

Four Fruit Smoothie

Yield: 3¾ cup (900 ml) / Total Time: 10 Minutes / Difficulty: Easy

½ cup (120 ml) water	3 strawberries, hulled, quartered
1 orange, peeled, halved	2 Tablespoons agave nectar
1 slice pineapple, peeled	1 cup (130 g) ice cubes
½ banana, peeled	

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and slowly increase to its highest speed.
4. Blend for 30 seconds, or until desired consistency is reached.



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Basic Vinaigrette

Yield: 1¼ cups (300 ml) / Total Time: 10 Minutes / Difficulty: Easy

¼ cup (60 ml) white vinegar

½ teaspoon salt

1 teaspoon Dijon mustard

¾ cup (180 ml) olive oil

¼ teaspoon ground black pepper

1. Place vinegar, mustard, pepper, and salt into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and slowly increase speed to Variable 5. Remove lid plug and drizzle olive oil in a slow stream through the lid plug opening.
4. Replace lid plug and slowly increase to the machine's highest speed. Blend for an additional 10 seconds.

Note: Refrigerate in airtight container.

A photograph showing a white plate with sliced tomatoes, cucumbers, and onions, and a small white bowl containing a yellowish-green vinaigrette. The background is a light-colored wooden surface.

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Mixed Nut Butter

Yield: 1 $\frac{3}{4}$ cup (225 g) / Total Time: 5 Minutes / Difficulty: Easy

2 cups (255 g) unsalted peanuts, roasted

$\frac{3}{4}$ cup (95 g) roasted pecans

$\frac{1}{4}$ cup (35 g) slivered almonds

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and slowly increase to its highest speed.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades, until desired consistency is reached.

A photograph showing a glass jar of mixed nut butter on the left, a wooden cutting board with three sandwiches on the right, and a small dollop of nut butter on a knife in the foreground. The sandwiches are made with white bread and have a thick layer of nut butter and a red jam spread on them.

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Strawberry Yogurt Freeze

Yield: 3 cups (450 g) / Total Time: 11 Minutes / Difficulty: Easy

1 cup (240 g) low-fat vanilla yogurt

1 pound (455 g) frozen strawberries

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start the machine and slowly increase to its highest speed.
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.

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Broccoli Cheese Soup

Yield: 2 cups (480 ml) / Total Time: 15 Minutes / Difficulty: Intermediate

1 cup (240 ml) milk

½ cup (55 g) low fat cheddar cheese, shredded

1½ cup (135 g) broccoli, steamed

1 teaspoon onion, peeled, diced

½ bouillon cube

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start the machine and slowly increase to its highest speed.
- 4.** Blend for 5-6 minutes or until heavy steam escapes from the vented lid.

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