



A global celebration

IN RECIPES

VITAMIX AT 100 YEARS

Contents

INTRODUCTION

Vitamix at 100 - Our story

HEALTHY START

Winter greens smoothie with yuzu

Summer passion smoothie

Tropical breakfast smoothie

Soya milk

Snickers nice cream

QUICK & EASY

Parsley and pea soup with cashew nuts

Cauliflower rendang with lemongrass

Garlic walnut soba noodles with sesame dip

Cacao bliss balls

03

04

05

06

07

08

09

10

11

12

13

14

15

MEALS FOR SHARING

Sweet potato & lentil patties

Stuffed and baked aubergines

Spiced cauliflower soup

Matbuha (tomato pepper spread)

Black soybean noodle soup (black kong guksu)

Parsnip & kale bread pudding

DIPS, SAUCES & SIDES

Ranch dressing

Pea ricotta

Sweet chilli sauce

Pappa al pomodoro

Radish kimchi

Mexican street corn with homemade mayonnaise

16

17

18

19

20

21

22

23

24

25

26

27

28

29

SWEET TREATS

Strawberry and mango sorbet

Sweet potato ice cream

Hazelnut crepes

Hazlenut cream

Orange blossom & cardamom no bake cheesecake

Chickpea blondies

Hot chocolate sauce

Orange bread

30

31

32

33

34

35

36

37

38



Introduction

Over the last 100 years it has brought us great joy to see a global community come together and share their passion for their Vitamix machines. Most recently, social media has allowed us to become part of this community. Seeing you enjoy the beautiful food you have created via #myvitamix never fails to bring a huge smile to our faces.

We hope you enjoy this collection of international recipes, carefully sourced from several of the countries where Vitamix is sold. You'll find flavoursome, easy and healthy ideas from everywhere from France to China to boost your cooking repertoire.

This ebook is both a thank you and a celebration. It's a thank you to the millions of fans worldwide who cherish their machines and can't stop talking about them. It's a thank you to our online community sharing their creations via #myvitamix. And it's a thank you to contributors from all over the world who have brought together inspiring and delicious recipes that speak to the food traditions of their country.

It is also a celebration of 100 years of helping millions of people all over the world turn fresh, healthy whole foods into delicious dishes. It marks a huge milestone in Vitamix's story – one family's passion for healthy living that redefined the humble kitchen blender.

Vitamix owners worldwide, including thousands of chefs, agree that Vitamix is more than a blender - it's a game-changer. We have always combined superior engineering with a passion for nourishing a busy lifestyle and making delicious, wholesome foods easy to prepare at home. Technology may have evolved, but the power and capability of the machines is as impressive today as when Vitamix was first created. The many machines that are cherished and handed down through generations are proof of our commitment to building something that lasts and becomes part of your family.

If you're not yet a Vitamix owner, we hope this book excites you and shows you just how versatile a Vitamix can be. If you are, we hope this inspires you to put your Vitamix to work in even more delicious new ways.

Note: These recipes have been designed specifically with the power and capability of the Vitamix in mind. If you're using another blender, you may not get the same results and will have to modify or adapt them accordingly.



VITAMIX AT 100

Our story

*By Dr. Jodi Berg, fourth generation
President and CEO of Vitamix*

The Vitamix story is a family story. It began in 1921 when my Great Grandfather William G. 'Papa' Barnard was travelling around the USA selling kitchen appliances. Behind the scenes, he was helping a close friend through illness and witnessing first-hand the impact that nutritious food was having on his wellbeing.

Fascinated by the power of whole food nutrition, Papa became a pioneer of the health food industry and started exploring the potential of using technology to blend as a way of quickly and easily making healthy foods taste delicious. So convinced was he in the power of whole foods he named the product after life itself - "Vita-Mix" was born.

In 1949 Papa made Vita-Mix famous for the US mass market by creating the first-ever infomercial, weaving in the unique selling points of the machine with his passion and knowledge of healthy food and fresh ingredients.

As the business passed down the generations, significant improvements

were made to the the technology - increasing performance and durability to a level never seen before. In 1969 the Vitamix 3600 was launched, the first blender that could make hot soup, blend ice cream, grind grain, and knead bread dough. We had created the world's first high-performance blender, elevated far beyond any other product on the market.

In 1985, the first Vitamix commercial blender, the Mix'n Machine was released. Fast forward 35 years and this machine is used in over 30,000 restaurants worldwide and has set the bar for the industry.

Papa's realisation that wholesome food affects your life for the better is now commonly held. 100 years and over 130 countries on, our mission remains true to his vision. Vitamix exists to make healthy food easy and delicious- meaning more people can experience the life-changing benefits of eating well, nourishing their zest for life.



Healthy start

SMOOTHIES

Even back in 1921, Papa Barnard knew that there's no better way to start your day than with a fruit & vegetable smoothie. 100 years on, smoothies are still our most popular recipes. It's no wonder why – they take less than 2 minutes from start to finish and pack in plenty of goodness into one glass.

Vitamix can pulverise the toughest fruit & vegetables, so you unlock maximum nutrients in the shortest time. This retains nutrients and flavour so your drink is healthier and tastes better.

We encourage you to get creative – the only limit is your imagination. Here are our top tips for your best smoothie ever:

- Time your blends – for a silky smooth texture use the smoothie preset on your machine. If you don't have presets, start on speed 1 then quickly move to 10 and blend for about 50 seconds
- Frozen fruit – for a sweeter blend, freeze fruits at their peak sweetness and simply throw in and blend when you want them, no need to defrost
- Experiment – if putting vegetables in smoothies is new to you, adjust your fruit / vegetable ratio over time, aiming for 50:50
- Eat the rainbow – throw in different colours to get the benefit of a wider range of nutrients
- Boost – add a nutritional bonus by throwing in in acai berries, chia or flax seeds, matcha, kefir or oats



WINTER GREENS *Smoothie* WITH YUZU

A wonderful green smoothie brought to life with exotic fruits. A satsuma mandarin is a light, seedless orange. Yuzu is renowned for its sharpness and gives this smoothie a distinctive zing but you can substitute it for lemon.

INGREDIENTS

- 250g satsuma mandarin (roughly 1) (or regular mandarin orange), peeled
- 25g yuzu (around half a yuzu), peeled
- 60g komatsuna (or spinach)
- 450g apples (around 3), halved, seeded
- 1 tbsp honey, optional

DIRECTIONS

1. Place all ingredients into the Vitamix container in the order listed and secure the lid
2. Start the machine on its lowest speed, then quickly increase to its highest speed
3. Blend for 50 seconds, using the tamper to push ingredients toward the blades





SUMMER PASSION

Smoothie

Perilla (or shiso in Japan) is a red leaf from the mint family with many reported therapeutic benefits. It is often used in pickling and to garnish food across Asia and is used here to make a refreshing and uplifting morning drink.

INGREDIENTS

- 400ml cold water
- 30ml perilla juice 30 ml (similar to Akajiso juice. Can substitute with blueberry or strawberry juice)
- 170g apple (medium) halved, seeded
- 225g large tomato (1 medium)
- 50g carrot
- 2 kumquats
- 50 - 60g nuts (almonds work best but you could also use walnut, macadamias or cashews)

DIRECTIONS

1. Place all ingredients into the Vitamix container in the order listed and secure the lid
2. Start the machine on its lowest speed, then quickly increase to its highest speed
3. Blend for 50 seconds, using the tamper to push ingredients toward the blades



TROPICAL BREAKFAST *Smoothie*

Adding oats to smoothies gives a lovely body to this sweet breakfast treat as well as making them more nourishing and filling. You might find the pineapple and mango combination sweet enough but you can add maple syrup or your favourite natural sweetener to taste.

INGREDIENTS

- 2 tbsp rolled oats
- 1 slice (100g) pineapple, peeled
- 1 slice (100g) fresh mango, peeled
- 100ml coconut milk
- 50ml water
- 2 dates, pitted or 2 tbsp maple syrup (optional)

DIRECTIONS

1. Place the ingredients into the Vitamix container in the order listed and secure the lid
2. Select the smoothie preset or speed 1 and start the machine. If not using the preset, quickly increase speed to 10 and blend for 50 seconds or until it reaches your preferred consistency

TOP TIP

Add a handful of ice cubes to the blend (last, on top of the other ingredients) to make your drink even more refreshing





4 HOURS 30 MINUTES - 8 HOURS 30 MINUTES (INCLUDING SOAKING TIME)
900ML • VEGAN • GLUTEN FREE



Soya milk

Vitamix can easily help you create delicious, pure and inexpensive non-dairy milks for smoothies, cereal and for use in recipes. You can really taste the difference between shop bought and home-made plant-based milks. It's definitely worth setting aside a little time to prep these at the weekend so you have them ready for the busy week ahead.

INGREDIENTS

- 200 g dried soy beans (should make a soaked weight of about 260g)
- 2 dates, pitted
- 840 ml water

DIRECTIONS

1. Clean dried soy beans and soak for 4-8 hours
2. Steam for about 15 minutes
3. Drain soy beans and let cool
4. Place 260g of the cooked beans, dates, and water into the Vitamix container in the order listed and secure lid
5. Select speed 1 or the smoothies preset. Start the machine and increase to its highest speed or allow machine to complete the programmed cycle
6. For a more liquid consistency, strain the milk through a filtration bag or pass through a fine mesh sieve. Store in an airtight container in the refrigerator

TOP TIP

It's easy to make your own alternative plant based milks in the Vitamix - from almond or cashew to oat or rice.



SnickersTM nice cream

Ice cream for breakfast? Absolutely! This is a beautiful and secretly healthy way to start your day -halfway between a smoothie and an ice cream. Load up with toppings of your choice – we love raspberries and peanuts - and enjoy.

INGREDIENTS

- 3-4 large ripe frozen bananas (about 350g)
- 2 tbsp cocoa powder
- 2 tbsp vegan vanilla protein powder
- 2 tbsp peanut butter
- 80ml non-dairy milk

OPTIONAL EXTRA

- Your favourite liquid sweetener to taste – we love maple syrup

DIRECTIONS

1. Add the non-diary milk to your Vitamix container then the other ingredients and secure the lid
2. Use your smoothie preset or blend until thick, smooth and creamy (around 50 seconds)
3. Use the tamper to press ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form
4. Transfer the nice cream to a bowl and decorate with toppings of your choice – naughty or nice!



Quick & easy

Vitamix has your back when life gets busy.
These quick and easy recipes are light on prep
and cooking time but packed full of flavour.
Prepare ahead in batches and keep in the fridge.





Parsley & pea soup

WITH CASHEW NUTS

Taste and health go hand in hand in this colourful green soup which goes from raw to ready in 6 minutes flat. Parsley and peas are bursting with healthy vitamins and the soup is also dairy free, gluten free and vegan friendly.

INGREDIENTS

- 500ml water
- 1/4 lemon, peeled
- 50g green peas
- 1 handful of fresh parsley
- 1/2 a courgette
- 1 clove of garlic
- 1 piece 2cm fresh ginger
- 1 vegetable stock cube
- 75g cashew nuts
- 1/4 tsp salt (optional)
- 1/8 tsp pepper

DIRECTIONS

1. Add the ingredients to the Vitamix container in the order listed above and secure the lid
2. Start on speed 1 and slowly increase to 10. Use the soup preset if you have one, if not just blend for about 5 min and 45 seconds until steam escapes and the liquid is piping hot. If necessary, use the tamper to push the ingredients towards the blades in the beginning. Add salt and pepper to taste



Cauliflower rendang

WITH LEMANG

A sensational vegan version of the traditional Malaysian Rendang curry featuring lemongrass, turmeric and red chillies. It is best served alongside a special sticky rice dish, lemong, which has quite a few steps but is well worth making. Turmeric leaves are important for the authentic flavour but you can substitute bay leaves if you can't find them.

45 MINUTES (EXCLUDING SOAKING RICE OVERNIGHT)
2-3 SERVINGS • VEGAN • GLUTEN FREE



RENDANG INGREDIENTS

- 2 turmeric leaves, finely chopped (or bay leaves if turmeric leaves are unavailable)
- 10 dried chillis
- 1 onion (soaked)
- 2 shallots
- 2 lemongrass stalks
- 10g fresh ginger
- 1 kaffir leaf
- 1 tbsp tamarind paste diluted with 60ml water
- 1 tbsp coriander seeds
- 1 tsp cumin seeds
- 1/4 tsp turmeric
- 1 tsp salt
- 1 cauliflower, cut into small pieces
- 250ml water

LEMANG INGREDIENTS

- 300g glutinous rice, soaked overnight
- 200ml coconut milk
- 100ml water
- 1 tsp salt
- 2 banana leaves

RENDANG DIRECTIONS

If serving with the lemong, get the spice blend ready and just start cooking when the rice is halfway through steaming

1. Put all the ingredients for the spice blend into the Vitamix container and secure the lid, blend until combined
2. Heat oil in a saucepan, add the blended spice mixture and cook for 5 minutes over a low heat
3. Add the cauliflower and cook until soft and tender
4. Squeeze over the lime juice and sprinkle with turmeric leaves

LEMANG DIRECTIONS

1. Soak the glutinous rice overnight
2. When you're ready to cook, rinse and drain the rice, set aside
3. Pour the coconut milk and water into a pot and let it simmer for 10 minutes, then add in the soaked glutinous rice
4. Cook the rice for 10 minutes, stirring every now and then. Drain once cooked.
5. Wash and tap dry the banana leaf, stuff the glutinous rice in the middle of the banana leaves and roll them, ensuring you wrap up the filling tightly
6. Seal both ends with a toothpick, transfer the wrapped glutinous rice to steamer and steam the rice for 30 minutes
7. Let it cool completely, then cut the lemong into small pieces and serve together with the cauliflower rendang



GARLIC WALNUT

Soba noodles

WITH SESAME DIP

A light and energising dish for any time of day. Sesame is low in saturated fats and soba noodles are made from buckwheat, making this gluten free and highly nutritious.

INGREDIENTS

- 200g soba noodles
- 250ml soy milk (try making your own with the recipe on [page 09](#))
- 1 tbsp soy sauce
- 50g lightly roasted white sesame seeds
- 200g lightly roasted walnuts
- 1 clove of garlic

OPTIONAL EXTRAS

- White sesame seeds to garnish

DIRECTIONS

1. Boil the soba as per the packet instructions then rinse in cold water before placing into a bowl
2. Place all of the other ingredients into the Vitamix container in the order listed and secure the lid
3. Start blending at speed 1 then slowly turn up to 10. Blend for 30 seconds
4. Pour the dip into a bowl and dip the noodles into it as you eat. You can enjoy the noodles hot or cold





25 MINUTES (PLUS 1 HOUR CHILLING TIME)
ROUGHLY 10 BALLS • VEGAN • GLUTEN FREE



CACAO

Bliss balls

These keep for a week in the refrigerator so you can have them on hand for a healthy chocolate fix on the go. You'll need to use the tamper to really give the ingredients a good push towards the blades while you blend.

INGREDIENTS

- 175g medjool dates (pitted)
- 75g slivered almonds
- 75g cashews
- 35g cacao powder
- 70g coconut oil (melted)
- 20g shredded coconut
- Pinch of Himalayan sea salt
- 1 tbsp chia gel (mix 2 tsp chia seeds with 2 tbsp water to form a gel)

DIRECTIONS

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid
2. Turn speed to 10 and pulse the machine on and off 5 times for 3 seconds each time to get things moving
3. Select speed 1. Turn the machine on and quickly increase the speed to 10. Use the tamper to press the ingredients into the blades throughout
4. Blend for 45-60 seconds or until you have a nice dough consistency
5. Roll the balls in any extra shredded coconut to coat and place on a plate lined with greaseproof paper
6. Put the balls in the freezer for about an hour and take out just before serving

Meals for sharing

We know there's nothing better than coming together with loved ones over good food. These recipes are for when you have a little more time and want to put flavoursome, restaurant quality dishes on the table for everyone to delight in.



SWEET POTATO & LENTIL

Patties

These patties are a crowd-pleasing topping for a hearty salad or for stuffing in a sandwich. If you have the small blending cup that works with the Ascent Series you can use it here to chop your onion or even make the whole recipe. If you don't, just use your large container but double the recipe and use the tamper to help the ingredients blend. If you have any leftover you can freeze it for another day.

1 HOUR (INCLUDING COOKING TIME)
2-3 SERVINGS (8 SMALL PATTIES) • VEGAN



INGREDIENTS

- 340g chopped sweet potato, cut into 3/4 inch pieces (about 1 large potato)
- 1 tbsp olive oil (optional)
- 200g red lentils
- 1 small red onion, cut into 4 wedges
- 25g oat flour (why not make this your Vitamix using whatever oats you have), or all-purpose flour
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp cayenne
- 1 tsp salt (optional)

DIRECTIONS

1. Preheat the oven to 200 °C (400°F). Line 2 baking sheets with parchment paper or use non-stick sheets. Set aside
2. Place the sweet potato into a medium bowl. Add the olive oil and use your hands to coat the pieces in oil. Transfer to the baking sheet and bake for about 20 minutes, or until fork tender. Set aside
3. Meanwhile, add the lentils to a small saucepan with 250ml of water. Bring the water to a boil. Reduce the heat and simmer for about 5 minutes, or until the lentils are al dente. (Do not overcook.) Drain the lentils and set aside
4. Transfer the red onion to the blending bowl (if you're using one) and pulse on speed 7 about 2 to 3 times, or until finely diced. Transfer to a small bowl. Set aside.
5. Transfer the cooked sweet potato to the Vitamix container. Add 1 1/2 tablespoons water. Start blending on speed 1 and increase to about 7, or until pureed
6. To the container add the sweet potato puree, cooked lentils, flour, cumin, paprika, garlic powder, onion powder, cayenne and salt. Pulse on speed 4 until the ingredients are combined, using the tamper to press down and help combine the ingredients
7. Transfer the lentil mixture to a large bowl. Mix in the red onions. Adjust salt and pepper to taste
8. Form the patties - using a dessert spoon sized measurement for each one. Transfer the patties to the prepared baking sheet. Cook for 15 minutes before flipping. Cook for about 10 to 15 minutes more, or until they are golden brown



STUFFED AND BAKED

Aubergines

This dish makes for a sophisticated and hearty vegetarian main course that's rich in flavour. Scamorza cheese is a mild, smoked cheese a bit like mozzarella. You can substitute with a mix of mozzarella and smoked cheddar if you prefer.

INGREDIENTS

- Ingredients
- 2 large aubergines
- 1/2 white scamorza cheese (or mozzarella)
- 10 tomatoes
- 1/2 clove of garlic
- Small handful of breadcrumbs
- 20 basil leaves
- 1/2 tsp salt (optional)
- 1/4 tsp pepper

TO GARNISH

- Splash of extra virgin olive oil
- Salted ricotta, grated

DIRECTIONS

1. Cut the aubergines in 3-4 mm thick slices lengthways and grill them. Keep aside the longer slices and put all the others in the Vitamix container with the cheese, a handful of breadcrumbs, most of the basil leaves, season and secure the lid
2. Start the Vitamix on speed 1 and increase slowly to 8 until you have a thick cream, use the tamper if you need to
3. Spread 2 tbsp of the mixture on the tip of each slice and then roll it to form small tubes
4. Put the tomatoes and garlic in the container, season and secure the lid. Start the Vitamix on speed 1, increase to 10 and blend for 6 minutes
5. Pour the sauce into a pan and carefully lay the aubergine rolls on top
6. Season with the extra virgin olive oil and garnish with the remaining basil leaves, a sprinkling of grated ricotta and bake for 6 minutes until golden and crispy on top



Spiced cauliflower soup

25 MINUTES • 4 SERVINGS • DAIRY FREE • GLUTEN FREE



SOUP INGREDIENTS

- 1 onion, finely chopped
- 1/2 tsp cumin
- 1/2 tsp Baharat spice (or substitute ground coriander)
- 1/4 tsp pepper
- 1/2 tsp salt
- 1 large cauliflower head, cut into florets
- 1.5L hot vegetable stock or chicken stock

LAMB INGREDIENTS

- 400g minced lamb
- Handful of pine nuts
- 1 tsp Baharat
- 1 tsp cumin
- 1/4 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp pepper

OPTIONAL EXTRAS

- Knob of butter
- 1 tbsp chopped parsley

DIRECTIONS

1. Heat a little vegetable oil in a large pot. Fry the onions until they are just golden
2. Add the spices, cook for 1 minute then add the cauliflower
3. Cook for 1 minute before adding the hot stock, bring to a simmer, cover and cook for 20 minutes or until tender when pierced with a fork
4. If you're topping with lamb, while the cauliflower cooks fry the lamb on a medium heat for a few minutes before adding the pine nuts (if the lamb is lean, add a bit of oil)
5. Add the spices and chopped parsley and fry for a few minutes, then season to taste with salt & pepper
6. Once the cauliflower is ready, pour it and its cooking liquid into the Vitamix container. Start on 1 and slowly increase the speed to 10, blending until your desired consistency is reached (less than a minute for a thick, creamy texture)
7. Pour the soup into bowls and add a serving of the lamb mince on top

This wonderful soup can be topped with minced lamb to turn it into a hearty main but thanks to the Baharat 'seven spice' blend it's just as good without.



Matbuha

(TOMATO PEPPER SPREAD)

Matbuha is a “cooked salad” from the middle east. It’s not a quick recipe but the end result is well worth it. It’s perfect for a Sunday meal prep session that will see you through the week. It also freezes well. Serve as the base for a Shakshuka or enjoy as dip with fresh pitta bread.

INGREDIENTS

- 1/2 chilli pepper
- 1 red bell pepper, deseeded and quartered
- 5 tomatoes, quartered
- 4 garlic cloves
- 80ml olive oil
- 1 tsp paprika
- 1 date, pitted
- 1/4 tsp salt (optional)
- 1/8 tsp pepper

DIRECTIONS

1. Place the chili pepper, bell pepper, tomatoes and garlic into the Vitamix and secure the lid
2. Start on speed 1 and slowly increase the speed to 10 and blend for 30 seconds or until you have a smooth consistency
3. Pour the mixture from the Vitamix container into a saucepan and add the oil. Cook on a low heat for about 3 hours, until excess liquid has evaporated
4. Add the paprika, sugar, salt and pepper. Cook for a further 10 minutes
5. Leave to cool – best served at room temperature or chilled. Store in the fridge in an airtight container

TOP TIP

You can roast the peppers before blending for a deeper umami flavour.





8 HOURS (INCLUDING SOAKING AND COOKING TIME)
2-3 SERVINGS • VEGAN • GLUTEN FREE



BLACK SOYBEAN

Noodle soup

(BLACK KONG GUKSU)

This chilled soup is a popular summer dish in South Korea, highly regarded for its nutritional and cooling properties. It can be made with water or soy milk (see [page 09](#)) depending on your preference and goes well with some tangy kimchi (see [page 28](#)) on the side.

INGREDIENTS

- 200g thin white noodles (angel hair style)
- 500ml water
- 350g black soybeans
- 1 tbsp [peanut butter](#) (why not try making a batch of this in your Vitamix too)
- 200g ice

OPTIONAL EXTRAS

- Pinch of salt
- Small amount of sliced cucumber and carrot to garnish
- 1 boiled egg per serving (sliced) to garnish

DIRECTIONS

1. Soak the black soybeans in water for 6 hours, then boil them for 30 minutes
2. Put the water, boiled beans, peanut butter and ice into the Vitamix container in the order listed and secure the lid
3. Blend on speed 10 until everything is well combined (approx. 45 seconds). Chill the soup
4. Boil the noodles for the recommended time on the packet then rinse them with cold water and drain
5. Put the noodles into a bowl and pour over the cold soup. Add a pinch of sugar or salt for seasoning if necessary
6. Garnish with sliced cucumber, carrot, and the sliced boiled egg on top

PARSNIP & KALE

Bread pudding

A versatile dish for using up whatever you have in your refrigerator. Here parsnips and kale make for a wholesome and warming dinner but feel free to use any vegetables you have on hand to make the purée and as the toppings.

2 HOURS 10 MINUTES (INCL SOAKING TIME) • 9 SERVINGS



INGREDIENTS

- 300g stale sourdough bread (or other crusty bread)
- 2 parsnips, peeled and diced
- 100g smoked cheddar cheese, grated (optional)
- 3 spring onions
- 3 garlic cloves, peeled
- 1 tbsp olive oil
- Pinch of salt (optional)
- 75g cherry tomatoes, halved
- 60g kale
- 25g grated Parmesan cheese (optional)

DIRECTIONS

1. Preheat the oven to 180C (350F)
2. Place the eggs and 300ml of the milk into the Vitamix container and secure the lid. Start blending on speed 1 and slowly increase to 10. Blend for 10 seconds
3. Place the bread into a bowl, pour the liquid over the bread and let soak for 1 hour
4. Place the parsnips in a pan and cover with the remaining milk. Add salt and simmer until the parsnips are soft, about 35 minutes. Place the parsnips and milk mixture into the Vitamix container and secure the lid. Select speed 1, start the machine and slowly increase to speed. Blend for 1 minute. Reduce the speed to 1, remove the lid plug and add 50g of the smoked cheddar (optional). Blend for an additional 30 seconds on 10
5. Slice the spring onions and garlic and sauté in 1 tbsp of oil until soft
6. To assemble the dish, spread a layer of the puree over the bottom of a 23cm x 23cm baking pan. Add the soaked bread in an even layer and pour the extra milk and egg mixture over the dish. Sprinkle the onion and garlic mixture over the bread. Top with kale and cherry tomatoes. Place the rest of the parsnip puree over the top and sprinkle with the parmesan and the rest of the smoked cheddar (optional)
7. Bake for 30 to 45 minutes

Three silver spoons are arranged vertically on a light gray, textured surface. The top spoon contains a vibrant green herb sauce with visible flecks of green and white. The middle spoon holds a thick, dark red sauce with a chunky texture. The bottom spoon is filled with a chunky salsa made of diced tomatoes, onions, and green herbs. A small spill of the green sauce is visible on the surface to the right of the top spoon.

Dips, sauces & sides

Making your own dips, sauces and sides in your Vitamix is an easy way to ensure you know exactly what goes into your food. Plus, they taste so good you'll never crave shop bought ones again.



Ranch dressing

The ultimate ranch dressing that vegans and non vegans will love. Make it a healthy dip for a crowd by serving it raw veggies. This recipe is perfect for the blending cup accessory that works with the Ascent Series, giving you a handy way to blend smaller amounts. If you don't have a blending cup you can use the large jug but double the recipe and store the extra for the week ahead.

INGREDIENTS

- 130g raw cashews
- 180ml hot water, plus splashed more if needed
- 1 lemon, peeled
- 1 clove garlic
- 1/2 tsp sea salt
- Pinch of pepper
- 1/4 tsp onion powder
- 1 tsp maple syrup
- 1 tsp mustard
- 1 tsp dried coriander
- Fresh dill, to sprinkle

DIRECTIONS

1. Add all the ingredients to the Vitamix container and secure the lid
2. Blend everything until smooth and creamy (approximately 1 minute)
3. Pour into a serving bowl and sprinkle with fresh dill





5 MINUTES (EXCLUDING SEED SOAKING TIME) • 1-2 SERVINGS
VEGAN • GLUTEN FREE



Pea ricotta

This rich and flavoursome vegan dip is perfect for topping your brunch toast or serving as a canapé. Garnish as you like – use your favourite herbs, sprouts, edible flowers and finish with a drizzle of olive oil. This recipe is perfect for using the blending bowl accessory designed for the Ascent Series but if you're not using that then double the recipe and use the standard container, stopping occasionally to scrape the mixture down into the blades.

INGREDIENTS

- 65g sunflower seeds, soaked
- 115g cup peas (cooked)
- 1 tbsp nutritional yeast
- 1 tsp sea salt (optional)
- 2 tbsp olive oil
- 1/2 lemon, peeled
- 50ml water

DIRECTIONS

1. Soak sunflower seeds for a couple of hours in water or boil for 30 minutes. Rinse and drain
2. Add all ingredients to your Vitamix bowl or mini cup (if using) and secure the lid
3. Blend roughly for about 30 seconds until a ricotta style creamy texture is achieved

TOP TIP

If using the small bowl, add half the mixture at a time to make sure everything is well combined



Sweet chilli sauce

This recipe uses pineapple as a natural sweetener to reduce the amount of added sugar usually found in commercial versions. Stored in sterilized jars, this keeps for up to two weeks in the fridge.

INGREDIENTS

- 100ml water
- 4 dates, pitted
- 1/8 tsp 1g salt (optional)
- 10 garlic cloves, peeled
- 150g pineapple pitted and peeled, cut into chunks
- 180g red chillis (approx. 9), seeded and halved
- 150g white vinegar

DIRECTIONS

1. Put water, dates, salt, garlic, pineapple, red pepper into the Vitamix container in the order listed and secure the lid
2. Select speed 1 and slowly increase the speed to 10, blending for 45 seconds until it forms a smooth paste
3. Pour the blended paste into a non-stick pan, bring it to the boil then simmer over medium heat until thickened to your liking. Then add the white vinegar, stirring continuously while you continue to boil until the paste is thick once again





1 HOUR 15 MINUTES INCLUDING COOKING TIME
6 SERVINGS • VEGAN



Pappa al pomodoro

Pappa Al Pomodoro is a traditional Tuscan recipe. It's a great way to reduce waste - it uses leftover bread - and can be used in so many ways, from pasta sauce to pizza. It also makes a delicious lunch served as a soup all on its own or with crusty bread to dip in it.

INGREDIENTS

- 1kg ripe tomatoes
- 1 red pepper
- 250g stale bread
- 15 basil leaves
- 2 cloves of garlic
- 500ml of vegetable stock
- Extra virgin olive oil
- 1/8 tsp salt (optional)
- 1/8 tsp pepper

FOR THE BREAD CROUTONS

1. Put the bread in the Vitamix container and secure the lid
2. Start gradually from speed 1 to speed 8 in pulses of 3 seconds, each until the bread is roughly chopped into little chunks
3. Fry the bread with garlic and oil in a frying pan for a few minutes until golden

FOR THE SAUCE

1. Put tomatoes and peppers in the Vitamix container and secure the lid
2. Start the Vitamix gradually on speed 1 and increase to 10 in order to obtain a fine texture
3. Add the bread to the sauce, add a few leaves of basil, the broth, season with salt and cook in a pot slowly for 1 hour. Serve the tomato soup with raw olive oil, basil leaves and a pinch of pepper

Radish kimchi

This is a big batch recipe which is handy because homemade kimchi acts as a tangy sidekick to many dishes and is a great boost for your gut bacteria. Sand Lance fish sauce is a type of Korean fish sauce. Mochiko flour is a glutinous rice flour, useful as a thickening agent that you can find in many Asian supermarkets and online. If you can't find it, just use regular flour.

TOP TIP

This recipe uses Napa cabbage which is the most popular version in South Korea but you can use up any vegetables you might have on hand from carrot to cauliflower.

8 HOURS INCLUDING FERMENTING TIME
ROUGHLY 1.5KG • DAIRY FREE



DIRECTIONS

Pickle cabbages in brine:

1. Make brine by mixing water and salt in a ratio of 9 parts water to 1 1/2 parts salt. (The brine should be able to fully cover the cabbage.)
2. Quarter the cabbage. Make a 5cm cut in the heads then tear them apart into pieces. Put them into a large bowl, and sprinkle salt in between the layers of the leaves. Pour the brine over them
3. Leave the cabbages for 3-4 hours at room temperature, then turn so they are well covered. Leave the cabbages for 3-4 more hours
4. Rinse cabbages with plain water and put them in somewhere so the water can drain away

Make sweet rice flour paste:

1. Put 250ml cold water and 3 tbs of sweet rice flour in a pot and turn on heat to medium and mix with a whisk until the mixture becomes thick and bubbles (around 30 - 60 seconds)
2. Lower the heat to medium low and keep whisking for another 30 seconds
3. After 30 seconds, let the flour paste cool

Make the seasoning

4. Peel and cut the radish, pear, onion, and ginger into chunks
5. Put the radish, pear, onion, ginger, as well as garlic, fermented shrimps, and Sand Lance Fish Sauce (if using) into the Vitamix container and secure the lid
6. Start blending on 3 and slowly increase the speed to 10 for about 90 seconds, or until smooth
7. Add red chilli powder, 1 tbsp sugar, 1 tbsp salt and the cooled sweet rice flour paste and blend the mixture for another 60 seconds more. (Start from speed 3 and slowly increase the speed to 10)

Assemble the Kimchi

1. Put one piece of pickled cabbage in a large mixing bowl and put a scoop of the seasoning on top. Repeat with the other cabbage leaves until it is all well covered
2. To store, put the kimchi mixture into a suitable and sterilized container with lid, and pour the leftover seasoning on top of the kimchi. You can leave it to ferment at room temperature for a day or so to develop a tangier flavour or put it straight into the fridge

INGREDIENTS

- 1 head of Napa Cabbage (or Bok Choy)
- 600g radishes
- 300g onions
- 1 pear
- 150g garlic
- 1 thumb sized piece of ginger
- 150g red chilli powder
- 50g fermented shrimps (saewoojeot)
- 50g Sand Lance Fish Sauce (kkanari aekjeot) (optional)
- 250ml cold water (plus more to use for brine)
- 3 tbsp sweet rice flour (mochiko flour)
- Salt (optional)



25 MINUTES (INCLUDING GRILLING TIME) • 6 SERVINGS • DAIRY FREE



MEXICAN Street corn

WITH HOMEMADE MAYONNAISE

Homemade mayonnaise has a reputation for being difficult but with Vitamix it's a breeze. It emulsifies in seconds and you know exactly what's gone into it. Here it serves as a lovely cool topping for grilled corn, Mexican style.

INGREDIENTS

- 5 large egg yolks
- 1/4 lemon, peeled
- 1/8 lime, peeled
- 1 tbsp lime juice
- 1 1/2 tsp dry mustard
- 1 garlic clove, minced
- 1 tsp (3g) salt, optional
- 1/4 tsp ground black pepper
- 240 ml rapeseed, vegetable or other flavourless oil
- 6 corn on the cobs, grilled
- 45g crumbled queso blanco cheese (or substitute with a mild white cheese like feta)

DIRECTIONS

1. Place egg yolks, lemon juice, lime juice, mustard, garlic, salt, and pepper into the Vitamix container in the order listed
2. Start blending on 1 then increase to 5. Blend for 10 seconds
3. Reduce speed to 3 and remove the lid plug. Slowly pour the oil through the lid plug opening. Secure lid plug
4. Slowly increase to 10 and blend for 15 to 20 seconds, or until emulsified
5. Brush mayonnaise mixture onto warm grilled corn and sprinkle heavily with crumbled cheese

Sweet treats

The great thing about making sweet treats in the Vitamix is that you control the amount of sugar, so you can make healthier versions of your favourites or indulge. It's up to you.





Strawberry & mango sorbet

Frozen desserts are a great way to turn fresh, healthy foods into something refreshing and delicious. It's about technique and using the tamper with confidence. It all happens in super quick time - do not over mix or melting will occur. Working to a ratio of one-part liquid to two parts frozen ingredients is the secret to creamy results. Experiment with your favourite fruits (and vegetables) to come up with your own creations.

INGREDIENTS

- 250ml coconut milk
- 200g frozen mango
- 300g frozen strawberries (melt for 10 mins to increase creaminess)
- 1/2 lime, peeled

DIRECTIONS

1. Place all ingredients into the Vitamix in the order listed and secure the lid
2. Select speed 1 or the frozen desserts program. Turn machine on and slowly increase speed to 10
3. Use the tamper to press ingredients into the blades, in a figure of eight pattern in each corner
4. In about 50-60 seconds, the sound of the motor will change (it will be loud, don't worry) and four mounds should form. Stop machine and serve immediately





30 MINUTES EXCLUDING FREEZING TIME
VEGAN • GLUTEN FREE • 2 SERVINGS



Sweet potato ice cream

An unusual ice cream that's creamy, smooth and rich thanks to the combination of the cooked sweet potato and avocado. It's perfect for using up any cooked sweet potato you have left over.

INGREDIENTS

- 500g steamed yam or white flesh sweet potato (frozen overnight after cooking)
- 1/4 avocado
- 250ml thick coconut milk
- 1/2 tsp cassava sweetener syrup (or tapioca starch)
- 1/2 vanilla extract
- 30ml **almond milk** (why not make this in your Vitamix?)

DIRECTIONS

1. Put all ingredients into the Vitamix container and secure the lid
2. Start the machine on speed 1 and slowly increase to 10
3. Use the tamper to press ingredients into the blades, in a figure of eight pattern in each corner
4. In about 50-60 seconds, the sound of the motor will change (it will be loud, don't worry) and four mounds should form. Stop machine and serve immediately



Hazelnut crêpes

You can use your Vitamix to make the hazelnut milk used in this flavoursome recipe. The combination of hazelnut, cassava and vanilla makes for a subtle and complex flavour. Serve with fresh fruit, lemon or even the hazelnut cream on [page 34](#).

INGREDIENTS

- 75g hazelnuts (ideally soaked the night before and rinsed before use)
- 500ml of water
- 100g cassava flour (substitute with regular flour or tapioca starch for gluten free)
- 100g whole rice flour
- 1/2 tsp salt (optional)
- 1/2 tsp vanilla powder
- 3 large eggs
- 4 dates, pitted
- 2 tsp olive oil

DIRECTIONS

1. Pour the water into the Vitamix container, then the hazelnuts and secure the lid
2. Blend for 2 minutes on speed 10
3. Add the cassava flour, rice flour, salt, vanilla powder, eggs, light cane sugar and olive oil
4. Mix on speed 5 for about 1 minute, until the mixture is well combined
5. Let stand at least 1 hour
6. Oil a pan and cook your crepes on high heat, turn them over halfway through cooking

TOP TIP

They take a little longer to cook than traditional crepes so keep an eye on them.





3 MINUTES (NOT INCLUDING ROASTING TIME)
750ML • GLUTEN FREE



Hazelnut cream

The power of the Vitamix makes light work of these nuts and produces the velvety smoothness of a commercially made spread with all the wholesome goodness of homemade. You don't even need to use oil. A great gift for friends when spooned into sterilized jars, to fill tart cases or simply spread on toast or serve alongside the crepes on [page 33](#) for a luxurious breakfast treat.

INGREDIENTS

- 40ml of vegetable oil (optional)
- 200g milk chocolate
- 200g dark chocolate
- 400g roasted hazelnuts

DIRECTIONS

1. Put all the ingredients in the Vitamix container in the order listed and secure the lid
2. Start the blender on speed 1 and slowly increase to speed 10. Blend on 10 for 2-3 minutes, using the tamper to push the ingredients towards the blades if necessary, until you get a thick, liquid cream
3. Pour the cream into the jar and let it cool down completely to solidify before you store it



ORANGE BLOSSOM & CARDAMOM

No bake cheesecake

This is a rich and decadent (but secretly healthy) cheesecake that will delight anyone whether they are vegan / dairy free or not. Plan ahead - as with a traditional cheesecake, the cheesecake needs setting time but the result is well worth the wait.

8+ HOURS (INCLUDING SOAKING AND FREEZING TIME)
12 SERVINGS • VEGAN • GLUTEN FREE



CRUST INGREDIENTS

- 175g pitted dates
- 250 - 300g raw walnuts
- 1/4 tsp cinnamon
- 1/4 tsp Himalayan salt (optional)

FILLING INGREDIENTS

- 250ml full-fat coconut milk
- 265g raw cashews
- 25g cup raw pistachios (plus extra for garnish - optional)
- 1 tbsp lemon juice
- 160ml hot water
- 4-5 tbsp maple syrup (plus extra for garnish - optional)
- 2tsp vanilla extract
- 1tsp orange blossom (increase to 1 tbsp according to taste)
- 1tsp cardamom
- 1tsp cinnamon
- You will also need a 20cm sized pie dish

DIRECTIONS

1. Soak your cashews overnight (4-6 hours) or for 30 minutes in hot water. Rinse and drain

Make the crust:

1. Brush the Vitamix blade and container with a small amount of coconut oil. Pour in the pitted dates and secure the lid
2. Blend until the dates are roughly chopped into small pieces - start at 1 and slowly increase the speed to 10, using the tamper to push them into the blades. Set aside in a small bowl
3. Blend the walnuts, cinnamon and salt by pulsing on variable 6 to roughly chop the nuts
4. Add the dates to the walnut mixture and blend until the mix is sticky
5. Spread the crust onto the base and sides of your pie plate or pan and press down tightly so it is well packed. Freeze for one hour

Make the filling:

1. Add the cashews, pistachios, and all remaining filling ingredients to your Vitamix and blend until creamy and smooth. Taste and adjust the flavours to your taste, adding more spices, maple syrup or orange-blossom as you require

Assemble the cheesecake:

1. Pour the filling on to your crust. Garnish with a little maple syrup and pistachios
2. Freeze for at least 4-6 hours to set the filling. Just before you're ready to eat, refrigerate for an hour and take it out to room temperature ten minutes before serving

TOP TIP:

If you're not a fan of cardamom, serve with a **berry coulis** - made in your Vitamix of course - to pour over the top. Alternatively, replace the cardamom with a homemade salted nut butter

Chickpea blondies

*A gluten and dairy free twist on a classic blondie with very little refined sugar. These are great as a healthy snack or dessert at any time of day. Try making the **almond milk** and **nut butters** in your Vitamix first, keeping any leftovers for a breakfast time treat.*

INGREDIENTS

- 60ml almond milk
- 200g canned chickpeas, drained
- 60g coconut sugar
- 1 tbsp of almond butter
- 1 tbsp of coconut flour
- 1/4 tsp of vanilla powder
- 1/2 tsp of baking powder
- White chocolate chips for topping (optional)

DIRECTIONS

1. Pour the almond milk into the Vitamix container then add the canned chickpeas and sugar
2. Start on speed 1 and slowly increase to 10. Blend for about 40 seconds until the ingredients are combined into a thick mixture. Use the tamper to push ingredients through the blades if you need
3. Pour the mixture into a bowl and add the almond butter, coconut flour, vanilla powder and baking powder and fold it all together with a spatula
4. Spoon the blend into a muffin tray and sprinkle the white chocolate on top
5. Bake in the oven at 200°C for 15-20 minutes



Hot chocolate sauce

Heating in the Vitamix creates warm sauce in minutes, leaving no mess on the stove – making this useful chocolate sauce something you can turn around at any time. Served traditionally alongside churros as an indulgent breakfast, this would go equally well drizzled over the chickpea blondies (page 36).

INGREDIENTS

- 960ml water
- 50g rolled oats
- 100g cocoa powder
- 50g cornflour
- 150ml maple syrup or to taste
- 1 tsp cinnamon

DIRECTIONS

1. Place all ingredients into the Vitamix container in the order listed and secure the lid
2. Start the machine on its lowest speed, then quickly increase to 10. Blend for 5 minutes and 45 seconds

TOP TIP

You could store in the fridge in an air tight container for a week or freeze in an airtight container.





1 HOUR (EXCLUDING SOAKING TIME) • 8 SERVINGS
VEGAN • GLUTEN FREE



Orange bread

This juicy cake is made using whole grains of rice put directly into your Vitamix to make a hands-free, hassle-free bread dough.

INGREDIENTS

- 150g dry rice (for best results use short-grain non-glutinous white rice)
- 80ml soy milk
- 120ml maple syrup
- 2 tbsp (30 ml) lemon juice or freshly squeezed lemon
- 1 tsp salt
- 60g desiccated coconut
- 80ml rapeseed oil, coconut oil or olive oil
- 1 tbsp baking powder
- 1 orange (thinly sliced, including the rind)
- 1 tbsp maple syrup

DIRECTIONS

1. Wash rice, put it in a bowl and add 500ml water. Let the rice sit for 2-3 hours
2. Preheat oven to 180°C. Line a 7-8 cm x 20 cm loaf tin with baking paper
3. Drain the soaked rice thoroughly
4. Place rice, soy milk, maple syrup, lemon and salt into the Vitamix container in the order listed and secure the lid
5. Turn the machine on and slowly increase speed to 10
6. Blend for 1 minute, then scrape down the sides of the container with a spatula
7. Turn the machine back on and slowly increase speed to 10 and blend for 1 minute, then scrape down again
8. Add the coconut to the container. Turn on and slowly increase speed to 10. Blend for 1 minute
9. Add the oil to the container and turn the machine on again. Slowly increase speed to 5 and blend for 1 minute.
10. Pour the mixture into a mixing bowl, add the baking powder and mix by hand
11. Pour the mixture into the bread pan, top with the sliced orange and maple syrup
12. Bake 45-50 minutes or until a toothpick inserted into the centre comes out clean

CONTRIBUTOR THANKS

This book was made possible thanks to a team of passionate contributors from around the world.

HEALTHY START

Winter Greens smoothie with yuzu

EntreX inc. (Japan)

Summer passion smoothie

Diet-U (Taiwan)

Tropical breakfast smoothie

Katrin BJ (Malaysia & Singapore)

Soya milk

Hunan Kovinda Robotic Technology Co., Ltd (China)

Snickers nice cream

Michelle @run2food (Australia)

QUICK & EASY

Cacao bliss balls

Tommy Nicholas @Rawblend (Australia)

Parsley & pea soup

Mads Bo (Denmark)

Cauliflower rendang with lemong

Lai Po Cheng @foodpassionical (Malaysia)

Garlic walnut soba noodles

@miraihirata72 (Japan)

MEALS FOR SHARING

Sweet potato & lentil patties

Nisha Melvani @cookingforpeanuts (U.S.A.)

Stuffed & baked aubergines

KÜNZI S.p.A. Creative department (Italy)

Spiced cauliflower soup

Chef Dalia Dogmoche (U.A.E.)

Matbuha

Chen Asoor (Israel)

Black soybean noodle soup

IPC Limited (South Korea)

Smoked cheddar, parsnip & kale bread pudding

Great British Chefs (UK)

DIPS, SAUCES & SIDES

Ranch dressing

Hannah Sunderani @twospoons (Canada)

Pea ricotta

Amelia Balland @amelietahiti (France)

Sweet chilli sauce

Hunan Kovinda Robotic Technology Co., Ltd (China)

Pappa al pomodoro

KÜNZI S.p.A. Creative department (Italy)

Radish kimchi

IPC Limited (South Korea)

Mexican street corn

Vitamix Corp.

SWEET TREATS

Strawberry & mango sorbet

Stine Hafsaas (Norway)

Sweet potato ice cream

Yoesi Ariyani, PT Pacific Mega Prima (Indonesia)

Hazelnut crepes

Karen Chevallier from cuisine-saine.fr (France)

Hazelnut cream

KÜNZI S.p.A. Creative department (Italy)

Orange blossom & cardamom no bake cheesecake

Suzan Terzian (U.A.E.)

Chickpea blondies

Anne Lizarralde (Spain)

Hot chocolate sauce

Marta Villen, Conasi (Spain)

Orange cake

Shiori Leto (Japan)

@shioris_vegan_pantry



 **Vitamix.**