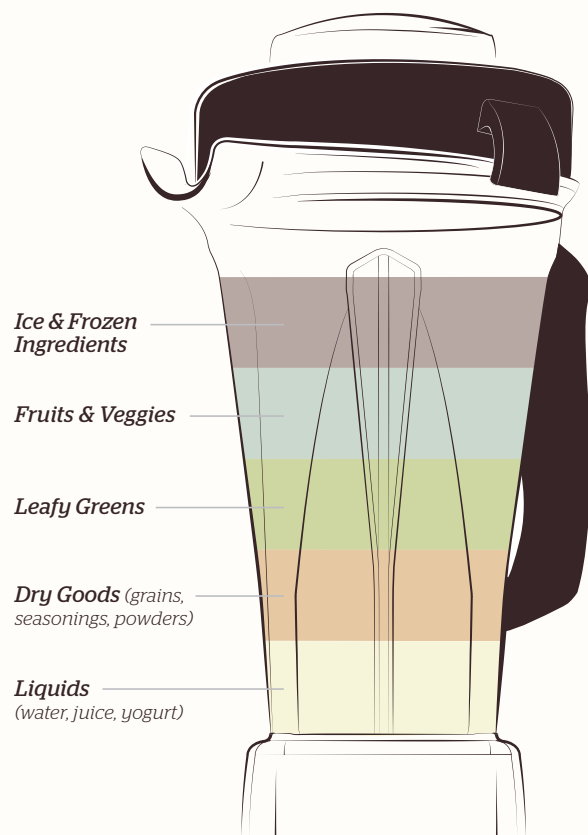


5 QUICK STEPS TO THE PERFECT BLEND



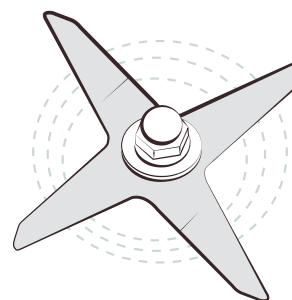
Note:
If ingredients aren't flowing, you may need to add a little more liquid from the recipe, whether it's water, juice, broth, etc.

STEP

1

INGREDIENTS

Vitamix chefs have thought of everything — down to the sequence of ingredients to achieve the smoothest blends. Add ingredients to the container in the order they appear in the recipe, or follow this general guideline when creating your own.



STEP

2

START-UP

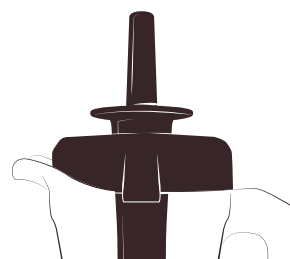
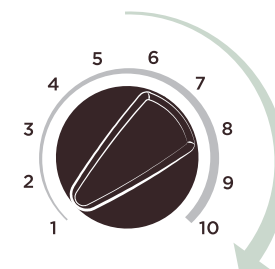
When starting your machine, hold at a low speed (1 or 2) for a few seconds until you see the blades “grab” ingredients that might be feeling a little shy.

STEP

3

SPEED

Once the blades grab hold of ingredients, fight the instinct to remain at low speeds. High speeds create a faster, smoother blend. Don't be afraid to crank it to 10.



STEP

4

TAMPER

The tamper keeps thick, frozen, or just plain stubborn ingredients circulating. While your machine is running, remove the lid plug and insert the tamper through its opening to push ingredients into the blades.

STEP

5

TIME

Perfection cannot be rushed. Blend for the full processing time suggested in the recipe. Trust us, your patience will be rewarded.

