 ml)
rice wine vinegar**

**2 cups (300 g) fresh, hulled
strawberries**

**1 yellow bell pepper,
quartered, seeded**

salt and pepper

1. Place all ingredients, except salt and pepper, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 2 Tablespoon (30 g) Serving: 6 Cal (8% from Fat, 11% from Protein, 81% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 1 g Sugar; 4 mg Calcium; 0 mg Iron; 1 mg Sodium; 29 IU Vit A; 16 mg Vit C; 0 mg Cholesterol



Tomato Mayonnaise

Squash Dip

Serve with crudité's, toasted pita chips or crackers.

preparation: 10-15 minutes • processing: 1 1/2 minutes • yield: 2 1/2 cups (600 g)

**2 cups (410 g) cooked
butternut squash**

3 tablespoons (45 ml) olive oil

**1 head garlic, roasted, cloves
separated, peeled**

8 ounces (225 g) goat cheese

1 lemon, peeled, halved, seeded

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 1/2 minutes, using the tamper to press the ingredients into the blades.

Per 1/4 Cup (60 g) Serving: 139 Cal (65% from Fat, 16% from Protein, 19% from Carb); 6 g Protein; 10 g Tot Fat; 4 g Sat Fat; 7 g Carb; 0 g Fiber; 1 g Sugar; 59 mg Calcium; 1 mg Iron; 87 mg Sodium; 249 IU Vit A; 11 mg Vit C; 10 mg Cholesterol

Curried Lentil Dip

Serve with toasted pita chips.

preparation: 25 minutes • processing: 1 minute • yield: 3 cups (720 g)

1 cup (190 g) dry lentils

**3 cups (720 ml) chicken or
vegetable broth**

1 teaspoon olive oil

1 tablespoon grape seed oil

1 teaspoon sesame oil

**1/2 cup (120 g) plain
low fat yogurt**

1 teaspoon curry powder

salt and pepper

1. Cook lentils in broth until soft and broth is absorbed, about 20 minutes.
2. Place lentils, oils, yogurt and curry into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 1 minute, using the tamper to press the ingredients into the blades.
6. Thin with additional stock if too thick.
7. Season to taste with salt and pepper.

Per 1/4 Cup (60 g) Serving: 52 Cal (40% from Fat, 25% from Protein, 34% from Carb); 3 g Protein; 2 g Tot Fat; 0 g Sat Fat; 4 g Carb; 1 g Fiber; 1 g Sugar; 27 mg Calcium; 1 mg Iron; 199 mg Sodium; 4 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Squash Dip



Fruit Jelly

preparation: 5 minutes • processing: 1 1/2-2 minutes • yield: 6 cups (1.9 kg)

2 cups (480 g) fresh or frozen fruit, cut into large pieces

3 cups (720 ml) water

1 (1.75-ounce) package of fruit pectin

4 1/2 cups (900 g) sugar

1. Place the fruit and water into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 1/2-2 minutes until smooth.
5. Pour contents into a 4-cup (960 ml) capacity measuring cup. Add additional water to equal 4 cups (960 ml) if necessary.
6. Transfer to a Dutch oven or similar size pot. Stir in fruit pectin.
7. Place pot over high heat, stirring constantly until mixture comes to a hard boil.
8. Add sugar and bring to a full rolling boil for 1 minute.
9. If canning: Remove from heat and place into sterilized jars. Seal at once with a thin layer of melted paraffin wax while jelly is still hot.
10. If storing in a refrigerator, place in container. Product may be refrigerated for up to 4 weeks.

Per 2 Tablespoon (40 g) Serving: 80 Cal (0% from Fat, 0% from Protein, 100% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 21 g Carb; 0 g Fiber; 19 g Sugar; 1 mg Calcium; 0 mg Iron; 2 mg Sodium; 3 IU Vit A; 1 mg Vit C; 0 mg Cholesterol

Carrot Spread

Serve with crudité, toasted pita chips or crackers.

preparation: 15 minutes • processing: 1 minute • yield: 2 cups (480 g)

1 tablespoon canola oil

**2 1/2 cups (320 g)
chopped carrots**

**3/4 cup (120 g) peeled,
chopped onion**

**3/4 cup (180 ml) chicken or
vegetable broth**

1/4 cup (60 ml) soy milk

1 teaspoon soy sauce

1/2 cup (70 g) cashews

3/4 teaspoon salt

1 1/2 tablespoons maple syrup

**1/2 teaspoon Chinese
five-spice powder**

1. Sauté onion and carrots in oil until onion is soft.
2. Add broth and simmer until carrots are cooked. Cool slightly.
3. Place carrots, onions and rest of ingredients into the Vita Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 1 minute, stopping if necessary to scrape down the sides of the container.

Per 1/4 Cup (60 g) Serving: 105 Cal (50% from Fat, 10% from Protein, 40% from Carb); 3 g Protein; 6 g Tot Fat; 1 g Sat Fat; 11 g Carb; 2 g Fiber; 5 g Sugar; 27 mg Calcium; 1 mg Iron; 418 mg Sodium; 6772 IU Vit A; 3 mg Vit C; 0 mg Cholesterol

Pineapple Salsa

preparation: 6 minutes • processing: 15-20 seconds • yield: 2 cups (480 g)

2 tablespoons (30 ml) olive oil

1/2 pineapple, peeled, cut into large pieces

1/2 small onion, peeled

1/2 small red bell pepper, chopped

2 tablespoons (5 g) fresh chopped cilantro leaves

1/2 lime, peeled

1/2 teaspoon salt

1/4 jalapeño pepper

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4.
4. Blend for 15-20 seconds, using the tamper to press the ingredients into the blades.

Per 2 Tablespoon (30 g) Serving: 26 Cal (57% from Fat, 3% from Protein, 41% from Carb); 0 g Protein; 2 g Tot Fat; 0 g Sat Fat; 3 g Carb; 0 g Fiber; 2 g Sugar; 4 mg Calcium; 0 mg Iron; 74 mg Sodium; 151 IU Vit A; 11 mg Vit C; 0 mg Cholesterol



Chef's Tip: Remove seeds and membrane of the jalapeño for a milder salsa. You may also substitute fresh mint for fresh cilantro.



Pineapple Salsa

Traditional Cheese Fondue

Cheese fondues should be used immediately since they rarely remain smooth when reheated. Leftover cheese fondue can make an excellent base for a soup or pasta sauce.

Dippers may include cubed country French bread, mushroom caps, steamed or grilled asparagus spears, steamed or grilled broccoli and cauliflower.

preparation: 5 minutes • processing: 3-4 minutes • yield: 4 1/2 cups (1.1 l)

**3/4 cup (180 ml) dry
white wine**

3/4 cup (180 ml) water

**1 1/2 tablespoons Kirsch,
if desired**

2 tablespoons (16 g) cornstarch

1/4 teaspoon nutmeg

**1 teaspoon ground
black pepper**

**8 ounces (230 g) cubed
Gruyère cheese**

**8 ounces (230 g) cubed
Emmental cheese**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 3-4 minutes until mixture is smooth and warm.
5. Pour mixture into fondue pot.

Per 1/2 Cup (120 ml) Serving: 223 Cal (67% from Fat, 15% from Protein, 5% from Carb); 15 g Protein; 15 g Tot Fat; 9 g Sat Fat; 2 g Carb; 0 g Fiber; 0 g Sugar; 483 mg Calcium; <1 mg Iron; 152 mg Sodium; 420 IU Vit A; 0 mg Vit C; 46 mg Cholesterol



Chef's Tip

If you have small bits of cheese left over from grating, freeze them and use them in your next fondue. Try mixing different kinds of cheeses.

Spinach and Artichoke Fondue

Dippers may include cubed country French bread, mushroom caps, steamed or grilled asparagus spears, steamed or grilled broccoli and cauliflower.

preparation: 5 minutes • processing: 3-4 minutes • yield: 4 1/2 cups (1.1 l)

For the Spinach and Artichokes

2 tablespoons (30 g) butter

1 garlic clove, minced

6 canned artichoke hearts,
drained and diced

3 ounces (85 g) frozen spinach,
thawed and squeezed “dry”

For the Fondue

3/4 cup (180 ml) dry
white wine

3/4 cup (180 ml) water

2 teaspoons lemon juice

1 tablespoon cornstarch

1 teaspoon ground
black pepper

12 ounces (340 g) cubed
Monterey Jack cheese

3 ounces (85 g) grated
Parmesan cheese

4 ounces (113 g) crumbled
feta cheese

1. Heat butter in sauté pan over medium heat. Add the garlic, artichokes and spinach and sauté for 2 minutes. Set aside.
2. Place all fondue ingredients into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 3-4 minutes until mixture is smooth and warm.
6. Pour mixture into fondue pot.
7. Stir in spinach and artichoke mixture.

Per 1/2 Cup (120 ml) Serving: 297 Cal (61% from Fat, 24% from Protein, 15% from Carb); 18 g Protein; 20 g Tot Fat; 12 g Sat Fat; 11 g Carb; 4 g Fiber; 2 g Sugar; 485 mg Calcium; 1 mg Iron; 748 mg Sodium; 1736 IU Vit A; 5 mg Vit C; 60 mg Cholesterol



Chocolate Orange Fondue

preparation: 5 minutes • processing: 1 1/2 minutes • yield: 2 1/2 cups (600 ml)

1 cup (240 ml) heavy whipping cream, heated to simmer with 2 teaspoons grated orange peel

16 ounces (454 g) of semi-sweet baking chocolate, chopped

2 tablespoons (30 g) butter

3 tablespoons (45 ml) Grand Marnier

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 1/2 minutes.
5. Pour into fondue pot.
6. Stir in Grand Marnier.

Per 1/4 Cup (60 ml) Serving: 356 Cal (59% from Fat, 3% from Protein, 38% from Carb); 3 g Protein; 23 g Tot Fat; 14 g Sat Fat; 33 g Carb; 3 g Fiber; 26 g Sugar; 32 mg Calcium; 1 mg Iron; 27 mg Sodium; 457 IU Vit A; 1 mg Vit C; 40 mg Cholesterol



Chef's Tip:

Dippers may include sponge cake, pound cake, sliced apples, sliced pears, marshmallows, strawberries, bananas and fresh pineapple chunks.



Chocolate Orange Fondue

Notes

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Low Fat Alfredo Sauce

*You can substitute whole wheat fettuccine to increase the fiber.
Nutrition information is based on complete recipe of pasta and sauce.*

preparation: 5 minutes • processing: 5-6 minutes • yield: 4 cups (960 ml)

**1/2 pound (277 g)
uncooked fettuccine**

1 1/3 cups (320 ml) skim milk

1 garlic clove, peeled

1 tablespoon all-purpose flour

**2 tablespoons (30 g) fat-free
cream cheese**

**1/2 cup (50 g) grated Parmesan
or Romano cheese**

**1 1/2 tablespoons (25 g) light
butter spread**

1. Cook fettuccine in boiling water for 10 minutes or until al dente. Drain.
2. Place rest of ingredients into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 5-6 minutes. Pour over cooked fettuccine and toss until coated.

Per 1 Cup (240 ml) Serving: 345 Cal (22% from Fat, 20% from Protein, 59% from Carb); 17 g Protein; 8 g Tot Fat; 3 g Sat Fat; 50 g Carb; 2 g Fiber; 2 g Sugar; 307 mg Calcium; 2 mg Iron; 329 mg Sodium; 547 IU Vit A; 1 mg Vit C; 14 mg Cholesterol



Chef's Tip: Add leftover grilled chicken and steamed broccoli to the sauce for a quick meal.

Fresh Tomato Sauce

preparation: 5 minutes • processing: 2-3 minutes • cook time: 35-40 minutes • yield: 2 cups (480 ml)

6 medium Roma tomatoes, quartered

1 small onion, peeled, halved

1 small carrot, halved

2 tablespoons (30 ml) tomato paste

1 garlic clove, peeled

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/2 teaspoon fresh lemon juice

1/2 teaspoon brown sugar

1/4 teaspoon salt

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 2-3 minutes, using the tamper to press the ingredients into the blades.
5. Pour into saucepan and simmer for 35-40 minutes.

Per 1/4 Cup (60 ml) Serving: 20 Cal (6% from Fat, 15% from Protein, 79% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 5 g Carb; 1 g Fiber; 3 g Sugar; 13 mg Calcium; 0 mg Iron; 113 mg Sodium; 1509 IU Vit A; 8 mg Vit C; 0 mg Cholesterol



Chef's Tip: There is no need to peel or seed tomatoes when used in Vita-Mix recipes.

Macaroni with Cheese Sauce

Salt and pepper your sauces after preparation to spark and balance their flavor.

preparation: 5 minutes • processing: 4-5 minutes • yield: 6 cups (1.4 l)

**2 cups (210 g) elbow
macaroni, uncooked**

1/4 cup (30 g) all-purpose flour

**1/4 cup (60 g) light
butter spread**

1/4 teaspoon salt

1 1/3 cups (320 ml) skim milk

**1 cup (115 g) cubed
American cheese or other
mild yellow cheese**

Crumb Topping

2 slices bread, white or wheat

1 teaspoon light butter spread

dash garlic powder

dash black pepper

dash dried oregano

dash onion powder

dash cayenne pepper

1. Preheat oven to 350°F (180°C).
2. Cook macaroni as directed on package. Drain.
3. Spray an 8-inch x 8-inch (20 cm x 20 cm) baking dish with vegetable cooking spray then add macaroni to dish.
4. Place butter, flour, salt and milk into the Vita-Mix container in the order listed and secure lid.
5. Select Variable 1.
6. Turn machine on and quickly increase speed to Variable 10, then to High.
7. Blend for 3-4 minutes or until heavy steam escapes from the vented lid. As mixture thickens, it will not splash as much.
8. Remove the lid plug and add cheese through the lid plug opening.
9. Blend for 1 minute.
10. Pour mixture over macaroni and mix thoroughly. Cover with bread crumb mixture and bake until top is golden brown, about 30 minutes.

To make crumb topping

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

Per 1 Cup (240 ml) Serving: 318 Cal (21% from Fat, 17% from Protein, 62% from Carb); 13 g Protein; 7 g Tot Fat; 3 g Sat Fat; 48 g Carb; 2 g Fiber; 4 g Sugar; 228 mg Calcium; 2 mg Iron; 629 mg Sodium; 818 IU Vit A; 1 mg Vit C; 9 mg Cholesterol



Macaroni with Cheese Sauce

Roasted Red Pepper Alfredo Sauce

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 3-4 minutes • yield: 4 1/2 cups (1.1 l)

3/4 cup (160 g) soft tofu

3/4 cup (60 g) fat-free
cottage cheese

2 tablespoons (30 g) fat-free
cream cheese

1/4 teaspoon garlic powder
or one small garlic clove, peeled

3 tablespoons (15 g)
grated Parmesan cheese

2 tablespoons (10 g)
grated Romano cheese

2 tablespoons (30 g) light
butter spread

1/4 teaspoon white pepper

2 large roasted red peppers,
canned or fresh

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 3-4 minutes until heavy steam escapes from the vented lid.
5. Serve over hot, cooked fettuccine.

Per 1/4 Cup (60 ml) Serving: 32 Cal (42% from Fat, 38% from Protein, 20% from Carb); 3 g Protein; 1 g Tot Fat; 1 g Sat Fat; 2 g Carb; 0 g Fiber; 1 g Sugar; 45 mg Calcium; <0 mg Iron; 130 mg Sodium; 692 IU Vit A; 23 mg Vit C; 3 mg Cholesterol



Chef's Tip: To save time, start sauce while pasta water is heating. You'll have dinner on the table in less than 30 minutes.

Pesto Sauce

Recipe yields enough sauce to coat 1 pound (454 g) of pasta.

preparation: 5 minutes • processing: 1 minute • yield: 1 1/2 cups (360 ml)

1/2 cup (120 ml) olive oil

**1/2 cup (50 g) grated
Parmesan cheese**

3 medium garlic cloves, peeled

2 cups (80 g) fresh basil leaves

3 tablespoons (25 g) pine nuts

salt and pepper, to taste

1. Place all ingredients, except salt and pepper into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 7.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Per 2 Tablespoon (30 ml) Serving: 172 Cal (90% from Fat, 7% from Protein, 3% from Carb); 3 g Protein; 17 g Tot Fat; 3 g Sat Fat; 2 g Carb; 1 g Fiber; 0 g Sugar; 88 mg Calcium; <1 mg Iron; 96 mg Sodium; 588 IU Vit A; 2 mg Vit C; 5 mg Cholesterol

Applesauce

preparation: 5 minutes • processing: 30 seconds • yield: 1 1/2 cups (360 ml)

**4 medium apples, cored and
quartered, with peel**

**2 tablespoons (30 ml)
lemon juice**

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

Per 1/2 Cup (120 ml) Serving: 91 Cal (2% from Fat, 2% from Protein, 96% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 2 g Fiber; 19 g Sugar; 9 mg Calcium; <1 mg Iron; 0 mg Sodium; 72 IU Vit A; 12 mg Vit C; 0 mg Cholesterol

Mole Sauce

Instead of sautéing onions and garlic, microwave them on high for two minutes to soften and mellow their flavor. When you place them into the Vita-Mix container, be sure to include the juices that form at the bottom of your microwave dish.

preparation: 5 minutes • processing: 4 minutes • yield: 2 1/2 cups (600 ml)

1 cup (160 g) chopped onion, peeled

1 large garlic clove, peeled, chopped

2 tablespoons (30 ml) olive oil

2 large Roma tomatoes, halved

1/4 cup (35 g) raisins

1/2 cup (70 g) dry roasted peanuts

1 teaspoon sugar

2 1/2 teaspoons chili powder

1/4 teaspoon cinnamon

3 whole cloves

1/8 teaspoon sesame seeds

1/4 cup (25 g) almonds

1/2 ripe plantain, peeled

5/8 teaspoon cumin

1/8 teaspoon garlic powder

1/8 teaspoon dried coriander

1/8 teaspoon salt

1 ounce (30 g) unsweetened chocolate

1. Sauté onion and garlic in olive oil just until aroma is released and place into the Vita-Mix container.
2. Add the remaining ingredients into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 4 minutes until smooth and heavy steam escapes from the vented lid.
6. Serve over chicken or turkey.

Per 1/4 Cup (60 ml) Serving: 138 Cal (58% from Fat, 9% from Protein, 32% from Carb); 4 g Protein; 10 g Tot Fat; 2 g Sat Fat; 12 g Carb; 3 g Fiber; 6 g Sugar; 27 mg Calcium; 1 mg Iron; 78 mg Sodium; 390 IU Vit A; 5 mg Vit C; 0 mg Cholesterol

Sofrito

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 g)

**2 large green bell peppers,
seeded, quartered**

**2 large red bell peppers,
seeded, quartered**

**1/4 cup (35 g) garlic
cloves, peeled**

**2 large onions, peeled,
quartered**

1/2 cup (10 g) cilantro leaves

4 recajo leaves (optional)

**6 small sweet peppers,
(ajies dulce)**

**1/4 cup (60 ml) water, more
if needed**

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

Per 2 Tablespoon (30 g) Serving: 10 Cal (6% from Fat, 14% from Protein, 80% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 2 g Carb; 1 g Fiber; 1 g Sugar; 6 mg Calcium; 0 mg Iron; 2 mg Sodium; 483 IU Vit A; 30 mg Vit C; 0 mg Cholesterol



Chef's Tip: If a chunky sofrito is desired, only blend on Variable 5 for 10-15 seconds.

Freeze leftover sofrito in ice cube trays for easy portioning.

Spicy Tomato Sauce

preparation: 5 minutes • processing: 1 minute • cook time: 30 minutes • yield: 1 1/2 cups (360 ml)

4 Roma tomatoes, halved

**3 tablespoons (45 ml)
tomato paste**

**2 tablespoons (25 g) light
cream cheese**

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 jalapeño pepper

1/2 teaspoon dried basil

1 garlic clove, peeled

1/4 teaspoon dried oregano

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.
5. Pour into saucepan and simmer for 30 minutes.

Per 1/4 Cup (60 ml) Serving: 28 Cal (30% from Fat, 18% from Protein, 52% from Carb); 1 g Protein; 1 g Tot Fat; 1 g Sat Fat; 4 g Carb; 1 g Fiber; 2 g Sugar; 16 mg Calcium; 1 mg Iron; 278 mg Sodium; 564 IU Vit A; 9 mg Vit C; 3 mg Cholesterol



Chef's Tip: For a milder sauce, remove seeds and membrane of jalapeño. When doubling this recipe, do not double spices. Season to taste when sauce is cooking on stove.



Spicy Tomato Sauce

Sun-Dried Tomato Cream Sauce

preparation: 5 minutes • processing: 6 minutes • yield: 2 1/2 cups (600 ml)

2 cups (480 ml) 1% milk

**3 tablespoons (45 ml)
tomato paste**

**1 tablespoon fat-free
cream cheese**

2 tablespoons (16 g) cornstarch

**1 tablespoon butter or
light butter spread**

**1/2-3/4 cup (28-40 g)
whole sun-dried tomatoes**

1 teaspoon dried basil

1 teaspoon dried oregano

**1/2 cup (56 g) shredded
mozzarella cheese**

1/4 teaspoon red pepper flakes

1 garlic clove, peeled

1 teaspoon salt

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

Per 1/4 Cup (60 ml) Serving: 81 Cal (45% from Fat, 20% from Protein, 35% from Carb); 4 g Protein; 4 g Tot Fat; 2 g Sat Fat; 7 g Carb; 1 g Fiber; 3 g Sugar; 116 mg Calcium; 0 mg Iron; 369 mg Sodium; 378 IU Vit A; 10 mg Vit C; 9 mg Cholesterol



Chef's Tip: Use this as an alternative to traditional cheese sauces for casseroles. Also great on pasta.

Heart-Healthy Spicy Tomato Cream Sauce

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 6 minutes • yield: 5 cups (1.2 l)

2 cups (480 ml) 1% milk

**1/2 medium baked
sweet potato**

2 Roma tomatoes, quartered

1/2 teaspoon kosher salt

1 garlic clove, peeled

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

**1/2 cup (28 g) sun-dried
tomatoes**

1/4 teaspoon red pepper flakes

1/8 teaspoon white pepper

**1 tablespoon potato starch
dissolved in 1/4 cup (60 ml)
cold water**

1. Place all ingredients, except potato starch and water, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid.
5. Remove the lid plug and pour potato starch mixture through the lid plug opening. Blend for 45 seconds.

Per 1/4 Cup (60 ml) Serving: 24 Cal (23% from Fat, 18% from Protein, 59% from Carb); 1 g Protein; 1 g Tot Fat; 0 g Sat Fat; 4 g Carb; 0 g Fiber; 2 g Sugar; 34 mg Calcium; 0 mg Iron; 79 mg Sodium; 1028 IU Vit A; 5 mg Vit C; 1 mg Cholesterol



Chef's Tip: Using a baked sweet potato instead of cream gives this sauce a rich taste, but without the fat.

Tomato Alfredo Sauce

preparation: 3 minutes • processing: 6 minutes • yield: 3 cups (720 ml)

4 Roma tomatoes, halved

**1 cup (240 ml) nonfat
evaporated or low fat milk**

**1 cup (225 g) low fat
cottage cheese**

**2 tablespoons (30 g) light
butter spread**

**3 tablespoons (23 g)
all-purpose flour**

salt and pepper

1. Place all ingredients, except salt and pepper, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1/4 Cup (60 ml) Serving: 60 Cal (40% from Fat, 27% from Protein, 33% from Carb); 4 g Protein; 3 g Tot Fat; 1 g Sat Fat; 5 g Carb; 0 g Fiber; 1 g Sugar; 69 mg Calcium; 0 mg Iron; 114 mg Sodium; 369 IU Vit A; 3 mg Vit C; 7 mg Cholesterol



Chef's Tip: Alfredo sauce originated in Rome in 1914, when restaurant owner Alfredo di Lelio created a special dish for his pregnant wife when she could not tolerate heavy tomato sauces.



Tomato Alfredo Sauce

Spiced Cider Sauce

This is a "no-sugar-added" recipe. If a sweeter sauce is desired, add 1/4 cup (50 g) sugar to mixture. Serve over ice cream or frozen yogurt.

preparation: 5 minutes • processing: 45 seconds • yield: 2/3 cup (160 ml)

1/2 cup (120 ml) apple juice

**1 medium orange,
1/2 peeled, halved**

1 cup (240 ml) cranberry juice

1 cinnamon stick

4 whole cloves

1. Place first three ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds.
5. Pour into a saucepan and add cinnamon stick and cloves. Simmer for 20-30 minutes. Strain and serve hot. Simmer longer to reduce to a thicker consistency.

Per 1/4 Cup (60 ml) Serving: 112 Cal (1% from Fat, 3% from Protein, 96% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 28 g Carb; 2 g Fiber; 12 g Sugar; 37 mg Calcium; 0 mg Iron; 6 mg Sodium; 176 IU Vit A; 49 mg Vit C; 0 mg Cholesterol

Vanilla Custard Sauce

For chocolate version, add 2 tablespoons (11 g) cocoa and decrease vanilla extract to 1 teaspoon. Use as a basic dessert sauce, cake topper or a trifle ingredient.

preparation: 5 minutes • processing: 6 minutes • yield: 2 1/2 cups (600 ml)

1 egg yolk

**2 cups (480 ml) milk,
room temperature**

1/4 cup (30 g) all-purpose flour

1/2 cup (100 g) sugar

1/8 teaspoon salt

1 tablespoon vanilla extract

1 teaspoon butter

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

Per 1/4 Cup (60 ml) Serving: 92 Cal (24% from Fat, 10% from Protein, 66% from Carb); 2 g Protein; 2 g Tot Fat; 1 g Sat Fat; 15 g Carb; 0 g Fiber; 13 g Sugar; 58 mg Calcium; 0 mg Iron; 53 mg Sodium; 86 IU Vit A; 0 mg Vit C; 26 mg Cholesterol



Vanilla Custard Sauce

Fresh Ginger All-Purpose Sauce

preparation: 5 minutes • processing: 30 seconds • yield: 1 1/2 cups (360 ml)

1 teaspoon Ginger Paste
(p.275) or 1-inch (2.5 cm)
cube fresh ginger

1/2 cup (100 g) silken tofu

1/2 cup (120 g) light sour cream

1 garlic clove, peeled

2 teaspoons soy sauce

1 lemon, peeled, halved, seeded

thin slice of lemon peel

1 green onion, thinly sliced

1. Place all ingredients, except green onions, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Stir in green onion.

Per 1/4 Cup (60 ml) Serving: 48 Cal (54% from Fat, 19% from Protein, 26% from Carb); 2 g Protein; 3 g Tot Fat; 2 g Sat Fat; 3 g Carb; 0 g Fiber; 2 g Sugar; 45 mg Calcium; 0 mg Iron; 120 mg Sodium; 253 IU Vit A; 6 mg Vit C; 10 mg Cholesterol



Chef's Tip: Serve as a dip with fresh vegetables or as a sauce with grilled seafood or poultry.

Creamy Roasted Garlic Tomato Sauce

This sauce perfectly complements steamed or grilled vegetables or pasta.

preparation: 5 minutes • processing: 1 minute • yield: 3 cups (720 ml)

**6 large Roma
tomatoes, quartered**

1 small onion, peeled, halved

6 garlic cloves, peeled

2 tablespoons (30 ml) olive oil

**2 tablespoons (8 g) chopped
fresh parsley**

**1 cup (240 ml) soy milk or
low fat milk**

salt and pepper

1. Preheat oven to 325°F (165°C).
2. Toss tomatoes, onion, and garlic in 2 tablespoons (30 ml) of olive oil and place on baking sheet, cover with foil.
3. Roast in oven for 1 hour.
4. After roasting, place all ingredients into the Vita-Mix container in the order listed and secure lid.
5. Select Variable 1.
6. Turn machine on and quickly increase speed to Variable 10, then to High.
7. Blend for 1 minute until smooth and thickened.
8. Season to taste with salt and pepper.
9. Serve with vegetables or pasta.

Per 1/4 Cup (60 ml) Serving: 41 Cal (57% from Fat, 11% from Protein, 32% from Carb); 1 g Protein; 3 g Tot Fat; 0 g Sat Fat; 3 g Carb; 1 g Fiber; 1 g Sugar; 9 mg Calcium; 0 mg Iron; 5 mg Sodium; 351 IU Vit A; 6 mg Vit C; 0 mg Cholesterol

Tomato Basil Sauce

preparation: 5 minutes • processing: 1 minute • yield: 1 cup (240 ml)

**1/4 cup (60 ml)
balsamic vinegar**

1 medium shallot, peeled

**2 tablespoons (30 ml)
red wine vinegar**

**1 cup (60 g) sun-dried
tomatoes**

1/2 teaspoon salt

6 fresh basil leaves

1 garlic clove, peeled

1/4 cup (60 ml) olive oil

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

Per 1/4 Cup (60 ml) Serving: 146 Cal (80% from Fat, 3% from Protein, 17% from Carb); 1 g Protein; 14 g Tot Fat; 2 g Sat Fat; 6 g Carb; 1 g Fiber; 4 g Sugar; 14 mg Calcium; 1 mg Iron; 463 mg Sodium; 133 IU Vit A; 4 mg Vit C; 0 mg Cholesterol



Chef's Tip: This is a thick, concentrated sauce that will mellow on pasta. Toss 1 cup (240 ml) of sauce with 1 pound (454 g) of cooked pasta.



Tomato Basil Sauce

Asian Buffalo Sauce

preparation: 5 minutes • processing: 45 seconds • yield: 1 1/2 cups (360 ml)

1/4 cup (60 ml) soy sauce

1 teaspoon sesame oil

1 teaspoon hot sauce

2 tablespoons (30 ml) honey

1 orange, peeled, halved

**1 1/2-inch x 1/2-inch
(4 cm x 1.3 cm) cube fresh ginger**

1 garlic clove, peeled

**2-inch (5 cm) strip of
orange peel**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds until smooth, using the tamper to press the ingredients into the blades.
5. Toss cooked wings in sauce.

Per 1/4 Cup (60 ml) Serving: 35 Cal (14% from Fat, 8% from Protein, 78% from Carb); 1 g Protein; 1 g Tot Fat; 0 g Sat Fat; 7 g Carb; 1 g Fiber; 6 g Sugar; 11 mg Calcium; 0 mg Iron; 453 mg Sodium; 54 IU Vit A; 11 mg Vit C; 0 mg Cholesterol



Chef's Tip: This is a low fat twist on traditional Buffalo wing sauce. You can also serve it with grilled ribs or chicken.



Asian Buffalo Sauce

Enchilada Sauce

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 6-7 minutes • yield: 5 cups (1.2 l)

4 cups (960 ml) chicken broth

2 tablespoons (30 ml) olive oil

2 tablespoons (30 ml) red wine vinegar

2 Roma tomatoes, halved

1 garlic clove, peeled

1/2 teaspoon dried oregano

1/2 teaspoon cumin

1/3 cup (40 g) chili powder

1 teaspoon salt

1/2 cup (60 g) all-purpose flour

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

Per 1/4 Cup (60 ml) Serving: 36 Cal (42% from Fat, 14% from Protein, 44% from Carb); 1 g Protein; 2 g Tot Fat; 0 g Sat Fat; 4 g Carb; 1 g Fiber; 0 g Sugar; 13 mg Calcium; 1 mg Iron; 252 mg Sodium; 728 IU Vit A; 3 mg Vit C; 0 mg Cholesterol



Enchilada Sauce

Caper Parsley Sauce

preparation: 5 minutes • processing: 30-45 seconds • yield: 3/4 cup (180 ml)

**2 tablespoons (30 ml)
balsamic vinegar**

1/4 cup (60 ml) olive oil

1/4 cup (34 g) drained capers

**1 cup (60 g) fresh
parsley, stemmed**

**1/4 teaspoon ground
black pepper**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30-45 seconds until smooth.

Per 2 Tablespoon (30 ml) Serving: 86 Cal (93% from Fat, 2% from Protein, 5% from Carb); 0 g Protein; 9 g Tot Fat; 1 g Sat Fat; 1 g Carb; 1 g Fiber; 0 g Sugar; 17 mg Calcium; 1 mg Iron; 176 mg Sodium; 851 IU Vit A; 14 mg Vit C; 0 mg Cholesterol



Chef's Tip: A flavorful accompaniment to grilled fish and chicken.

Fresh Tomato and Caper Sauce

preparation: 5 minutes • processing: 10 seconds • yield: 2 3/4 cups (660 ml)

2 tablespoons (30 ml) olive oil

1 tablespoon red wine vinegar

4 Roma tomatoes, halved

1 1/2 stalks celery, chopped

1 teaspoon dried oregano

3 fresh basil leaves

**2 tablespoons (20 g)
drained capers**

sea salt

fresh ground black pepper

1. Place all ingredients, except salt and pepper, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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.

Per 1/4 Cup (60 ml) Serving: 28 Cal (77% from Fat, 4% from Protein, 18% from Carb); 0 g Protein; 3 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 1 g Sugar; 6 mg Calcium; 0 mg Iron; 75 mg Sodium; 252 IU Vit A; 4 mg Vit C; 0 mg Cholesterol



Chef's Tip: Toss with hot cooked pasta or serve alongside grilled seafood.

Chipotle Pepper Cream Sauce

preparation: 5 minutes • processing: 5-6 minutes • yield: 2 cups (480 ml)

6 ounces (170 g) light tofu

**3/4 tablespoon fat-free
cream cheese**

**1/4 teaspoon garlic powder or
1 small garlic clove, peeled**

**3 tablespoons (15 g)
grated Parmesan cheese**

**2 tablespoons (10 g)
grated Romano cheese**

**2 tablespoons (30 g)
low fat butter spread**

1/4 teaspoon white pepper

1/2 canned chipotle pepper

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

Per 1/4 Cup (60 ml) Serving: 37 Cal (61% from Fat, 31% from Protein, 7% from Carb); 3 g Protein; 2 g Tot Fat; 1 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 55 mg Calcium; 0 mg Iron; 101 mg Sodium; 220 IU Vit A; 0 mg Vit C; 4 mg Cholesterol



Chef's Tip: Canned chipotle peppers tend to be very spicy! Adjust amount according to your personal taste.



Chipotle Pepper Cream Sauce

Tomato and Basil Pesto

preparation: 5 minutes • processing: 30-45 seconds • yield: 3 cups (720 ml)

1/2 cup (120 ml) olive oil

4 ripe tomatoes, quartered

1/2 cup (20 g) fresh basil leaves

**1/2 cup (30 g) fresh
spinach, stemmed**

6 garlic cloves, peeled

1 teaspoon salt

**1 cup (145 g)
blanched almonds**

dash of black pepper

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

Per 2 Tablespoon (30 ml) Serving: 80 Cal (81% from Fat, 8% from Protein, 11% from Carb); 2 g Protein; 8 g Tot Fat; 1 g Sat Fat; 2 g Carb; 1 g Fiber; 1 g Sugar; 31 mg Calcium; 1 mg Iron; 101 mg Sodium; 222 IU Vit A; 2 mg Vit C; 0 mg Cholesterol



Chef's Tip: 1 cup (240 ml) of pesto coats
1 pound (454 g) of cooked pasta.
Store extra pesto in refrigerator
for up to 2 weeks.

Olive Sauce

preparation: 5 minutes • processing: 50 seconds • yield: 2 cups (480 ml)

1 pasteurized egg yolk or 1/4 cup (60 ml) egg substitute

1 lemon, peeled, halved, seeded

1/4 cup (15 g) fresh parsley leaves

6-8 ounces (170-226 g) ripe black olives

1 garlic clove, peeled

3/4 cup (180 ml) canola oil

1. Place all ingredients, except oil, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend 30 seconds, using the tamper to press the ingredients into the blades.
5. Remove the lid plug and add oil in a thin stream through the lid plug opening until thickened.
6. Blend for an additional 20 seconds.

Per 2 Tablespoon (30 ml) Serving: 110 Cal (95% from Fat, 1% from Protein, 4% from Carb); 0 g Protein; 12 g Tot Fat; 1 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 13 mg Calcium; 0 mg Iron; 94 mg Sodium; 138 IU Vit A; 3 mg Vit C; 13 mg Cholesterol



Chef's Tip: Serve with grilled or steamed fish, chicken or as a dip with raw vegetables.

Avocado Yogurt Sauce

preparation: 3 minutes • processing: 45 seconds • yield: 3 cups (720 ml)

**1 1/2 cups (360 g) plain
low fat yogurt**

2 avocados, peeled, pitted

1 garlic clove, peeled

1 lime, peeled, halved

1 teaspoon salt

**1 jalapeño pepper, halved,
seeds and membranes removed**

1/4 cup (5 g) cilantro leaves

1. Place all ingredients, except cilantro leaves, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.
5. Reduce speed to Variable 7. Remove lid plug and add cilantro through the lid plug opening.
6. Blend for 15 seconds.

Per 2 Tablespoon (30 ml) Serving: 29 Cal (52% from Fat, 15% from Protein, 33% from Carb); 1 g Protein; 2 g Tot Fat; 0 g Sat Fat; 3 g Carb; 1 g Fiber; 1 g Sugar; 34 mg Calcium; 0 mg Iron; 111 mg Sodium; 53 IU Vit A; 2 mg Vit C; 0 mg Cholesterol



Chef's Tip: Leave seeds and membrane in jalapeño for a spicier sauce. Serve with tacos, fajitas, seafood, poultry or as a salsa alternative with chips.



Avocado Yogurt Sauce

Creamy Provençale Basil Sauce

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

preparation: 5 minutes • processing: 30 seconds • yield: 1 cup (240 ml)

**2 tablespoons (30 ml)
heavy cream**

**3 ounces (84 g) reduced-fat
cream cheese**

1 Roma tomato, halved

1 garlic clove, peeled

9 fresh basil leaves

sea salt

black pepper

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

Per 1/4 Cup (60 ml) Serving: 76 Cal (74% from Fat, 13% from Protein, 12% from Carb); 3 g Protein; 6 g Tot Fat; 4 g Sat Fat; 2 g Carb; 0 g Fiber; 1 g Sugar; 25 mg Calcium; 0 mg Iron; 88 mg Sodium; 647 IU Vit A; 5 mg Vit C; 21 mg Cholesterol



Creamy Provençale Basil Sauce

Not-So Cheese Sauce

This vegan “cheese” sauce is perfect as a nacho dip or served over macaroni.

preparation: 5 minutes • processing: 8 minutes • yield: 1 1/2 cups (360 ml)

1 cup (240 ml) water

**2 tablespoons (30 ml)
lemon juice**

**1/4 cup (50 g) canned
pimientos or 1 large roasted
red pepper, peeled**

**1/2 cup (70 g) raw cashews
or almonds**

1 teaspoon onion powder

**1/4 cup (30 g) nutritional
yeast or 2 tablespoons (25 g)
baking yeast**

2 teaspoons salt

**1 1/2 cups (360 ml)
boiling water**

**2 tablespoons (20 g) potato
starch mixed with 1/4 cup
(60 ml) cold water**

1. Place all ingredients, except the boiling water and potato starch mixture, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 7 and remove the lid plug. Pour boiling water and potato starch mixture through the lid plug opening.
6. Continue to blend until mixture is thickened, about 1 minute.

Per 1/4 Cup (60 ml) Serving: 39 Cal (46% from Fat, 17% from Protein, 38% from Carb); 2 g Protein; 2 g Tot Fat; 0 g Sat Fat; 4 g Carb; 1 g Fiber; 0 g Sugar; 5 mg Calcium; 0 mg Iron; 324 mg Sodium; 80 IU Vit A; 3 mg Vit C; 0 mg Cholesterol



Not-So Cheese Sauce

Fresh Fruit Syrups

Use on pancakes, waffles or crepes.

preparation: 3 minutes • processing: 3-4 minutes • yield: 1 1/2 cups (360 ml)

3 cups (454 g) fruit*, fresh or frozen, thawed

1/2-1 cup (100-200 g) sugar

1 teaspoon lemon juice

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 3-4 minutes.

** Nutritional information based on using blueberries.*

Per 2 Tablespoon (30 ml) Serving: 52 Cal (1% from Fat, 4% from Protein, 95% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 1 g Fiber; 12 g Sugar; 3 mg Calcium; 0 mg Iron; 0 mg Sodium; 18 IU Vit A; 1 mg Vit C; 0 mg Cholesterol



Chef's Tip: Mix 1 ounce (30 ml) of syrup with 8-12 ounces (240-360 ml) of club soda and ice for a refreshing beverage.

For a traditional, thicker syrup, place mixture in a pot and cook on medium heat for 30 minutes.

Party Potatoes with Sauce

For a tasty variation, add 1 cup (140 g) chopped ham pieces.

*preparation: 5 minutes • processing: 20 seconds
bake time: 60 minutes • yield: 12 cups (2.68 kg)*

**8-9 medium Idaho potatoes,
unpeeled and quartered**

1/4 large onion, peeled

water to cover

**1/4 cup (60 g) light butter
spread, melted**

**2 cups (480 g) sour cream,
nonfat or light**

**1 can (315 ml) low fat cream
of chicken soup, undiluted**

**1 cup (120 g) shredded low fat
cheddar cheese**

**1 cup (120 g) shredded
low fat Monterey Jack or
mozzarella cheese**

1 teaspoon salt

1/2 teaspoon black pepper

**2 cups (55 g) crushed
corn flake cereal**

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 13-inch (23 cm x 33 cm) baking dish with cooking spray.
2. Place half of the potatoes, onion and water into the Vita-Mix container and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 5.
5. Blend for 10 seconds or until potatoes are chopped. Pour into a colander, rinse and drain.
6. Repeat with second half of potatoes.
7. Place butter spread, sour cream, chicken soup, cheeses, salt and pepper into the Vita-Mix container in the order listed and secure lid.
8. Select Variable 1.
9. Turn machine on and quickly increase speed to Variable 4.
10. Blend for 10 seconds or until mixed.
11. Place potatoes and sauce in a large-size mixing bowl and mix thoroughly. Spoon into baking dish.
12. Press corn flake cereal over top of casserole. Bake uncovered for 60 minutes.

Per 1 Cup (240 g) Serving: 259 Cal (24% from Fat, 17% from Protein, 58% from Carb); 11 g Protein; 7 g Tot Fat; 3 g Sat Fat; 38 g Carb; 3 g Fiber; 5 g Sugar; 204 mg Calcium; 2 mg Iron; 636 mg Sodium; 742 IU Vit A; 29 mg Vit C; 14 mg Cholesterol

Notes

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Cranberry Nut Bread

preparation: 5 minutes • processing: 35 seconds • bake time: 60 minutes • yield: 1 loaf (16 slices)

**1 1/2 teaspoons
baking powder**

1/2 teaspoon baking soda

1 teaspoon salt

2 cups (220 g) all-purpose flour

**1 orange, peeled, with
2-inch (5 cm) strip of peel
remaining, halved**

1/4 cup (60 ml) olive oil

1 cup (225 g) sugar

1 large egg

1 cup (100 g) fresh cranberries

**1/2 cup (60 g) chopped walnuts
(chopped on Variable 4)**

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine baking powder, baking soda, salt and flour in a large-size mixing bowl. Set aside.
3. Place orange, oil, sugar and egg into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase to Variable 10, then to High.
6. Blend for 35 seconds.
7. Pour orange juice mixture into the dry ingredients, mixing by hand until ingredients are just moistened.
8. Gently stir in cranberries and chopped walnuts.
9. Spread the batter in the prepared loaf pan. Bake for 60 minutes or until a knife inserted into the center comes out clean.

Per Slice: 164 Cal (33% from Fat, 7% from Protein, 60% from Carb); 3 g Protein; 6 g Tot Fat; 1 g Sat Fat; 26 g Carb; 3 g Fiber; 14 g Sugar; 40 mg Calcium; 1 mg Iron; 234 mg Sodium; 41 IU Vit A; 6 mg Vit C; 13 mg Cholesterol



Cranberry Nut Bread

Apple Raisin Bread

*preparation: 10 minutes • processing: 1 minute, 30 seconds
bake time: 20-30 minutes • yield: 12 squares*

1 cup (120 g) whole wheat flour

**1/4 cup (40 g) uncooked
rolled oats**

1 medium apple, quartered

**1 thin slice lemon,
peeled, seeded**

2 tablespoons (30 ml) water

1 thin slice of orange with peel

1/2 cup (120 ml) honey

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

1 teaspoon baking soda

1/4 teaspoon allspice

**1 cup (165 g) raisins, dates or
other dried fruit**

1. Preheat oven to 350°F (180°C). Spray an 8-inch x 8-inch (20 cm x 20 cm) baking pan with cooking spray.
2. Place wheat flour and oats into the Vita-Mix container and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 1 minute.
6. Stop machine and remove the lid.
7. Add rest of ingredients to the Vita-Mix container in the order listed and secure lid.
8. Select Variable 1.
9. Turn machine on quickly increase speed to Variable 10, then to High.
10. Blend for 30 seconds, or until mixture is smooth and batter-like. Pour into prepared baking pan.
11. Bake for 20-30 minutes or until knife inserted in center comes out clean.

Per Square: 145 Cal (3% from Fat, 6% from Protein, 91% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 36 g Carb; 3 g Fiber; 21 g Sugar; 16 mg Calcium; 1 mg Iron; 157 mg Sodium; 10 IU Vit A; 2 mg Vit C; 0 mg Cholesterol

Gingered Bread

*preparation: 8 minutes • processing: 1 minute
bake time: 20-25 minutes • yield: 12 squares*

1 1/2 cups (180 g) whole wheat flour

3/4 teaspoon ground cinnamon

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/4 teaspoon cloves

1/2 cup (120 ml) water

2 egg whites

1/4 cup (60 ml) molasses

1/4 cup (55 g) brown sugar

1 apple, quartered

1/2-inch-thick (1.3 cm) slice of fresh ginger, unpeeled

1. Preheat oven to 350°F (180°C). Spray an 8-inch x 8-inch (20 cm x 20 cm) baking pan with cooking spray.
2. Stir together first six ingredients in a large-size mixing bowl. Set aside.
3. Place water, egg whites, molasses, sugar, apple and ginger into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 1 minute, using the tamper to press the ingredients into the blades.
7. Pour wet mixture into the dry ingredients and fold gently.
8. Pour batter into prepared baking pan.
9. Bake for 20-25 minutes.

Per Square: 98 Cal (3% from Fat, 10% from Protein, 87% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 22 g Carb; 2 g Fiber; 10 g Sugar; 38 mg Calcium; 1 mg Iron; 186 mg Sodium; 8 IU Vit A; 1 mg Vit C; 0 mg Cholesterol



Avocado Bread

*preparation: 5 minutes • processing: 40 seconds
bake time: 50-60 minutes • yield: 1 loaf (16 slices)*

3 cups (375 g) unbleached flour

1/2 cup (100 g) sugar

1 teaspoon baking soda

1 teaspoon baking powder

1/8 teaspoon ground cinnamon

1 teaspoon salt

6 egg whites

1/4 cup (60 ml) olive oil

1 1/2 teaspoons vanilla extract

1/4 teaspoon nutmeg

3/4 cup (180 ml) water

**1 1/2 cups (225 g) avocado,
peeled, pitted**

**3/4 cup (100 g) sunflower seeds
(optional)**

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Place all ingredients, except avocado and sunflower seeds, into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 30 seconds.
6. Reduce speed to Variable 2 and remove the lid plug.
7. Drop avocado and seeds in through the lid plug opening. Replace the lid plug.
8. Increase speed to Variable 4 and blend for 10 seconds.
9. Pour into prepared loaf pan.
10. Bake for 50-60 minutes or until knife inserted in center comes out clean.

Per Slice: 184 Cal (34% from Fat, 9% from Protein, 57% from Carb); 4 g Protein; 7 g Tot Fat; 1 g Sat Fat; 26 g Carb; 2 g Fiber; 7 g Sugar; 25 mg Calcium; 1 mg Iron; 280 mg Sodium; 32 IU Vit A; 2 mg Vit C; 0 mg Cholesterol



Chef's Tip: For a denser loaf, use half whole wheat flour and half unbleached flour.



Avocado Bread

Mango Bread

*preparation: 5 minutes • processing: 1 minute
bake time: 50-60 minutes • yield: 1 loaf (16 slices)*

2 cups (250 g) all-purpose flour

2 teaspoons ground cinnamon

2 teaspoons baking soda

1/2 teaspoon salt

1/2 cup (100 g) white sugar

**2 eggs or 1/2 cup (120 ml)
egg substitute**

1/4 cup (60 ml) vegetable oil

1 1/2 mangos, peeled, pitted

1 teaspoon lemon juice

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine first four ingredients in a medium-size mixing bowl. Set aside.
3. Add sugar, eggs, oil, mango and lemon juice into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 1 minute, using the tamper to press the ingredients into the blades.
7. Pour wet mixture into dry mixture and fold until evenly incorporated.
8. Pour into prepared loaf pan.
9. Bake for 50-60 minutes or until knife inserted in center comes out clean.

Per Slice: 133 Cal (29% from Fat, 8% from Protein, 63% from Carb); 3 g Protein; 4 g Tot Fat; 1 g Sat Fat; 21 g Carb; 1 g Fiber; 9 g Sugar; 11 mg Calcium; 1 mg Iron; 242 mg Sodium; 154 IU Vit A; 4 mg Vit C; 31 mg Cholesterol

Jamocha Tea Bread

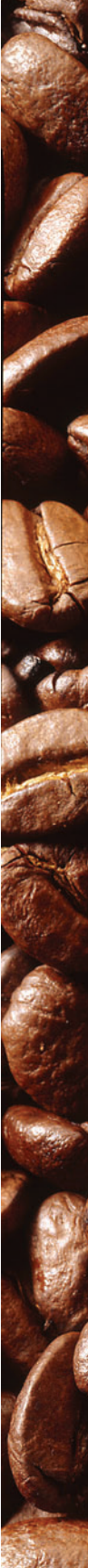
A perfect morning bread served with tea or coffee.

*preparation: 10 minutes • processing: 30 seconds
bake time: 40-50 minutes • yield: 2 loaves (32 slices)*

- 1 cup (125 g) all-purpose flour
- 1 cup (120 g) whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 4 teaspoons instant coffee granules
- 1/2 teaspoon salt
- 1/2 cup (70 g) chopped almonds, toasted
- 2 eggs or 1/2 cup (120 ml) egg substitute
- 1/2 cup (110 g) heart-healthy light butter spread
- 3/4 cup (150 g) sugar
- 1/2 cup (120 ml) skim or soy milk
- 1/2 cup (120 g) plain low fat yogurt
- 3/4 cup (170 g) semi-sweet chocolate chips
- 1 teaspoon vanilla extract

1. Preheat oven to 325°F (160°C). Spray two 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pans with cooking spray.
2. Combine first seven ingredients in a medium-size mixing bowl. Set aside.
3. Place eggs, butter spread, sugar, milk, yogurt, chocolate chips and vanilla extract into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 20-30 seconds.
7. Pour wet mixture into dry ingredients and fold gently.
8. Pour batter into prepared loaf pans.
9. Bake for 40-50 minutes or until a knife inserted into the center comes out clean. Cool in pans for 20 minutes before slicing.

Per Slice: 92 Cal (38% from Fat, 10% from Protein, 52% from Carb); 2 g Protein; 4 g Tot Fat; 1 g Sat Fat; 12 g Carb; 1 g Fiber; 6 g Sugar; 32 mg Calcium; 1 mg Iron; 124 mg Sodium; 151 IU Vit A; 0 mg Vit C; 15 mg Cholesterol



Harvest Apple and Cheddar Bread

This hearty bread is best served with a savory soup.

*preparation: 10 minutes • processing: 45 seconds
bake time: 65-70 minutes • yield: 1 loaf (16 slices)*

**1 1/4 cups (155 g)
all-purpose flour**

**1 1/4 cups (150 g) whole
wheat flour**

2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

3/4 cup (80 g) chopped pecans

**3/4 cup (180 ml) skim or
soy milk**

**1/2 cup (120 ml) egg substitute
or 2 eggs**

**1/3 cup (75 g) heart-healthy
light butter spread**

1/2 cup (100 g) sugar

**2 1/2 Granny Smith apples,
quartered**

**2 cups (230 g) shredded
cheddar cheese**

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Mix first six ingredients in a large-size mixing bowl. Set aside.
3. Place milk, egg substitute, butter spread and sugar into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 15 seconds.
7. Reduce speed to Variable 5 and remove the lid plug.
8. Add in apple quarters and cheese through the lid plug opening.
9. Replace the lid plug and blend for 30 seconds.
10. Pour liquid ingredients into the dry mixture and fold gently.
11. Pour into prepared loaf pan. Bake for 65-70 minutes or until a knife inserted into the center comes out clean.

Per Slice: 229 Cal (43% from Fat, 14% from Protein, 43% from Carb); 8 g Protein; 11 g Tot Fat; 4 g Sat Fat; 25 g Carb; 2 g Fiber; 9 g Sugar; 184 mg Calcium; 1 mg Iron; 287 mg Sodium; 403 IU Vit A; 1 mg Vit C; 18 mg Cholesterol



Harvest Apple and Cheddar Bread

Blueberry Orange Bread

*preparation: 5 minutes • processing: 30 seconds
bake time: 60-70 minutes • yield: 1 loaf (16 slices)*

1 cup (125 g) all-purpose flour
1 cup (120 g) whole wheat flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons (30 g)
heart-healthy butter spread
1/4 cup (60 ml) water
1/2 cup (100 g) sugar
1 egg or 1/4 cup (60 ml)
egg substitute
1 orange, peeled, halved
1/4-inch (.6 cm) strip of
orange peel
1 cup (145 g) fresh or frozen
blueberries, thawed

1. Preheat oven to 325°F (160°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine first five ingredients in a large-size mixing bowl. Set aside.
3. Place butter spread, water, sugar, egg, orange and orange peel into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Pour liquid mixture into dry ingredients and mix gently to combine. Fold in blueberries.
8. Pour into prepared loaf pan.
9. Bake for 60-70 minutes or until a knife inserted into the center comes out clean.

Per Slice: 99 Cal (11% from Fat, 10% from Protein, 79% from Carb); 2 g Protein; 1 g Tot Fat; 0 g Sat Fat; 20 g Carb; 2 g Fiber; 8 g Sugar; 27 mg Calcium; 1 mg Iron; 140 mg Sodium; 107 IU Vit A; 5 mg Vit C; 15 mg Cholesterol



Blueberry Orange Bread

Whole Wheat Banana Nut Quick Bread

preparation: 5 minutes • processing: 10-15 seconds

bake time: 60 minutes • yield: 1 loaf (16 slices)

1 2/3 cups (200 g) whole wheat flour

2 teaspoons baking powder

1 teaspoon salt

1/4 cup (60 ml) egg substitute or 1 egg

2/3 cup (130 g) sugar

1/4 cup (60 g) heart-healthy butter spread

1/3 cup (80 ml) skim milk

1 teaspoon lemon peel

2 ripe bananas, peeled

1/4 cup (60 g) applesauce

2/3 cup (80 g) chopped walnuts, reserve 3 tablespoons (22 g) for top of bread

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine flour, baking powder and salt in a medium-size mixing bowl. Set aside.
3. Place egg substitute, sugar, butter spread, milk, lemon peel, bananas and applesauce into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 5.
6. Blend for 10-15 seconds or until mixed.
7. Pour batter into dry ingredients and mix gently by hand to combine.
8. Stir nuts into batter, reserving some to sprinkle on top.
9. Pour batter into prepared loaf pan.
10. Bake for 60 minutes or until a knife inserted into the center comes out clean.

Per Slice: 139 Cal (29% from Fat, 10% from Protein, 61% from Carb); 4 g Protein; 5 g Tot Fat; 1 g Sat Fat; 22 g Carb; 2 g Fiber; 10 g Sugar; 52 mg Calcium; 1 mg Iron; 240 mg Sodium; 163 IU Vit A; 2 mg Vit C; 0 mg Cholesterol

Zucchini Pineapple Bread

*Use 3/4 cup (150 g) of wheat berries in place of whole wheat flour.
Grind berries into flour using a Vita-Mix Dry Blade container for
1 minute on High prior to using in recipe.*

*preparation: 5 minutes • processing: 35 seconds
bake time: 60 minutes • yield: 1 loaf (16 slices)*

1 cup (120 g) whole wheat flour

1 teaspoon baking soda

1/4 teaspoon salt

1/4 teaspoon baking powder

1/4 teaspoon nutmeg

1/2 teaspoon ground cinnamon

1/2 teaspoon allspice

**1/4 cup (60 ml) egg substitute
or 1 egg**

**2/3 cup (130 g) sugar or other
sweetener, to taste**

1 teaspoon vanilla extract

**1/3 cup (65 g) crushed
pineapple, well drained
(optional)**

**1 1/2 cups (190 g)
zucchini chunks**

1/2 cup (60 g) chopped nuts

1/2 cup (75 g) raisins

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine flour, baking soda, salt, baking powder, nutmeg, cinnamon and allspice in a medium-size mixing bowl. Set aside.
3. Place egg substitute, sugar, vanilla extract, pineapple and zucchini into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 4.
6. Blend for 10-15 seconds. Stop machine and remove lid.
7. Add dry ingredients to the Vita-Mix container and secure lid.
8. Select Variable 5.
9. Blend for 20 seconds or until mixed.
10. If necessary, use the tamper to press any ingredients into the blades. Do not over mix.
11. Stop machine. Stir in nuts and raisins by hand.
12. Pour into prepared loaf pan. Bake for 60 minutes or until a knife inserted into the center comes out clean.

Per Slice: 106 Cal (21% from Fat, 10% from Protein, 69% from Carb); 3 g Protein; 3 g Tot Fat; 0 g Sat Fat; 19 g Carb; 2 g Fiber; 12 g Sugar; 18 mg Calcium; 1 mg Iron; 132 mg Sodium; 42 IU Vit A; 3 mg Vit C; 0 mg Cholesterol

Notes

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Buttermilk Pancakes

For a variation, use 1 cup (200 g) of wheat berries instead of the flour. Grind berries into flour using a Vita-Mix Dry Blade container. Process for 1 minute on High prior to using in the recipe. Yields 1 1/2 cups (180 g) of whole wheat flour.

preparation: 5 minutes • processing: 10-15 seconds • yield: 12 pancakes

1 1/4 cups (300 ml) low fat buttermilk

1/4 cup (60 ml) egg substitute or 1 egg

2 tablespoons (30 ml) light olive oil

1/2 teaspoon salt (optional)

1 teaspoon sugar or other sweetener, to taste

1/2 cup (60 g) whole wheat flour

1 1/2 cups (190 g) all-purpose flour

2 teaspoons baking powder

1. Place buttermilk, egg substitute, oil, salt and sweetener into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4 or 5.
4. Blend for 5 seconds. Remove the lid plug.
5. With machine running, add flour and baking powder through the lid plug opening. Replace the lid plug.
6. Blend for 5-10 seconds, until mixed.
7. Let batter sit 5-10 minutes before cooking to yield best texture and flavor.

Per Pancake Serving: 101 Cal (25% from Fat, 14% from Protein, 61% from Carb); 4 g Protein; 3 g Tot Fat; 1 g Sat Fat; 15 g Carb; 1 g Fiber; 2 g Sugar; 81 mg Calcium; <1 mg Iron; 118 mg Sodium; 27 IU Vit A; 0 mg Vit C; 1 mg Cholesterol



Chef's Tip: Serve these hearty pancakes with Vita-Mix Fresh Fruit Syrup on page 174.

Waffles

preparation: 5 minutes • processing: 25-30 seconds • yield: 10-12 waffles

1 3/4 cups (420 ml) skim milk

**3/4 cup (180 ml) egg substitute
or 3 eggs**

**1/4 cup (60 g) soft light
butter spread**

1 teaspoon salt (optional)

**2 cups (240 g)
whole wheat flour**

2 teaspoons baking powder

1. Place milk, egg substitute, butter spread and salt into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 6.
4. Blend for 10-15 seconds.
5. Reduce speed to Variable 4. Remove the lid plug.
6. Add flour and baking powder through the lid plug opening. Replace the lid plug.
7. Blend for 15 seconds or until mixed.
8. Let batter sit 5-10 minutes before cooking to yield best texture and flavor.

Per 1 Waffle Serving: 112 Cal (21% from Fat, 21% from Protein, 58% from Carb); 6 g Protein; 3 g Tot Fat; 1 g Sat Fat; 17 g Carb; 2 g Fiber; 0 g Sugar; 111 mg Calcium; 1 mg Iron; 161 mg Sodium; 372 IU Vit A; 0 mg Vit C; 17 mg Cholesterol



Chef's Tip: For a sweeter treat, add up to 2 tablespoons (25 g) of sugar or sweetener of choice during the first step of the recipe.

Oatmeal Cranberry Pancakes

preparation: 5 minutes • processing: 35 seconds • yield: 10 medium pancakes

1 1/2 cups (360 ml) soy milk

**3/4 cup (90 g) whole
wheat flour**

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

1/4 cup (40 g) flax seed meal

**3/4 cup (115 g) uncooked
rolled oats**

1/4 cup (30 g) dried cranberries

**2 tablespoons (20 g)
sunflower seeds**

1. Place first six ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 20 seconds. Turn machine off and remove the lid.
5. Add oats, cranberries and sunflower seeds and replace the lid.
6. Select Variable 1.
7. Turn machine on and blend for 15 seconds, using the tamper if necessary to press ingredients into the blades.
8. Let batter sit for 5-10 minutes before cooking to yield best texture and flavor.

Per Pancake Serving: 123 Cal (26% from Fat, 18% from Protein, 56% from Carb); 6 g Protein; 4 g Tot Fat; 0 g Sat Fat; 18 g Carb; 4 g Fiber; 0 g Sugar; 89 mg Calcium; 2 mg Iron; 301 mg Sodium; 228 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Serve these hearty pancakes with Vita-Mix Fresh Fruit Syrup on page 174.



Oatmeal Cranberry Pancakes

Oven-Baked Onion Cheese Frittata

*preparation: 10 minutes • processing: 15 seconds
bake time: 20-25 minutes • yield: 8 servings*

2 tablespoons (30 ml) olive oil

1 small onion, peeled, diced

**1 cup (115 g) diced
summer squash**

**1/4 cup (38 g) diced red
bell pepper**

**1/4 cup (38 g) diced green
bell pepper**

**6 eggs or 1 1/2 cups (360 ml)
egg substitute**

**1/2 cup (50 g) grated
Parmesan cheese**

1/2 teaspoon dried oregano

1/8 teaspoon nutmeg

1/2 teaspoon salt

1/4 teaspoon black pepper

**1/2 cup (55 g) shredded
cheddar cheese**

1. Preheat oven to 350°F (160°C). Spray a 9-inch (23 cm) pie pan with cooking spray.
2. Sauté onion, squash and peppers in olive oil until soft. Place in bottom of prepared pan.
3. Place the rest of the ingredients, except the cheddar cheese into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 7.
6. Blend for 15 seconds.
7. Pour mixture over vegetables. Sprinkle cheddar cheese over mixture.
8. Bake 20-25 minutes or until set.

Per Serving: 159 Cal (68% from Fat, 25% from Protein, 6% from Carb); 10 g Protein; 12 g Tot Fat; 5 g Sat Fat; 3 g Carb; 1 g Fiber; 1 g Sugar; 157 mg Calcium; 1 mg Iron; 354 mg Sodium; 511 IU Vit A; 13 mg Vit C; 192 mg Cholesterol

Apple Pancakes

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

1 cup (120 g) whole wheat flour
3 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons (38 g) sugar
1/4 teaspoon nutmeg
1/2 teaspoon baking soda
**1 egg or 1/4 cup (60 ml)
egg substitute**
**1 1/2 teaspoons heart-healthy
butter spread**
1/4 teaspoon vanilla extract
**1 cup (240 ml) soy milk or
low fat milk**
1/2 medium apple

1. Blend first six ingredients in a medium-size mixing bowl by hand. Set aside.
2. Place egg, butter spread, vanilla extract, milk, and apple into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 30 seconds.
6. Pour wet mixture into dry mixture and mix by hand until incorporated.
7. Let batter sit for 5-10 minutes before cooking to yield best texture and flavor.

Per Pancake Serving: 108 Cal (18% from Fat, 15% from Protein, 66% from Carb); 4 g Protein; 2 g Tot Fat; 1 g Sat Fat; 19 g Carb; 2 g Fiber; 6 g Sugar; 123 mg Calcium; 1 mg Iron; 441 mg Sodium; 250 IU Vit A; 0 mg Vit C; 32 mg Cholesterol

Dutch Apple Baby

*preparation: 7 minutes • processing: 30 seconds
bake time: 20 minutes • yield: 8 servings*

Apples

2 tablespoons (30 g) heart-healthy butter spread

3 large apples, cored, sliced

1/4 cup (50 g) granulated sugar

1/2 teaspoon ground cinnamon

1/4 teaspoon nutmeg

Pancake

3 eggs or 3/4 cup (180 ml) egg substitute

1/2 cup (60 g) all-purpose flour

1/2 cup (120 ml) low fat milk or soy milk

1 tablespoon reduced-fat sour cream or low fat plain yogurt

1/2 teaspoon salt

1 teaspoon vanilla extract

Apples

1. Preheat oven to 400°F (200°C). Spray a 9-inch (23 cm) pie plate with cooking spray.
2. Sauté sliced apples in butter with sugar and cinnamon until slightly soft.
3. Transfer to prepared pie plate.

Pancake

1. Add all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Pour over apples. Bake for 20 minutes.
6. Garnish with powdered sugar.

Per Serving: 143 Cal (32% from Fat, 12% from Protein, 57% from Carb); 4 g Protein; 5 g Tot Fat; 2 g Sat Fat; 21 g Carb; 2 g Fiber; 13 g Sugar; 39 mg Calcium; 1 mg Iron; 207 mg Sodium; 305 IU Vit A; 3 mg Vit C; 91 mg Cholesterol



Dutch Apple Baby

Banana Apple Oatmeal Smoothie

preparation: 5 minutes • processing: 45 seconds • yield: 2 cups (480 ml)

1 cup (240 ml) water

**1/4 cup (60 g) low fat
vanilla or plain yogurt**

1/2 banana, peeled

**2 tablespoons (20 g) uncooked
quick oats**

1/2 medium apple

1/4 cup (30 g) dried cranberries

1/8 teaspoon ground cinnamon

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

Per 1 Cup (240 ml) Serving: 155 Cal (8% from Fat, 9% from Protein, 84% from Carb); 4 g Protein; 1 g Tot Fat; 0 g Sat Fat; 35 g Carb; 4 g Fiber; 21 g Sugar; 68 mg Calcium; 1 mg Iron; 25 mg Sodium; 51 IU Vit A; 4 mg Vit C; 2 mg Cholesterol



Chef's Tip: 2 cups (480 ml) of this smoothie provide 8 grams of protein and 8 grams of fiber—a satisfying and hearty breakfast option.

Creamy Baked Oatmeal

preparation: 5 minutes • processing: 30 seconds • bake time: 45 minutes • yield: 9 servings

**1/3 cup (67 g) turbinado sugar
or 1 teaspoon stevia**

3 1/3 cups (800 ml) skim milk

**2 eggs or 1/2 cup (120 ml)
egg substitute**

2 teaspoons vanilla extract

**2 1/4 cups (350 g)
uncooked rolled oats**

**1/2 cup (110 g) brown
sugar, reserved**

1. Preheat oven to 350°F (180°C). Spray an 8-inch x 8-inch (20 cm x 20 cm) baking pan with cooking spray.
2. Place the first four ingredients into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 30 seconds.
6. Pour into a medium-size bowl and fold in oats until thoroughly combined.
7. Pour into prepared baking pan.
8. Bake 40 minutes.
9. Sprinkle 1/2 cup (110 g) brown sugar over oatmeal and return to the oven for 3-5 additional minutes or until sugar has melted.

Per Serving: 240 Cal (16% from Fat, 20% from Protein, 64% from Carb); 12 g Protein; 4 g Tot Fat; 1 g Sat Fat; 39 g Carb; 4 g Fiber; 8 g Sugar; 158 mg Calcium; 2 mg Iron; 73 mg Sodium; 248 IU Vit A; 1 mg Vit C; 56 mg Cholesterol



Quiche with Brown Rice Crust

You may use any vegetables you have on hand. Cook or steam before using in a quiche. You may also add cooked meats.

*preparation: 10 minutes • processing: 30 seconds
bake time: 40-45 minutes • yield: 8 servings*

1 cup (70 g) chopped broccoli florets, steamed

3 large eggs or 3/4 cup (180 ml) egg substitute

3/4 cup (180 ml) soy milk

1/2 cup (55 g) shredded cheddar cheese

1 tablespoon fresh parsley

1 1/2 tablespoons dried basil

1/4 teaspoon salt

1/4 teaspoon onion powder

1. Preheat oven to 400°F (200°C).
2. Place broccoli in center of pre-baked rice crust (see recipe below).
3. Add rest of quiche ingredients into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Pour mixture over broccoli.
8. Bake 40-45 minutes or until top is brown.

Per Serving: 80 Cal (58% from Fat, 30% from Protein, 12% from Carb); 6 g Protein; 5 g Tot Fat; 2 g Sat Fat; 2 g Carb; 1 g Fiber; 1 g Sugar; 94 mg Calcium; 1 mg Iron; 171 mg Sodium; 473 IU Vit A; 11 mg Vit C; 97 mg Cholesterol

Brown Rice Crust

preparation: 45 minutes • bake time: 10 minutes • yield: 1 quiche crust

2 cups (390 g) cooked brown rice

1 egg white

1. Preheat oven to 350°F (180°C). Spray a 9-inch (23 cm) pie pan with cooking spray.
2. Mix rice and egg white in a medium-size bowl by hand.
3. Press into prepared pan.
4. Bake for 10 minutes.

Per Serving: 57 Cal (7% from Fat, 11% from Protein, 82% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 11 g Carb; 1 g Fiber; 0 g Sugar; 5 mg Calcium; 0 mg Iron; 7 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Quiche with Brown Rice Crust

Raisin Almond Breakfast Spread

preparation: 5 minutes • processing: 1 minute • yield: 3 cups (720 g)

2 tablespoons (30 ml) honey

1 cup (145 g) raw almonds

**1 tablespoon Ginger Paste
(p.275) or a 2-inch (5 cm) cube
of fresh ginger**

**2 tablespoons (20 g) raw
sesame seeds**

1 cup (145 g) raisins

-or-

**1/2 cup (70 g) raisins, 4 dates
and 4 dried apricots**

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

Per 2 Tablespoon (30 g) Serving: 64 Cal (44% from Fat, 9% from Protein, 47% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 8 g Carb; 1 g Fiber; 6 g Sugar; 20 mg Calcium; 1 mg Iron; 1 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Spread on warm toast and top with sliced bananas for a healthy and hearty breakfast.

Veggie Tofu Scramble

*preparation: 5 minutes • processing: 5-10 seconds
cook time: 12 minutes • yield: 2 servings*

1/2 cup (80 g) coarse chopped shallots or red onions

1/2 jalapeño, seeds and membranes removed

1 cup (100 g) white mushrooms

1 cup (210 g) soft tofu

1 teaspoon olive oil

1 teaspoon dried coriander

1/2 teaspoon ground cumin

1/4 teaspoon turmeric

1/4 cup (45 g) chopped tomatoes

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

Per Serving: 142 Cal (42% from Fat, 27% from Protein, 31% from Carb); 11 g Protein; 7 g Tot Fat; 1 g Sat Fat; 12 g Carb; 1 g Fiber; 2 g Sugar; 167 mg Calcium; 3 mg Iron; 19 mg Sodium; 686 IU Vit A; 9 mg Vit C; 0 mg Cholesterol



Chef's Tip:

Be sure to use soft tofu for this recipe. This is a great vegan alternative to scrambled eggs.

Banana Split Power Smoothie

Variation: Substitute tofu and plain yogurt for the skim milk and cottage cheese.

preparation: 5 minutes • processing: 45 seconds • yield: 4 cups (960 ml) or 2 servings

1 cup (240 ml) skim milk

**1 cup (230 g) low fat
cottage cheese**

1/2 banana, peeled

**1 cup (150 g) frozen
unsweetened strawberries**

**1 1/2 cups (240 g) frozen
pineapple chunks**

**1/2 teaspoon stevia blend
or sweetener of choice**

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

Per 2 Cup (480 ml) Serving: 256 Cal (6% from Fat, 30% from Protein, 64% from Carb); 20 g Protein; 2 g Tot Fat; 1 g Sat Fat; 42 g Carb; 5 g Fiber; 24 g Sugar; 279 mg Calcium; 1 mg Iron; 535 mg Sodium; 431 IU Vit A; 115 mg Vit C; 7 mg Cholesterol



Chef's Tip: Because of the high protein content of this smoothie, it should be used as a meal replacement or as an "after workout" smoothie for quick muscle repair.



Banana Split Power Smoothie

Thai Eye Opener

preparation: 5 minutes • processing: 1 minute • yield: 2 1/2 cups (600 ml)

1/4 cup (60 ml) coconut milk

1/4 cup (40 g) pineapple chunks

2 carrots, halved

1 medium apple, quartered

**1/4 teaspoon fresh ginger root
or Ginger Paste (p.275)**

1 cup (240 ml) ice cubes

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

Per 1 Cup (240 ml) Serving: 81 Cal (50% from Fat, 3% from Protein, 47% from Carb); 1 g Protein; 5 g Tot Fat; 4 g Sat Fat; 10 g Carb; 2 g Fiber; 7 g Sugar; 9 mg Calcium; 1 mg Iron; 4 mg Sodium; 38 IU Vit A; 8 mg Vit C; 0 mg Cholesterol



Chef's Tip: Spice up your next brunch with this out of the ordinary, but pleasantly surprising, zesty drink.

Banana Waffles

preparation: 3 minutes • processing: 40 seconds • yield: 5 cups (1.2 l) batter or 10 waffles

1 cup (125 g) all-purpose flour
1 cup (120 g) whole wheat flour
1 tablespoon baking powder
1 teaspoon salt
3 eggs or 3/4 cup (180 ml) egg substitute
1 1/2 cups (360 ml) low fat or soy milk
2 ripe bananas, peeled
3 tablespoons (30 g) heart-healthy butter spread
2 tablespoons (30 ml) honey or sugar

1. Combine f ours, baking powder, and salt in a medium-size mixing bowl. Set aside.
2. Place eggs, milk, banana, butter spread, and honey into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 20 seconds.
6. Reduce speed to Variable 4 and remove the lid plug.
7. Slowly add the f our mixture through the lid plug opening.
8. Continue to blend on Variable 4 until incorporated, about 20 seconds.
9. Let batter sit 5-10 minutes before cooking to yield best texture and f avor.

Per Waffle: 182 Cal (25% from Fat, 14% from Protein, 61% from Carb); 7 g Protein; 5 g Tot Fat; 2 g Sat Fat; 28 g Carb; 2 g Fiber; 8 g Sugar; 141 mg Calcium; 2 mg Iron; 450 mg Sodium; 330 IU Vit A; 2 mg Vit C; 73 mg Cholesterol

Potato Cheddar Breakfast Bake

*preparation: 10 minutes • processing: 35 seconds
bake time: 1 hour 20 minutes • yield: serves 9*

**3 medium russet
potatoes, cubed**

**2 cups (480 ml) egg substitute
or 8 eggs**

**2 cups (480 ml) low fat or
soy milk**

1/2 teaspoon salt

**8 ounces (227 g) cheddar
cheese, in large cubes**

**1/4 cup (40 g) chopped
green pepper**

1/4 cup (40 g) chopped onion

1 1/2 cups (210 g) diced ham

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 9-inch (23 cm x 23 cm) baking pan with cooking spray.
2. Hash potatoes using the wet chop method. See *Getting Started* guide. Drain, reserve.
3. Place egg substitute, milk, salt and cheese into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 20 seconds.
7. Reduce speed to Variable 3 and remove the lid plug.
8. Add peppers, onion, potatoes and ham through the lid plug opening.
9. Blend for 10-15 seconds.
10. Pour into prepared pan.
11. Bake covered for 40-45 minutes.
12. Uncover and bake another 30-35 minutes until firm and lightly browned.

Per Serving: 267 Cal (43% from Fat, 32% from Protein, 25% from Carb); 21 g Protein; 13 g Tot Fat; 7 g Sat Fat; 17 g Carb; 2 g Fiber; 4 g Sugar; 287 mg Calcium; 2 mg Iron; 563 mg Sodium; 573 IU Vit A; 18 mg Vit C; 44 mg Cholesterol



Potato Cheddar Breakfast Bake

Apricot Breakfast Bread

*preparation: 5 minutes • processing: 30 seconds
bake time: 1 hour • yield: 1 loaf (16 slices)*

1 cup (120 g) whole wheat flour

1 cup (125 g) all-purpose flour

1/4 teaspoon baking soda

2 teaspoons baking powder

1/4 teaspoon salt

1/4 cup (60 ml) water

1 orange, peeled, halved

**1 egg or 1/4 cup (60 ml)
egg substitute**

3/4 cup (150 g) sugar

**2 tablespoons (20 g)
heart-healthy butter spread**

**1 cup (130 g) chopped
dried apricots**

1/2 cup (60 g) chopped nuts

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine flours, baking soda, baking powder and salt in a medium-size mixing bowl. Set aside.
3. Place water, orange, egg, sugar and butter spread into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds. Stop machine.
7. Pour into dry ingredients and gently mix by hand. Fold in apricots and nuts.
8. Pour mixture into prepared loaf pan. Bake for 45 minutes to 1 hour or until a knife inserted into the center comes out clean.

Per Slice: 164 Cal (22% from Fat, 8% from Protein, 70% from Carb); 3 g Protein; 4 g Tot Fat; 1 g Sat Fat; 30 g Carb; 2 g Fiber; 17 g Sugar; 51 mg Calcium; 1 mg Iron; 136 mg Sodium; 408 IU Vit A; 12 mg Vit C; 15 mg Cholesterol



Chef's Tip: You can substitute
1/2 cup (120 ml) orange
juice in place of the orange.

Hearty Blueberry Muffins

preparation: 5 minutes • processing: 30 seconds • baked time: 30 minutes • yield: 12 muffins

1 cup (125 g) all-purpose flour
1 cup (120 g) whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt
4 ounces (110 g) soft tofu
1/4 cup (60 ml) applesauce
**1/2 cup (120 ml) low fat milk
or soy milk**
**2 eggs or 1/2 cup (120 ml)
egg substitute**
3/4 cup (150 g) sugar
**2 cups (300 g) fresh or
frozen blueberries**

1. Preheat oven to 375°F (190°C). Spray a 12 cup muffin tin with cooking spray or line with paper liners.
2. Mix flour, baking powder and salt in a medium-size mixing bowl. Set aside.
3. Place tofu, applesauce, milk, eggs and sugar into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Pour batter into dry mixture and stir until just moistened. Gently fold in blueberries.
8. Pour into prepared muffin cups.
9. Bake for 30 minutes or until light golden brown. Cool on wire racks.

Per Muffin: 163 Cal (9% from Fat, 12% from Protein, 79% from Carb); 5 g Protein; 2 g Tot Fat; 0 g Sat Fat; 33 g Carb; 2 g Fiber; 16 g Sugar; 72 mg Calcium; 1 mg Iron; 203 mg Sodium; 82 IU Vit A; 2 mg Vit C; 41 mg Cholesterol



Whole Wheat Waffles

preparation: 3 minutes • processing: 30 seconds • yield: 4 cups (960 ml) batter or 8 waffles

1 cup (120 g) whole wheat flour

1 cup (125 g) all-purpose flour

1 tablespoon baking powder

1 teaspoon salt

2 cups (480 ml) low fat or soy milk

2 large eggs, beaten or 1/2 cup (120 ml) egg substitute

2 tablespoons (30 ml) sugar or honey

4 ounces (110 g) soft tofu

1. Combine f ours, baking powder, and salt in a medium-size mixing bowl. Set aside.
2. Place milk, eggs, sugar and tofu into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 20 seconds.
6. Reduce speed to Variable 4 and remove the lid plug.
7. Add the f our mixture slowly through the lid plug opening and blend an additional 10 seconds until incorporated.
8. Let batter sit 5-10 minutes before cooking to yield best texture and f avor.

Per Waffle: 175 Cal (15% from Fat, 19% from Protein, 67% from Carb); 8 g Protein; 3 g Tot Fat; 1 g Sat Fat; 30 g Carb; 2 g Fiber; 7 g Sugar; 205 mg Calcium; 2 mg Iron; 526 mg Sodium; 190 IU Vit A; 0 mg Vit C; 62 mg Cholesterol



Whole Wheat Waffles

Donut Muffins

*preparation: 5 minutes • processing: 45 seconds
bake time: 20 minutes • yield: 12 muffins*

3/4 cup (90 g) all-purpose flour

3/4 cup (90 g) whole wheat flour

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon nutmeg

**1/2 cup (120 ml) low fat or
soy milk**

**1/4 cup (60 ml) egg substitute
or 1 egg**

**1/3 cup (80 g) heart-healthy
butter spread**

1/2 cup (100 g) sugar

1. Preheat oven to 350°F (180°C). Spray a 12 cup muffin tin with cooking spray or line with paper liners.
2. Mix first five ingredients together in a medium-size mixing bowl. Set aside.
3. Place milk, egg substitute, butter spread, and sugar into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 45 seconds.
7. Pour wet mixture into dry mixture and stir just until moistened.
8. Pour into prepared muffin cups.
9. Bake for 20 minutes or until light golden brown. Cool on wire racks.
10. Toss muffins in cinnamon sugar while still warm.

Per Muffin: 116 Cal (21% from Fat, 10% from Protein, 70% from Carb); 3 g Protein; 3 g Tot Fat; 1 g Sat Fat; 21 g Carb; 1 g Fiber; 9 g Sugar; 53 mg Calcium; 1 mg Iron; 211 mg Sodium; 262 IU Vit A; 0 mg Vit C; 1 mg Cholesterol



Chef's Tip: This is an easy and quick alternative to calorie-and fat-laden donuts.

Blueberry Breakfast Cobbler

Serve with vanilla yogurt.

*preparation: 5 minutes • processing: 30 seconds
bake time: 25-30 minutes • yield: 9-12 squares*

**1 1/2 cups (230 g)
uncooked rolled oats**

**1/2 cup (60 g) whole
wheat flour**

1 teaspoon baking powder

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

**1 1/2 cups (360 ml) low fat or
soy milk**

**1/2 cup (120 ml) egg substitute
or 2 eggs**

**1/4 cup (60 g) heart-healthy
butter spread**

3/4 cup (165 g) brown sugar

**1 cup (150 g) blueberries or
other fruit**

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 9-inch (23 cm x 23 cm) baking pan with cooking spray.
2. Mix first five ingredients together in a medium-size mixing bowl. Set aside.
3. Place milk, egg substitute, butter spread, and sugar into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds. Stop machine.
7. Pour wet mixture into dry mixture and mix well. Fold in fruit.
8. Pour into prepared baking pan.
9. Bake for 25-30 minutes or until light golden brown. Cool on wire racks.

Per Serving: 200 Cal (22% from Fat, 12% from Protein, 65% from Carb); 6 g Protein; 5 g Tot Fat; 1 g Sat Fat; 33 g Carb; 3 g Fiber; 16 g Sugar; 90 mg Calcium; 2 mg Iron; 207 mg Sodium; 271 IU Vit A; 1 mg Vit C; 2 mg Cholesterol



Carrot and Raisin Muffins

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

*preparation: 10 minutes • processing: 40 seconds
bake time: 20-25 minutes • yield: 12 muffins*

**1 2/3 cups (200 g)
self-rising flour**

1/2 teaspoon baking soda

1 teaspoon ground cinnamon

1 teaspoon pumpkin pie spice

2/3 cup (100 g) raisins

**3/4 cup (100 g) peeled,
chopped carrots**

2 eggs

3/4 cup (150 g) superfine sugar

2/3 cup (150 ml) light olive oil

1. Preheat the oven to 350°F (180°C). Spray a 12 cup muffin tin with cooking spray or line with paper liners.
2. Place flour, baking soda, spices and raisins in a medium-size mixing bowl and stir lightly. Set aside.
3. Place carrots into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and increase the speed to Variable 6.
6. Blend for 6-7 seconds until very finely chopped. Stop machine and remove lid.
7. Add eggs, sugar and oil to the carrots in the Vita-Mix container and secure lid.
8. Select Variable 1.
9. Turn the machine on and increase speed to Variable 5.
10. Blend for 30 seconds until thick and creamy.
11. Pour carrot mixture into flour mixture and fold to combine. Spoon the mixture into prepared muffin tin.
12. Bake for 20-25 minutes until golden brown. Transfer to a wire rack to cool, then serve.

Per Muffin: 231 Cal (40% from Fat, 5% from Protein, 55% from Carb); 3 g Protein; 10 g Tot Fat; 2 g Sat Fat; 32 g Carb; 1 g Fiber; 17 g Sugar; 74 mg Calcium; 1 mg Iron; 295 mg Sodium; 1020 IU Vit A; 1 mg Vit C; 35 mg Cholesterol



Carrot and Raisin Muffins

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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Peach Soy Sherbet

Other frozen fruits may be substituted.

preparation: 5 minutes • processing: 30-60 seconds • yield: 3 cups (720 ml)

1 cup (240 ml) soy milk

**1 pound (454 g) frozen
unsweetened peach slices**

**1/4 cup (50 g) sugar or other
sweetener, to taste**

1/2 teaspoon vanilla extract

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

Per 1/2 Cup (120 ml) Serving: 128 Cal (6% from Fat, 7% from Protein, 87% from Carb); 2 g Protein; 1 g Tot Fat; 0 g Sat Fat; 29 g Carb; 2 g Fiber; 26 g Sugar; 18 mg Calcium; 1 mg Iron; 27 mg Sodium; 465 IU Vit A; 71 mg Vit C; 0 mg Cholesterol



Chef's Tip: For all Vita-Mix frozen dessert recipes, if mixture has the consistency of a milk shake, firm it up by quickly adding a cup of frozen ice cubes. Process until smooth.



Peach Soy Sherbet

Vanilla Ice Cream

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30-60 seconds • yield: 5 cups (1.2 l)

1 cup (240 ml) half and half or whole milk

1/2 cup (100 g) sugar

1/4 cup (20 g) nonfat dry milk (optional)

1 teaspoon vanilla extract

4 cups (960 ml) ice cubes

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

Per 1/2 Cup (120 ml) Serving: 78 Cal (32% from Fat, 7% from Protein, 61% from Carb); 1 g Protein; 3 g Tot Fat; 2 g Sat Fat; 12 g Carb; 0 g Fiber; 12 g Sugar; 46 mg Calcium; 0 mg Iron; 19 mg Sodium; 86 IU Vit A; 2 mg Vit C; 9 mg Cholesterol



Chef's Tip: You can make this recipe lower in fat and cholesterol by using nonfat milk or soy milk in place of half and half or whole milk.



Vanilla Ice Cream

Chocolate Ice Cream

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30-60 seconds • yield: 5 cups (1.2 l)

1 cup (240 ml) half and half or whole milk

1/2 cup (35 g) chocolate milk mix

1/2 cup (100 g) sugar or other sweetener, to taste

1/2 cup (35 g) nonfat dry milk (optional)

1 teaspoon vanilla extract

4 cups (960 ml) ice cubes

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

Per 1/2 Cup (120 ml) Serving: 113 Cal (23% from Fat, 7% from Protein, 69% from Carb); 2 g Protein; 3 g Tot Fat; 2 g Sat Fat; 21 g Carb; 0 g Fiber; 19 g Sugar; 71 mg Calcium; <1 mg Iron; 46 mg Sodium; 166 IU Vit A; 0 mg Vit C; 10 mg Cholesterol



Chef's Tip: You can make this recipe lower in fat and cholesterol by using nonfat milk or soy milk in place of half and half or whole milk.

Tomato Strawberry Freeze

preparation: 5 minutes • processing: 30-60 seconds • yield: 4 cups (960 ml)

2 Roma tomatoes, halved

**1/4 cup (60 ml) skim,
1% or 2% milk**

**1/3 cup sugar or other
sweetener**

**1 pound (454 g) frozen
unsweetened strawberries**

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

Per 1/2 Cup (120 ml) Serving: 60 Cal (4% from Fat, 4% from Protein, 92% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 1 g Fiber; 12 g Sugar; 22 mg Calcium; <1 mg Iron; 5 mg Sodium; 229 IU Vit A; 26 mg Vit C; 0 mg Cholesterol



Chef's Tip: The taste of the tomatoes is masked by the sweetness of the strawberries.

Chocolate and Cookies Freeze

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30 seconds • yield: 8 servings

3 chocolate chip cookies

1 cup (240 ml) chocolate milk

1/4 cup (60 ml) honey

**2 tablespoons (10 g)
cocoa powder**

**2 tablespoons (8 g) nonfat
dry milk**

2 bananas, peeled, frozen

2 cups (480 ml) ice cubes

1. Put the cookies into the Vita-Mix container and secure 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 Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Use the tamper to press the ingredients into the blades.
7. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
8. Stop machine. Do not over mix or melting will occur. Serve immediately.

Per 1/2 Cup (120 ml) Serving: 120 Cal (17% from Fat, 7% from Protein, 76% from Carb); 2 g Protein; 2 g Tot Fat; 1 g Sat Fat; 25 g Carb; 2 g Fiber; 18 g Sugar; 53 mg Calcium; 1 mg Iron; 40 mg Sodium; 79 IU Vit A; 4 mg Vit C; 4 mg Cholesterol



Chef's Tip: To make this a wheat and gluten-free recipe, substitute chocolate chips instead for the cookies.



Chocolate and Cookies Freeze

Peach Sorbet

preparation: 5 minutes • processing: 30-60 seconds • yield: 3 cups (720 ml)

**3 fresh peaches ripe,
halved, pitted**

1/2 teaspoon vanilla extract

**3/4 cup (150 g) sugar or other
sweetener, to taste**

4 cups (960 ml) ice cubes

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

Per 1/2 Cup (120 ml) Serving: 124 Cal (1% from Fat, 2% from Protein, 97% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 31 g Carb; 1 g Fiber; 31 g Sugar; 4 mg Calcium; <1 mg Iron; 0 mg Sodium; 212 IU Vit A; 4 mg Vit C; 0 mg Cholesterol



Chef's Tip: You may use nectarines in place of peaches in this recipe.

You may use 1 pound (454 g) of frozen peaches in place of fresh fruit and omit the ice.

Orange Sorbet

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30-60 seconds • yield: 5 cups (1.2 l)

2 oranges, peeled, halved

**2 tablespoons sugar (20 g) or
other sweetener, to taste**

4 cups (960 ml) ice cubes

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

Per 1/2 Cup (120 ml) Serving: 23 Cal (1% from Fat, 4% from Protein, 95% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 6 g Carb; 1 g Fiber; 5 g Sugar; 12 mg Calcium; 0 mg Iron; 0 mg Sodium; 69 IU Vit A; 17 mg Vit C; 0 mg Cholesterol

Strawberry Yogurt Freeze

preparation: 5 minutes • processing: 30-60 seconds • yield: 3 cups (720 ml)

**1 cup (240 g) nonfat, plain,
vanilla or strawberry yogurt**

**1 pound (454 g) frozen
unsweetened strawberries**

1/3 cup (65 g) sugar

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Use tamper to press 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 melting will occur. Serve immediately.

Per 1/2 Cup (120 ml) Serving: 108 Cal (2% from Fat, 7% from Protein, 91% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 26 g Carb; 2 g Fiber; 22 g Sugar; 74 mg Calcium; 1 mg Iron; 25 mg Sodium; 39 IU Vit A; 31 mg Vit C; 1 mg Cholesterol



Chef's Tip: Experiment with using other frozen fruit and yogurt flavors, such as blueberries, peaches, etc.

If using flavored yogurt, omit the sugar.



Strawberry Yogurt Freeze

Applesauce Carrot Cake

preparation: 5 minutes • processing: 20 seconds • bake time: 25 minutes • yield: 1 loaf (16 slices)

2 cups (240 g) whole wheat flour

1/2 cup (100 g) sugar

2 teaspoons baking soda

1 1/2 teaspoons ground cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon salt

6 egg whites or 3/4 cup (180 ml) egg substitute

2 apples, quartered

1 cup (130 g) chopped carrots

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Mix flour, sugar, soda, cinnamon, nutmeg and salt in a medium-size mixing bowl. Set aside.
3. Place egg whites, apples and carrots into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 20 seconds, using the tamper to press the ingredients into the blades.
7. Fold the wet ingredients into the dry ingredients by hand.
8. Pour into prepared loaf pan. Bake for 25 minutes or until knife inserted in center comes out clean.

Per Slice: 95 Cal (3% from Fat, 14% from Protein, 82% from Carb); 4 g Protein; 0 g Tot Fat; 0 g Sat Fat; 21 g Carb; 3 g Fiber; 9 g Sugar; 13 mg Calcium; 1 mg Iron; 258 mg Sodium; 1356 IU Vit A; 1 mg Vit C; 0 mg Cholesterol



Chef's Tip: Cake will be dense and chewy. For a less dense cake, use 1 cup (125 g) all-purpose flour and 1 cup (120 g) whole wheat flour instead of the 2 cups (240 g) whole wheat flour.

Pineapple Upside-Down Cake

preparation: 5 minutes • processing: 30 seconds • bake time: 25 minutes • yield: 12 servings

1/2 cup (60 g) all-purpose flour

**3/4 cup (90 g) whole
wheat flour**

1 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon baking soda

**1/3 cup (80 ml) fat-free
caramel topping**

about 9 pineapple slices

9 maraschino cherries

**1/4 cup (60 g) butter or
heart-healthy butter spread**

**1/3 cup (70 g) light
brown sugar**

**2 large eggs or 1/2 cup
(120 ml) egg substitute**

**1/2 cup (120 ml)
low fat buttermilk**

1 teaspoon vanilla extract

1. Preheat oven to 350°F (180°C).
2. Place first five ingredients in a large-size mixing bowl. Set aside.
3. Spread caramel topping in bottom of 9-inch x 9-inch (23 cm x 23 cm) nonstick square baking pan.
4. Lay pineapple slices on top and place a cherry in the center of each slice.
5. Place rest of ingredients into the Vita-Mix container in the order listed and secure lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10, then to High.
8. Blend for 30 seconds.
9. Pour into f our mixture and fold until thoroughly incorporated.
10. Pour over pineapple slices and bake for 25 minutes.

Per Serving: 157 Cal (28% from Fat, 8% from Protein, 64% from Carb); 3 g Protein; 5 g Tot Fat; 3 g Sat Fat; 26 g Carb; 1 g Fiber; 10 g Sugar; 58 mg Calcium; 1 mg Iron; 202 mg Sodium; 184 IU Vit A; 1 mg Vit C; 50 mg Cholesterol



Vegan Truffles

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

1 cup (140 g) raw almonds

3/4 cup (130 g) large dates

**1/3-1/2 cup (80-120 ml)
soy milk**

1 tablespoon cocoa powder

**2 tablespoons (30 ml)
agave nectar**

1/4 cup (40 g) Coco Wheats

1. Place almonds, dates and 1/3 cup (80 ml) soy milk into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press ingredients into the blades. Consistency should be thick like a dough. If too thick, adjust by adding more milk.
5. With machine off, add cocoa powder, honey, and Coco Wheats to container. Stir ingredients in by hand with a spatula.
6. Form into 1-inch (2.5 cm) balls and freeze.

Per Truffle Serving: 68 Cal (41% from Fat, 12% from Protein, 48% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 9 g Carb; 1 g Fiber; 6 g Sugar; 24 mg Calcium; 1 mg Iron; 8 mg Sodium; 71 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Mixture will be very thick and dough-like. During processing, the Vita-Mix machine will sound like it is struggling. This is normal.



Vegan Truffles

Banana Drops

preparation: 3 minutes • processing: 30 seconds • bake time: 20 minutes • yield: 12 cookies

2 ripe bananas, peeled

1/4 cup (60 ml) vegetable oil

1 teaspoon vanilla extract

2 cups (300 g) uncooked rolled oats

1 cup (165 g) raisins

1. Preheat oven to 350°F (180°C).
2. Place bananas, oil, vanilla extract, and 1 cup (150 g) oats into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 30 seconds. Turn machine off and remove the lid.
6. Add raisins and rest of oats to the mixture and stir by hand.
7. Form into 12 balls, place on cookie sheet and press to flatten slightly.
8. Bake for 20 minutes.

Per Cookie: 199 Cal (28% from Fat, 10% from Protein, 62% from Carb); 5 g Protein; 6 g Tot Fat; 1 g Sat Fat; 32 g Carb; 4 g Fiber; 10 g Sugar; 22 mg Calcium; 2 mg Iron; 2 mg Sodium; 12 IU Vit A; 2 mg Vit C; 0 mg Cholesterol



Chef's Tip: Use gluten-free oats in place of regular oats for a delicious gluten-free dessert.

Vanilla Pudding

Chocolate pudding variation: use 1/2 cup (100 g) sugar and 1/3 cup (30 g) cocoa powder in place of vanilla.

preparation: 3 minutes • processing: 8 1/2 minutes • yield: 2 cups (480 ml)

1/3-1/2 cup (67-100 g) sugar

2 egg yolks

2 whole eggs

**1 1/2 cups (360 ml)
low fat milk**

**2 tablespoons (20 g)
potato starch**

1/2 cup (120 ml) low fat milk

2 teaspoons vanilla extract

1. Place first four ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on quickly increase speed to Variable 10, then to High.
4. Blend for 7 1/2 minutes.
5. While machine is processing, mix the potato starch with 1/2 cup (120 ml) of low fat milk in a measuring cup.
6. Reduce speed to Variable 4, remove lid plug, and pour in starch mixture slowly through the lid plug opening.
7. Blend for 1 minute. Add vanilla through the lid plug opening during the last 10 seconds.
8. Pour into bowl and chill until thoroughly cooled.

Per 1/2 Cup (120 ml) Serving: 215 Cal (29% from Fat, 16% from Protein, 54% from Carb); 9 g Protein; 7 g Tot Fat; 3 g Sat Fat; 29 g Carb; 0 g Fiber; 24 g Sugar; 170 mg Calcium; 1 mg Iron; 105 mg Sodium; 526 IU Vit A; 0 mg Vit C; 214 mg Cholesterol



Chef's Tip: Instead of using vanilla extract, split and scrape 1/2 of a vanilla bean and add during the last 10 seconds of blending.

Strawberry Lime Sorbet

preparation: 5 minutes • processing: 30-60 seconds • yield: 3 1/2 cups (840 ml)

1 cup (240 ml) water

1/4 cup (50 g) sugar

1/2 lime, peeled

**1 pound (454 g) frozen
unsweetened strawberries**

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

Per 1/2 Cup (120 ml) Serving: 50 Cal (3% from Fat, 3% from Protein, 93% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 13 g Carb; 1 g Fiber; 10 g Sugar; 12 mg Calcium; 0 mg Iron; 1 mg Sodium; 10 IU Vit A; 40 mg Vit C; 0 mg Cholesterol



Strawberry Lime Sorbet

Spiced Pumpkin Dip

preparation: 5 minutes • processing: 30-45 seconds • yield: 2 cups (480 g)

1 (15-ounce) can pumpkin purée or 1 pie pumpkin baked, flesh removed

1/2 orange, half of it peeled

1 (8-ounce) package reduced-fat cream cheese

1/2 cup (60 g) powdered sugar

1 tablespoon pumpkin pie spice

1/4 teaspoon fresh ginger or Ginger Paste (p.275)

2 tablespoons (28 g) light brown sugar

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

Per 2 Tablespoon (30 g) Serving: 48 Cal (6% from Fat, 19% from Protein, 75% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 9 g Carb; 1 g Fiber; 6 g Sugar; 40 mg Calcium; 1 mg Iron; 80 mg Sodium; 145 IU Vit A; 4 mg Vit C; 1 mg Cholesterol



Chef's Tip: Serve with ginger snaps or sliced apples. Use as a spread on fruited quick breads.

Peach Rice Freeze

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 1 minute, 15 seconds • yield: 5 cups (1.2 l)

1 cup (240 ml) light coconut milk, cold

1/2 cup (80 g) cooked rice, cooled

1/4 cup (60 ml) agave nectar or honey

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1 pound (454 g) frozen unsweetened peaches

1. Place first five ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30-45 seconds. Stop machine.
5. Remove the lid and add frozen peaches to the mixture. Replace the lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10, then to High.
8. Use the tamper to press ingredients into the blades.
9. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
10. Stop machine. Do not over mix or melting will occur. Serve immediately.

Per 1/2 Cup (120 ml) Serving: 100 Cal (41% from Fat, 4% from Protein, 55% from Carb); 1 g Protein; 5 g Tot Fat; 4 g Sat Fat; 15 g Carb; 1 g Fiber; 10 g Sugar; 6 mg Calcium; 1 mg Iron; 3 mg Sodium; 162 IU Vit A; 82 mg Vit C; 0 mg Cholesterol

Baked Apple Crumb

preparation: 10 minutes • processing: 2 minutes • bake time: 45 minutes • yield: 12 servings

1/4 cup (60 ml) egg whites

1/4 cup (60 ml) honey

1/2 lemon, peeled, seeded

4 apples, quartered

1/2 cup (90 g) dates

2 tablespoons (25 g) flax seed

1/4 teaspoon nutmeg

1 teaspoon ground cinnamon

**1 cup (120 g) whole
wheat flour**

**2 cups (300 g) uncooked
rolled oats**

1/2 teaspoon salt

1/2 teaspoon baking powder

1/2 cup (50 g) walnuts

**2 tablespoons (28 g)
brown sugar**

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 9-inch (23 cm x 23 cm) baking pan with cooking spray.
2. Place egg whites, honey, lemon, apples, dates, flax seed, nutmeg and cinnamon into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase 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. Place flour, oats, salt, and baking powder in a large-size mixing bowl and gently combine.
7. Pour liquid mixture into dry mixture and stir together by hand.
8. Pour into prepared baking pan.
9. Clean and dry container.
10. Add walnuts and brown sugar to the Vita-Mix container and secure lid.
11. Select Variable 1.
12. Turn machine on and quickly increase speed to Variable 2 until chopped.
13. Pour over batter in baking pan.
14. Bake 45 minutes.

Per Serving: 255 Cal (20% from Fat, 11% from Protein, 68% from Carb); 8 g Protein; 6 g Tot Fat; 1 g Sat Fat; 46 g Carb; 7 g Fiber; 18 g Sugar; 51 mg Calcium; 2 mg Iron; 130 mg Sodium; 39 IU Vit A; 4 mg Vit C; 0 mg Cholesterol



Baked Apple Crumb

Pumpkin Sp-Iced Treat

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 30-60 seconds • yield: 6 cups (1.4 l)

**1/4 cup (60 ml) low fat milk
or soy milk**

**1/2 pie pumpkin baked,
flesh removed or 1 cup
(240 ml) solid pack
canned pumpkin**

**1/4 cup (60 g) light
cream cheese**

3/4 cup (165 g) brown sugar

1 teaspoon vanilla

1 teaspoon pumpkin pie spice

6 cups (1.4 l) ice cubes

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

Per 1/2 Cup (120 ml) Serving: 80 Cal (13% from Fat, 5% from Protein, 82% from Carb); 1 g Protein; 1 g Tot Fat; 1 g Sat Fat; 17 g Carb; 1 g Fiber; 15 g Sugar; 33 mg Calcium; 1 mg Iron; 24 mg Sodium; 40 IU Vit A; 2 mg Vit C; 3 mg Cholesterol

Marzipan

preparation: 3 minutes • processing: 2 minutes • yield: 2 cups (480 g)

1/2 cup (120 ml) water

1 1/2 cups (300 g) sugar

**2 cups (190 g)
blanched almonds**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 2 minutes, using the tamper to press any ingredients into the blades.
5. Pour onto marble cutting board or baking pan to cool. Form into a 6-inch (15 cm) log, wrap in plastic wrap, and store in refrigerator.

Per 2 Tablespoon (30 g) Serving: 178 Cal (44% from Fat, 8% from Protein, 48% from Carb); 4 g Protein; 9 g Tot Fat; 1 g Sat Fat; 23 g Carb; 2 g Fiber; 20 g Sugar; 39 mg Calcium; 1 mg Iron; 5 mg Sodium; 1 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Use as a sweetening agent in pastries and cookies. Not recommended for molding.



Fresh Ginger Pound Cake

*preparation: 5 minutes • processing: 45 seconds
bake time: 1 hour, 15 minutes • 1 loaf (16 slices)*

2 1/4 cups (270 g) whole wheat flour

2 teaspoons baking powder

3/4 teaspoon salt

1/2 cup (120 g) plain low fat yogurt

1/4 cup (60 ml) soy milk or low fat milk

3/4 cup (180 ml) egg substitute or 3 eggs

3/4 cup (170 g) heart-healthy butter spread

1 cup (200 g) sugar

1-inch x 1/2-inch (2.5 cm x 1.3 cm) strip of lemon peel

1 teaspoon vanilla extract

1 1/2 teaspoons fresh ginger or Ginger Paste (p.275)

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine flour, baking powder and salt in a medium-size mixing bowl. Set aside.
3. Place remaining ingredients into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 45 seconds.
7. Pour wet ingredients into dry and mix by hand until thoroughly combined
8. Pour into prepared loaf pan and bake for 1 hour and 15 minutes or until knife inserted in center comes out clean.

Per Slice: 200 Cal (41% from Fat, 9% from Protein, 51% from Carb); 4 g Protein; 9 g Tot Fat; 2 g Sat Fat; 26 g Carb; 2 g Fiber; 13 g Sugar; 66 mg Calcium; 1 mg Iron; 301 mg Sodium; 446 IU Vit A; 1 mg Vit C; 0 mg Cholesterol



Fresh Ginger Pound Cake

Peach Melba Sundae

preparation: 3 minutes • processing: 30 seconds • yield: 1 1/2 cups (360 ml)

2 peaches, halved, pitted

3 tablespoons (45 ml)

Grand Marnier

sugar, to taste

**1 1/2 cups (360 ml) vanilla
ice cream**

1 cup (120 g) fresh raspberries

1. Place peaches and Grand Marnier into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.
5. Season to taste with sugar.
6. Serve over vanilla ice cream. Garnish with raspberries.

Per 1/2 Cup (120 ml) Serving: 262 Cal (32% from Fat, 6% from Protein, 62% from Carb); 4 g Protein; 8 g Tot Fat; 5 g Sat Fat; 37 g Carb; 4 g Fiber; 31 g Sugar; 107 mg Calcium; 1 mg Iron; 59 mg Sodium; 598 IU Vit A; 17 mg Vit C; 32 mg Cholesterol



Chef's Tip: You may use 1 cup (250 g) of frozen peaches in place of fresh peaches.



Peach Melba Sundae

Orange Avocado Sorbet

preparation: 5 minutes • processing: 1 minute • yield: 4 cups (960 ml)

2 oranges, peeled, halved

**1/4 cup (60 ml) agave nectar
or honey**

1/2 avocado, peeled, pitted

1/2 lemon, peeled, seeded

1 teaspoon vanilla extract

**2-inch x 2-inch (5 cm x 5 cm)
strip of orange peel**

5 cups (1.2 l) ice cubes

1. Place ingredients, except ice cubes, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds. Stop machine.
5. Remove the lid and add ice cubes to the mixture. Replace the lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10, then to High.
8. Use the tamper to press ingredients into the blades.
9. In about 30-60 seconds, the sound of the motor will change and four mounds should form
10. Stop machine. Do not over mix or melting will occur. Serve immediately.

Per 1/2 Cup (120 ml) Serving: 66 Cal (20% from Fat, 9% from Protein, 72% from Carb); 2 g Protein; 2 g Tot Fat; 0 g Sat Fat; 13 g Carb; 2 g Fiber; 10 g Sugar; 25 mg Calcium; 0 mg Iron; 15 mg Sodium; 232 IU Vit A; 20 mg Vit C; 0 mg Cholesterol



Chef's Tip: Make sure the ice cubes are dry and hard for this recipe. If you have wet or soft ice cubes, the recipe may not work.

Mixed Nut Freeze

Add cinnamon, vanilla extract or frozen fruit of choice in Step 1 for flavor variations.

This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

preparation: 5 minutes • processing: 1 minute • yield: 5 cups (1.2 l)

1 1/2 cups (180 g) nuts
(almonds, pecans, walnuts,
peanuts, etc.)

1/2-1 cup (120-240 ml)
soy milk, chilled

1/3 cup (80 ml) honey or
sweetener of choice

6 cups (1.4 l) ice cubes

1. Place nuts, soy milk and sweetener into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds. Stop machine and remove the lid.
5. Add ice to the mixture and replace the lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10, then to High.
8. Use the tamper to press ingredients into the blades.
9. In about 30-60 seconds, the sound of the motor will change and four mounds should form
10. Stop machine. Do not over mix or melting will occur. Serve immediately.

**Nutritional information calculated using almonds.*

Per 1/2 Cup (120 ml) Serving: 167 Cal (57% from Fat, 12% from Protein, 32% from Carb); 5 g Protein; 11 g Tot Fat; 1 g Sat Fat; 14 g Carb; 2 g Fiber; 10 g Sugar; 48 mg Calcium; 1 mg Iron; 8 mg Sodium; 5 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: This is a non-dairy frozen dessert that requires very hard and dry ice cubes to process properly.

Over mixing will heat the nuts, releasing oils that will melt the ice cubes.



Strawberries and Cream

preparation: 5 minutes • processing: 45 seconds • yield: 2 cups (480 ml)

**2 cups (450 g) low fat
cottage cheese**

1/4 teaspoon vanilla extract

**2 teaspoons stevia powder
or 1/2 cup (100 g) sugar**

**1 cup (150 g) fresh or
frozen unsweetened
strawberries, thawed**

**2 tablespoons (30 ml)
Grand Marnier**

1. Place first three ingredients into the Vita-Mix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 8.
4. Blend for 25 seconds. Pour into container and place in refrigerator.
5. Place berries and Grand Marnier into the Vita-Mix container and secure the lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10.
8. Blend for 20 seconds, using the tamper to press the ingredients into the blades.
9. To serve, divide berry sauce between four small bowls. Place 1/4 cup (60 g) cottage cheese mixture on top of sauce. Garnish with sliced strawberries.

Per 1/2 Cup (120 ml) Serving: 153 Cal (15% from Fat, 47% from Protein, 38% from Carb); 16 g Protein; 2 g Tot Fat; 1 g Sat Fat; 13 g Carb; 1 g Fiber; 6 g Sugar; 87 mg Calcium; 1 mg Iron; 460 mg Sodium; 113 IU Vit A; 23 mg Vit C; 9 mg Cholesterol



Strawberries and Cream

Powdered Sugar

Store in an airtight container.

preparation: 5 minutes • processing: 40 seconds • yield: 2 cups (240 g)

1 1/2 cups (300 g) sugar

1 tablespoon cornstarch

1. Place sugar into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Remove the lid plug. Add cornstarch through the lid plug opening and blend an additional 10 seconds.
6. Let powder settle before removing the lid.

Per 2 Tablespoon (16 g) Serving: 75 Cal (0% from Fat, 0% from Protein, 100% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 19 g Carb; 0 g Fiber; 19 g Sugar; 0 mg Calcium; 0 mg Iron; 0 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Adding cornstarch to powdered sugar prevents the sugar from caking and improves flow. If using immediately, cornstarch is optional.



Powdered Sugar

Low Fat Pumpkin Pie

This recipes makes two pies. For one pie, simply cut the recipe in half.

preparation: 5 minutes • processing: 20-25 seconds • bake time: 1 hour • yield: 16 slices

1 cup (240 ml) egg substitute

**3 1/2 cups (850 g)
pumpkin, canned**

**1 1/2 cups (300 g)
granulated sugar**

1 teaspoon salt

2 teaspoons ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground cloves

**3 cups (720 ml) evaporated
nonfat milk**

**2 unbaked 9-inch (23 cm)
deep-dish pie shells**

whipped topping (optional)

1. Preheat oven to 350°F (180°C).
2. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 4 or 5.
5. Blend for 20-25 seconds or until desired consistency is reached.
6. Pour into 2 unbaked 9-inch (23 cm) deep-dish pie shells.
7. Bake for about 1 hour. Filling will be soft, but firms up as it sets and cools.
8. Top with whipped topping. Chill and serve.

Per 1 Slice Serving: 220 Cal (24% from Fat, 11% from Protein, 65% from Carb); 6 g Protein; 6 g Tot Fat; 1 g Sat Fat; 36 g Carb; 2 g Fiber; 27 g Sugar; 153 mg Calcium; 2 mg Iron; 331 mg Sodium; 8616 IU Vit A; 3 mg Vit C; 2 mg Cholesterol

Almond Cookies

preparation: 5 minutes • processing: 30 seconds • bake time: 12-15 minutes • yield: 24 cookies

**1/2 cup (115 g) heart-healthy
butter spread**

**1/4 cup (60 ml) egg
substitute or 1 egg**

1/2 cup (100 g) sugar

1 tablespoon milk

1/2 teaspoon almond extract

3/4 cup (94 g) all-purpose flour

**3/4 cup (90 g) whole
wheat flour**

1/4 teaspoon salt

1/4 teaspoon baking soda

1/2 cup (50 g) slivered almonds

1. Preheat oven to 350°F (180°C).
2. Place butter spread, egg substitute, sugar, milk and almond extract into the Vita-Mix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 4 or 5.
5. Blend for 10-15 seconds or until ingredients are creamed. Remove the lid plug.
6. Add flour, salt, baking soda and almonds.
7. Blend 10-15 seconds or until well mixed.
8. If necessary, use tamper to press ingredients into the blades.
9. Drop by teaspoons onto a cookie sheet.
10. Bake 12-15 minutes or until golden brown.

Per 1 Cookie Serving: 93 Cal (46% from Fat, 8% from Protein, 46% from Carb); 2 g Protein; 5 g Tot Fat; 1 g Sat Fat; 11 g Carb; 0 g Fiber; 4 g Sugar; 10 mg Calcium; <1 mg Iron; 74 mg Sodium; 189 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Note for all marinades:

Marinate meats for a minimum of 30 minutes in the refrigerator. For best flavor and moisture retention, refrigerate overnight. When used with raw meat, fish or poultry, discard marinades after use; do not use as a gravy or sauce.

Lime Cilantro Marinade

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

preparation: 5 minutes • processing: 30 seconds • yield: 1 1/2 cups (360 ml)

1/4 cup (60 ml) olive oil
3 small limes, peeled and halved
1/2 cup (10 g) fresh cilantro leaves
1/2 teaspoon salt
1 garlic clove
1/4 teaspoon black pepper
1/4 teaspoon dried oregano

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

Per 2 Tablespoon (30 ml) Serving: 34 Cal (83% from Fat, 1% from Protein, 15% from Carb); 0 g Protein; 3 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 5 mg Calcium; 0 mg Iron; 75 mg Sodium; 96 IU Vit A; 4 mg Vit C; 0 mg Cholesterol

Orange Marinade

Best with chicken or medium-flavored fish such as halibut, tilapia, or snapper.

preparation: 5 minutes • processing: 45 seconds • yield: 1 cup (240 ml)

1/2 cup (120 ml) water
1 tablespoon olive oil
1 teaspoon rice wine vinegar
1 medium orange, peeled, halved
1/2 lime with peel
1/4 teaspoon black pepper
1/4 teaspoon salt
1 garlic clove

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.

Per 2 Tablespoon (30 ml) Serving: 25 Cal (56% from Fat, 3% from Protein, 40% from Carb); 0 g Protein; 2 g Tot Fat; 0 g Sat Fat; 3 g Carb; 1 g Fiber; 2 g Sugar; 10 mg Calcium; 0 mg Iron; 75 mg Sodium; 46 IU Vit A; 12 mg Vit C; 0 mg Cholesterol

Tahini Marinade

Excellent as a marinade for lamb or chicken for pita pockets or shish kabobs.

preparation: 5 minutes • processing: 1 minute • yield: 1 cup (240 ml)

1/2 cup (120 ml) chicken broth

1 tablespoon lemon juice

2 teaspoons diced onion

2 teaspoons raw sesame seeds

1/2 teaspoon cumin

1/4 teaspoon black pepper

1/2 teaspoon salt

1/2 garlic clove

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

Per 2 Tablespoon (30 ml) Serving: 8 Cal (52% from Fat, 23% from Protein, 25% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 10 mg Calcium; 0 mg Iron; 196 mg Sodium; 3 IU Vit A; 1 mg Vit C; 0 mg Cholesterol

Mustard Marinade

Use with flank steak, chicken or pork.

preparation: 5 minutes • processing: 30 seconds • yield: 1 cup (240 ml)

1/4 cup (60 ml) soy sauce

2 tablespoons (30 ml) whipping cream

2/3 cup (160 ml) Dijon mustard

1/2 teaspoon black peppercorns

2 teaspoons dried thyme

2 teaspoons fresh ginger or Ginger Paste (p.275)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.

Per 2 Tablespoon (30 ml) Serving: 25 Cal (50% from Fat, 21% from Protein, 29% from Carb); 1 g Protein; 2 g Tot Fat; 0 g Sat Fat; 2 g Carb; 1 g Fiber; 0 g Sugar; 16 mg Calcium; 1 mg Iron; 677 mg Sodium; 52 IU Vit A; 1 mg Vit C; 3 mg Cholesterol

Ginger Marinade

preparation: 5 minutes • processing: 1 minute • yield: 1 1/2 cups (360 ml)

1/2 cup (120 ml) water

1/2 cup (120 ml) white wine

1/2 lemon, peeled, seeded

1/4 small onion, peeled

**1/2 cup (10 g) fresh
cilantro leaves**

1 teaspoon Ginger Paste (p.275)

1 garlic clove

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

Per 2 Tablespoon (30 ml) Serving: 15 Cal (5% from Fat, 11% from Protein, 84% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 6 mg Calcium; 0 mg Iron; 3 mg Sodium; 177 IU Vit A; 3 mg Vit C; 0 mg Cholesterol



Chef's Tip: An Asian-style
marinade that is best
used for tofu, chicken,
pork and fish.

Fajita Marinade

Marinate chicken, steak or pork overnight for best results.

preparation: 5 minutes • processing: 30 seconds • yield: 1 cup (240 ml)

1/4 cup (60 ml) olive oil

2 tablespoons (30 ml) red wine vinegar

1/4 cup (60 ml) Worcestershire sauce

1/4 cup (60 ml) soy sauce

1 lime, peeled, halved

1/8 teaspoon dried oregano

1/8 teaspoons hot sauce

1 garlic clove

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.

Per 2 Tablespoon (30 ml) Serving: 74 Cal (80% from Fat, 4% from Protein, 16% from Carb); 1 g Protein; 7 g Tot Fat; 1 g Sat Fat; 3 g Carb; 0 g Fiber; 0 g Sugar; 6 mg Calcium; 1 mg Iron; 524 mg Sodium; 14 IU Vit A; 16 mg Vit C; 0 mg Cholesterol

Orange Dijon Marinade

Great light summertime marinade for grilling meats and vegetables.

preparation: 5 minutes • processing: 1 minute • yield: 1 1/4 cups (300 ml)

1/2 cup (120 ml) canola oil

1/4 cup (60 ml) honey

1 medium orange, halved, half of it peeled

1 tablespoon Dijon mustard

2 teaspoons soy sauce

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

Per 2 Tablespoon (30 ml) Serving: 135 Cal (73% from Fat, 1% from Protein, 26% from Carb); 0 g Protein; 11 g Tot Fat; 1 g Sat Fat; 9 g Carb; 1 g Fiber; 8 g Sugar; 10 mg Calcium; 0 mg Iron; 77 mg Sodium; 38 IU Vit A; 10 mg Vit C; 0 mg Cholesterol



Poppy Seed Dressing

preparation: 3 minutes • processing: 65 seconds • yield: 1 1/2 cups (360 ml)

1 cup (240 ml) cold water

**1/3 cup (80 ml) apple
cider vinegar**

1 thin slice onion, peeled

3/4 cup (150 g) sugar

1 teaspoon dry mustard

1 teaspoon salt

2 tablespoons (16 g) cornstarch

1 tablespoon poppy seeds

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

Per 2 Tablespoon (30 ml) Serving: 59 Cal (5% from Fat, 1% from Protein, 94% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 14 g Carb; 0 g Fiber; 13 g Sugar; 12 mg Calcium; 0 mg Iron; 197 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Poppy Seed Dressing

Caribbean Dry Rub and Marinade

If only using the dry rub, reduce salt to 2 tablespoons (36 g).

Marinate chicken, pork or beef overnight for best results.

preparation: 5 minutes • processing: 30 seconds • yield: 1 1/4 cups (300 g)

Caribbean Dry Rub

3/4 cup (165 g) brown sugar

1/2 cup (140 g) kosher salt

2 tablespoons (5 g) dried thyme

1 teaspoon allspice

2 teaspoons dried pepper flakes

1 teaspoon garlic powder

1/2 teaspoon ground cloves

1/4 teaspoon dry mustard

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

preparation: 5 minutes • processing: 50 seconds • yield: 3 cups (720 ml)

Caribbean Marinade

2 limes, peeled, halved

1 cup (165 g) orange segments, peeled

3 shallots, peeled

1/3 cup (100 g) Caribbean dry rub

1 1/2 cups (360 ml) canola oil

1. Place limes, orange and shallots into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 20 seconds, using the tamper to press the ingredients into the blades.
5. Reduce speed to Variable 3 and remove the lid plug. Add the dry rub through the lid plug opening and slowly pour in the oil.
6. Blend for 30 seconds.

Per 2 Tablespoon (30 ml) Serving: 147 Cal (80% from Fat, 2% from Protein, 18% from Carb); 1 g Protein; 14 g Tot Fat; 2 g Sat Fat; 7 g Carb; 0 g Fiber; 3 g Sugar; 13 mg Calcium; 0 mg Iron; 677 mg Sodium; 258 IU Vit A; 7 mg Vit C; 0 mg Cholesterol

Lemon Garlic Dressing

Pour over couscous, quinoa or use as a salad dressing.

preparation: 5 minutes • processing: 1 1/2 minutes • yield: 3/4 cup (180 ml)

1 lemon, peeled, halved, seeded

1/2 teaspoon hot sauce

2 garlic cloves, peeled

1/2 teaspoon paprika

1/4 teaspoon cumin

1 teaspoon salt

1/3 cup (80 ml) olive oil

1. Place all ingredients, except olive oil, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Reduce speed to Variable 7 and remove the lid plug. While machine is running, slowly pour in oil through the lid plug opening.
6. Blend for 20 seconds.

Per 2 Tablespoon (30 ml) Serving: 111 Cal (94% from Fat, 1% from Protein, 5% from Carb); 0 g Protein; 12 g Tot Fat; 2 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 6 mg Calcium; 0 mg Iron; 396 mg Sodium; 111 IU Vit A; 6 mg Vit C; 0 mg Cholesterol

Zesty Salad Dressing

This dressing is very much like Catalina-style dressing.

preparation: 5 minutes • processing: 1 minute • yield: 2 3/4 cups (660 ml)

1/4 cup (60 ml) olive oil

1/4 cup (60 ml) canola oil

1/2 cup (120 ml) cider vinegar

2 Roma tomatoes, quartered

1 medium apple, quartered

2 tablespoons (25 g) sugar

1 1/2 teaspoons salt

1 teaspoon tomato paste

1/4 teaspoon paprika

1 garlic clove, peeled

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute until smooth.

Per 2 Tablespoon (30 ml) Serving: 55 Cal (82% from Fat, 1% from Protein, 17% from Carb); 0 g Protein; 5 g Tot Fat; 1 g Sat Fat; 2 g Carb; 0 g Fiber; 2 g Sugar; 2 mg Calcium; 0 mg Iron; 163 mg Sodium; 74 IU Vit A; 1 mg Vit C; 0 mg Cholesterol



Zesty Salad Dressing

Fresh Ginger Peanut Teriyaki Marinade

Great for chicken, shrimp or pork satays.

preparation: 5 minutes • processing: 30 seconds • yield: 2 3/4 cups (660 ml)

3/4 cup (180 ml) soy sauce

1/4 cup (60 ml) rice vinegar

1 tablespoon sesame oil

1 medium orange,
peeled, halved

1/2 lime, peeled

1 tablespoon honey

1/4 cup (40 g) fresh or
canned pineapple

1 garlic clove

1 teaspoon Ginger Paste (p.275)

1/4 cup (55 g) brown sugar

1 cup peanuts (145 g) or
1/2 cup (130 g) peanut butter

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

Per 2 Tablespoon (30 ml) Serving: 81 Cal (50% from Fat, 13% from Protein, 37% from Carb); 3 g Protein; 5 g Tot Fat; 1 g Sat Fat; 8 g Carb; 1 g Fiber; 5 g Sugar; 14 mg Calcium; 0 mg Iron; 601 mg Sodium; 21 IU Vit A; 6 mg Vit C; 0 mg Cholesterol



Chef's Tip: When using fresh ginger or fresh garlic cloves in marinades, there is no need to peel.

Ginger Soy Marinade

Excellent for pork or chicken.

preparation: 5 minutes • processing: 45 seconds • yield: 1 1/4 cups (300 ml)

1 cup (240 ml) soy milk

**2 tablespoons (28 g)
brown sugar**

1 garlic clove

**1/4 cup (25 g) fresh ginger root,
unpeeled or Ginger Paste (p.275)**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds.

Per 2 Tablespoon (30 ml) Serving: 25 Cal (17% from Fat, 17% from Protein, 66% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 4 g Carb; 0 g Fiber; 3 g Sugar; 13 mg Calcium; 0 mg Iron; 15 mg Sodium; 150 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Ginger Paste

*Use half the amount of ginger paste if a recipe calls for ground ginger.
Keep refrigerated 3 weeks or in the freezer 6 months.*

preparation: 3 minutes • processing: 45 seconds • yield: 1 cup (240 ml)

**1 1/2 cups (150 g) fresh ginger
root, unpeeled**

1. Place ginger into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase 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 place rounded teaspoons 1/2-inch (1.3 cm) apart.
6. Freeze until solid and store in plastic bag. Use in any recipe that calls for fresh ginger.

Per 2 Tablespoon (30 g) Serving: 14 Cal (8% from Fat, 9% from Protein, 84% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 3 g Carb; 0 g Fiber; 0 g Sugar; 3 mg Calcium; 0 mg Iron; 2 mg Sodium; 0 IU Vit A; 1 mg Vit C; 0 mg Cholesterol

Ginger Citrus Marinade

Brush on fresh fruit and vegetables for grilling. Also good on chicken and pork.

preparation: 7 minutes • processing: 45 seconds • yield: 2 cups (480 ml)

1/4 cup (60 ml) white wine vinegar

1 tablespoon honey

1 medium orange, peeled, halved

1 lemon, peeled, halved, seeded

1 lime, peeled, halved

1 tablespoon chopped green onion

1 tablespoon fresh ginger or Ginger Paste (p.275)

1/2 cup (120 ml) canola oil

1/4 cup (60 ml) olive oil

2 teaspoons sesame oil

1/4 cup (15 g) fresh parsley

1/4 cup (5 g) fresh cilantro leaves

1. Place first seven ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds, using the tamper to press the ingredients into the blades.
5. Remove the lid plug. Slowly add oils in a thin stream through the lid plug opening.
6. Reduce speed to Variable 4 and add parsley and cilantro.
7. Blend for 15 seconds.

Per 2 Tablespoon (30 ml) Serving: 109 Cal (88% from Fat, 1% from Protein, 11% from Carb); 0 g Protein; 11 g Tot Fat; 1 g Sat Fat; 3 g Carb; 0 g Fiber; 2 g Sugar; 9 mg Calcium; 0 mg Iron; 2 mg Sodium; 152 IU Vit A; 10 mg Vit C; 0 mg Cholesterol



Chef's Tip: May also be used as a dipping sauce—use half for marinating and reserve half for serving.



Ginger Citrus Marinade

Orange Vinaigrette

preparation: 5 minutes • processing: 30 seconds • yield: 2 1/4 cups (540 ml)

1/4 cup (60 ml) olive oil

**1/4 cup (60 ml) rice
wine vinegar**

1 tablespoon soy sauce

1 tablespoon sesame oil

**2 medium oranges,
peeled, halved**

4 scallions, halved

2 tablespoons (25 g) sugar

**1 large jalapeño, seeds and
membranes removed**

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

Per 2 Tablespoon (30 ml) Serving: 49 Cal (68% from Fat, 2% from Protein, 30% from Carb); 0 g Protein; 4 g Tot Fat; 1 g Sat Fat; 4 g Carb; 0 g Fiber; 3 g Sugar; 10 mg Calcium; 0 mg Iron; 51 mg Sodium; 81 IU Vit A; 10 mg Vit C; 0 mg Cholesterol



Chef's Tip: Serve tossed with Thai noodles or as a dressing for an avocado orange salad.

Tandoori Marinade

Use on chicken, pork or steak.

preparation: 5 minutes • processing: 30 seconds • yield: 2 cups (480 ml)

**2 cups (480 g) plain
low fat yogurt**

1/8 teaspoon allspice

1/8 teaspoon ground cardamom

1/8 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon turmeric

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds until smooth.

Per 2 Tablespoon (30 ml) Serving: 12 Cal (3% from Fat, 41% from Protein, 56% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 2 g Carb; 0 g Fiber; 2 g Sugar; 41 mg Calcium; 0 mg Iron; 16 mg Sodium; 2 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: A quick and easy way to introduce your family to Indian cuisine. Not overly spicy but pleasantly flavored.



Ginger Citrus Salad Dressing

preparation: 10 minutes • processing: 1 1/2 minutes • yield: 2 cups (480 ml)

1/4 cup (60 ml) white wine vinegar

1 medium orange, peeled, halved

1 lemon, peeled, halved, seeded

1 lime, peeled, halved

1 scallion, halved

1 teaspoon whole grain mustard

1/2-inch x 1/2-inch (13 cm x 13 cm) piece of fresh ginger or 1 teaspoon Ginger Paste (p.275)

1 teaspoon salt

1/4 cup (60 ml) olive oil

1/2 cup (120 ml) peanut oil

2 teaspoons sesame oil

1 tablespoon honey

1/4 cup (15 g) fresh parsley

1 teaspoon fresh cilantro

1. Place first eight ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Remove the lid plug. Slowly add oils in a thin stream through the lid plug opening.
6. Reduce speed to Variable 4 and add parsley and cilantro.
7. Blend for 1 minute until smooth.

Per 2 Tablespoon (30 ml) Serving: 101 Cal (88% from Fat, 1% from Protein, 11% from Carb); 0 g Protein; 10 g Tot Fat; 2 g Sat Fat; 3 g Carb; 0 g Fiber; 2 g Sugar; 8 mg Calcium; 0 mg Iron; 149 mg Sodium; 116 IU Vit A; 8 mg Vit C; 0 mg Cholesterol



Ginger Citrus Salad Dressing



Basic Vinaigrette

Refrigerate in an airtight container for up to 2 weeks.

preparation: 5 minutes • processing: 30 seconds • yield: 1 cup (240 ml)

1/4 cup (60 ml) water
1/2 cup (120 ml) olive oil
1/4 cup (60 ml) red or white vinegar
1/2 teaspoon Dijon mustard
1/8 teaspoon black pepper
1/2 teaspoon salt

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 30 seconds.

Per 2 Tablespoon (30 ml) Serving: 121 Cal (100% from Fat, 0% from Protein, 0% from Carb); 0 g Protein; 14 g Tot Fat; 2 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 0 mg Calcium; 0 mg Iron; 152 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol

Raspberry Vinaigrette

Refrigerate in an airtight container for up to 2 weeks.

preparation: 5 minutes • processing: 30 seconds • yield: 2 cups (480 ml)

3/4 cup (180 ml) olive oil
1/4 cup (60 ml) apple cider or raspberry vinegar
1 teaspoon salt
2 tablespoons (30 ml) honey
1 teaspoon dried basil
1/2 cup (60 g) fresh or frozen red raspberries
1/4 cup (60 ml) water

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 5.
4. Blend for 30 seconds.

Per 2 Tablespoon (30 ml) Serving: 85 Cal (84% from Fat, 0% from Protein, 16% from Carb); 0 g Protein; 8 g Tot Fat; 1 g Sat Fat; 3 g Carb; 0 g Fiber; 3 g Sugar; 1 mg Calcium; <1 mg Iron; 118 mg Sodium; 24 IU Vit A; 1 mg Vit C; 0 mg Cholesterol

Italian Dressing

Refrigerate in an airtight container for up to 2 weeks.

preparation: 5 minutes • processing: 10-15 seconds • yield: 1 cup (240 ml)

5 tablespoons (75 ml) red wine vinegar

1/4 cup (60 ml) water

1/2 cup (120 ml) olive oil

1/4 teaspoon sugar

1/2 teaspoon salt

1/8 teaspoon ground black pepper

1 teaspoon Dijon mustard

1 garlic clove, peeled

1/8 teaspoon dried basil

1/8 teaspoon dried thyme

1/8 teaspoon dried oregano

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

Per 2 Tablespoon (30 ml) Serving: 125 Cal (98% from Fat, 0% from Protein, 2% from Carb); 0 g Protein; 14 g Tot Fat; 2 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 2 mg Calcium; 0 mg Iron; 155 mg Sodium; 0 IU Vit A; 0 mg Vit C; 0 mg Cholesterol





Caesar Salad Dressing

Refrigerate in airtight container for three to four days.

preparation: 5 minutes • processing: 20 seconds • yield: 1 cup (240 ml)

6 tablespoons (90 ml) olive oil

1/2 cup (120 ml) egg substitute

1/2 garlic clove, peeled

2 teaspoons red wine vinegar

**3 tablespoons (45 ml)
lemon juice**

**1/3 cup (33 g) grated
Parmesan cheese**

**1 1/2 teaspoons crumbled blue
cheese, anchovy paste or
anchovy f lets**

1/2 teaspoon salt

1/8 teaspoon dry mustard

pepper to taste

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

Per 2 Tablespoon (30 ml) Serving: 126 Cal (84% from Fat, 13% from Protein, 3% from Carb); 4 g Protein; 12 g Tot Fat; 2 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 61 mg Calcium; <1 mg Iron; 253 mg Sodium; 82 IU Vit A; 1 mg Vit C; 4 mg Cholesterol

Cole Slaw Dressing

Refrigerate in an airtight container. Nutritional analysis includes slaw and dressing.

preparation: 5 minutes • processing: 15-20 seconds • yield: 4 3/4 cups (1.1 l)

Slaw

4 cups (350 g) cabbage, cut into 2-inch (5 cm) wedges

1/2 cup (60 g) baby carrots

1/4 cup (25 g) chopped green onion

Dressing

1/2 cup (120 g) fat-free mayonnaise

1/2 cup (120 g) fat-free sour cream

1/2 teaspoon salt

1/2 teaspoon cider vinegar

pepper, to taste

For Slaw

1. Place cabbage wedges, baby carrots and onions into the Vita-Mix container in two batches.
2. Fill container with water enough to cover the vegetables and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 4 or 5.
5. Blend for 5 seconds until chopped.
6. Drain well, place in bowl and set aside.

For Dressing

1. Place ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 4.
4. Blend for 10-15 seconds, or until desired consistency is reached. Pour over slaw and mix with spoon.

Per 1/2 Cup (120 ml) Serving: 34 Cal (15% from Fat, 13% from Protein, 72% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 6 g Carb; 1 g Fiber; 3 g Sugar; 37 mg Calcium; <1 mg Iron; 242 mg Sodium; 1274 IU Vit A; 14 mg Vit C; 0 mg Cholesterol



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Our kids' craft recipes are not intended as food, but are nontoxic.

Baby Food Purées

These recipes are for babies age 6 months and older and are intended as suggestions only. Consult your child's pediatrician for specific nutritional requirements.

Fruit

2 cups (300 g) fresh or frozen, thawed:

Bananas, peeled
Peaches, peeled
Avocado, peeled, pitted
Papaya, peeled, seeded
Mango, peeled, pitted

2 cups (300 g) steamed, fresh:

Apples, peeled, cored
Pears, peeled, cored

Vegetable

2 cups (260 g) steamed (fresh or frozen) or canned:*

Sweet potatoes, peeled
Peas
Squash, peeled, seeded
Carrots
Green Beans
Spinach
Corn

Meat

2 cups (280 g) boneless cubed cooked meat:

Chicken
Turkey
Pork
Beef
Veal
Lamb

**Rinse canned vegetables thoroughly before blending to reduce sodium content.*

1. Choose one or more items from the list of sample ingredients and prepare accordingly. Place into the Vita-Mix container along with 1/4 cup (60 ml) water¹, formula or breast milk and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase to Variable 4. Increase speed as needed, depending on ingredients used, to achieve the desired consistency.
4. Blend for 20-30 seconds. If mixture is too thick, remove the lid plug and add additional water, formula or breast milk,² 1/4 cup (60 ml) at a time through the lid plug opening. Continue blending to achieve desired consistency.
5. Serve immediately or freeze excess baby food in ice cube trays.

¹To get more nutrients, use the cooking water when blending.

²When making batches of baby food for freezing, only use freshly-expressed breast milk—never use frozen breast milk that has been thawed.



Baby Food Purées

Peanutty Chocolate Granola Treats

preparation: 3 minutes • processing: 5 minutes • yield: 24 cookies

1/4 cup (60 ml) soy milk

**1/4 cup (60 g) light
butter spread**

1/3 cup (65 g) sugar

1/4 cup (55 g) chocolate chips

**1/2 cup (75 g) unsalted, dry
roasted peanuts**

1/2 teaspoon vanilla extract

2 cups (240 g) granola

1. Place all ingredients, except granola, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 5 minutes, using the tamper to press the ingredients into the blades. Mixture should be melted and smooth.
5. Place granola in medium-size mixing bowl.
6. Fold in chocolate mixture. Scoop 24 rounded teaspoons onto waxed paper lined baking sheet. Let firm in refrigerator for 2 hours.

Per Cookie: 102 Cal (49% from Fat, 10% from Protein, 42% from Carb); 2 g Protein; 6 g Tot Fat; 1 g Sat Fat; 11 g Carb; 1 g Fiber; 6 g Sugar; 12 mg Calcium; 1 mg Iron; 27 mg Sodium; 106 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Use any variety of nut in place of the peanuts.

Peanut Butter and Chocolate Shake

preparation: 5 minutes • processing: 1 minute • yield: 3 1/4 cups (780 ml)

**1/2 cup (70 g) unsalted, dry
roasted peanuts**

1 cup (240 ml) soy milk

**2 tablespoons (10 g)
cocoa powder**

1/3 cup (80 ml) honey

4 cups (960 ml) ice cubes

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.
5. Serve immediately.

Per 1 Cup (240 ml) Serving: 286 Cal (38% from Fat, 12% from Protein, 50% from Carb); 9 g Protein; 13 g Tot Fat; 2 g Sat Fat; 39 g Carb; 4 g Fiber; 30 g Sugar; 22 mg Calcium; 2 mg Iron; 13 mg Sodium; 25 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Use any variety of nut
in place of the peanuts.



Granola Cheese Balls

Serve as a snack or use as a spread for bagels.

preparation: 3 minutes • processing: 30-45 seconds • yield: 12 balls

1/4 cup (30 g) granola

1/4 cup (50 g) silken tofu

1/4 cup (60 g) cream cheese

1/4 cup (40 g) raisins

3 dates

1. Place granola into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 3.
4. Blend for 15 seconds. Set aside.
5. Place rest of ingredients into the Vita-Mix container in the order listed and secure lid.
6. Select Variable 1.
7. Turn machine on and quickly increase speed to Variable 10, then to High.
8. Blend for 15-30 seconds, using the tamper to press the ingredients into the blades. Mixture should be chunky.
9. Take cream cheese mixture and form 12 1-inch balls. Roll in the chopped granola.

Per Serving: 52 Cal (19% from Fat, 16% from Protein, 65% from Carb); 2 g Protein; 1 g Tot Fat; 0 g Sat Fat; 9 g Carb; 1 g Fiber; 6 g Sugar; 53 mg Calcium; 0 mg Iron; 30 mg Sodium; 66 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Granola Cheese Balls

Strawberry Sundae Topping

preparation: 5 minutes • processing: 6-7 minutes • yield: 4 cups (960 ml)

2 cups (300 g) fresh strawberries

3 cups (600 g) sugar

**1 (1.75-ounce) package
fruit pectin**

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Pour into container and refrigerate.

Per 1/4 Cup (60 ml) Serving: 166 Cal (0% from Fat, 0% from Protein, 99% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 43 g Carb; 1 g Fiber; 39 g Sugar; 5 mg Calcium; 0 mg Iron; 7 mg Sodium; 13 IU Vit A; 11 mg Vit C; 0 mg Cholesterol



Chef's Tip: If using frozen fruit, thaw before blending. Substitute any fruit of choice in place of the strawberries.

Nutty Granola Balls

Perfect as an afterschool snack.

preparation: 5 minutes • processing: 55 seconds • yield: 20 balls

**1 cup (150 g) unsalted, dry
roasted peanuts**

1/2 cup (120 ml) honey

1/2 cup (60 g) walnuts

1/2 teaspoon vanilla extract

2 cups (240 g) granola

powdered sugar

1. Place first four ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades. Mixture should be chunky.
5. Reduce speed to Variable 4 and remove lid plug. Add granola and blend for 10 seconds. Stop machine and finish blending with a spatula.
6. Form into 1-inch balls, roll in powdered sugar and store in refrigerator.

Per Serving: 148 Cal (49% from Fat, 10% from Protein, 40% from Carb); 4 g Protein; 8 g Tot Fat; 1 g Sat Fat; 15 g Carb; 2 g Fiber; 10 g Sugar; 17 mg Calcium; 1 mg Iron; 4 mg Sodium; 3 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Brownie Bites

High fiber, low fat, kid friendly brownie alternative.

preparation: 5 minutes • processing: 45 seconds • bake time: 35-40 minutes • yield: 12 servings

3/4 cup (90 g) whole wheat flour

3/4 cup (94 g) all-purpose flour

3/4 cup (65 g) cocoa powder

1 teaspoon baking powder

**1 cup (240 ml) egg substitute
or 4 eggs**

1/2 cup (100 g) sugar

**1 (15-ounce) can black beans,
rinsed and drained**

1 teaspoon vanilla extract

1. Preheat oven to 350°F (180°C). Spray an 8-inch x 8-inch (20 cm x 20 cm) baking pan with cooking spray.
2. Combine f ours, cocoa, and baking powder in a medium-size mixing bowl. Set aside.
3. Place egg substitute, sugar, beans and vanilla extract into the Vita-Mix container in the order listed and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 10, then to High.
6. Blend for 30 seconds.
7. Reduce speed to Variable 4 and remove the lid plug. Add f ours slowly through the lid plug opening. Turn machine off and scrape sides of container. Finish blending for 10-15 seconds.
8. Bake in a prepared baking pan for 35-40 minutes.

Per Serving: 152 Cal (6% from Fat, 18% from Protein, 76% from Carb); 7 g Protein; 1 g Tot Fat; 1 g Sat Fat; 31 g Carb; 6 g Fiber; 9 g Sugar; 44 mg Calcium; 2 mg Iron; 145 mg Sodium; 3 IU Vit A; 0 mg Vit C; 0 mg Cholesterol



Chef's Tip: Your kids will never realize the recipe contains black beans — they'll only taste the chocolate.



Brownie Bites

Peanut Butter Bread

Spread with jelly for a snack or breakfast.

preparation: 5 minutes • processing: 30-40 seconds • bake time: 45-50 minutes • 1 loaf (12 slices)

1 cup (120 g) whole wheat flour

1 cup (125 g) all-purpose flour

1 teaspoon salt

4 teaspoons baking powder

**1 1/2 cups (360 ml) 1% milk
or soy milk**

1/3 cup (65 g) sugar

**1/2 cup (130 g) natural
peanut butter**

1. Preheat oven to 350°F (180°C). Spray an 8 1/2-inch x 4 1/2-inch (21.25 cm x 11.25 cm) loaf pan with cooking spray.
2. Combine flours, salt and baking powder in a medium-size mixing bowl. Set aside.
3. Place milk, sugar and peanut butter into the Vita-Mix container and secure lid.
4. Select Variable 1.
5. Turn machine on and quickly increase speed to Variable 5.
6. Blend for 20 seconds.
7. Remove the lid plug and add dry ingredients. Continue to blend for 10-20 seconds.
8. Pour into prepared loaf pan and bake for 45-50 minutes.

Per Slice: 173 Cal (31% from Fat, 14% from Protein, 55% from Carb); 6 g Protein; 6 g Tot Fat; 2 g Sat Fat; 25 g Carb; 2 g Fiber; 8 g Sugar; 136 mg Calcium; 1 mg Iron; 422 mg Sodium; 59 IU Vit A; 0 mg Vit C; 2 mg Cholesterol



Peanut Butter Bread

Playdough

preparation: 3 minutes • processing: 5 minutes • yield: 4 cups (960 g)

2 cups (480 ml) water

**2 tablespoons (30 ml)
vegetable oil**

2 cups (250 g) all-purpose flour

2 teaspoons cream of tartar

1/2 cup (145 g) salt

food coloring

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase to Variable 10, then to High.
4. Blend for 5 minutes. Scoop out immediately; it thickens quickly.
5. Portion into 4 cups. Blend desired colors into dough with fork. Cover and let cool. Knead each color for three minutes. Store covered.



Finger Paint

preparation: 3 minutes • processing: 5 minutes • yield: 2 cups (480 ml)

2 cups (480 ml) cold water

1/2 cup (65 g) cornstarch

3 tablespoons (40 g) sugar

food coloring

1. Place all ingredients, except food coloring, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase to Variable 10, then to High.
4. Blend for 6-7 minutes or until thickened. If too thick, adjust with additional water.
5. Divide into 4 equal portions and stir in food coloring to obtain desired shade. Store in jars.

