

VITAMIX RECIPES! ^{1.2}



Frozen Mocha Cappuccino

2 cups almond/other milk
 1/4 cup agave nectar
 1 tbsp cocoa powder
 1 tsp vanilla extract
 1- 1 1/2 tsp instant coffee
 pieces of cabbage, carrots,
 summer squash, spinach, etc
 1 1/2 cups ice
 Blend on high to desired texture

Will's Piña Colada

1/3 can coconut milk
 1/4 cup agave nectar
 juice 1/2 lime
 1/4 of a pineapple with core
 6 oz pineapple juice
 spirits optional
 1 1/2 cup ice
 Blend on high to desired texture

Alan's Margarita

2/3 can white grape 100%
 juice concentrate
 1/2 lime with skin, end cut off
 Blend on high until smooth
 Add ice, 1 1/2 cup or to taste
 & spirits or 1/2 cup water
 Blend to desired texture

Mock Carrot juice

1 cup green grapes
 1 or 2 carrots
 1 cup ice
 Blend on high til all ice melts

Will's Vegetable Juice

1 or 2 tomatoes
 1/4 red bell pepper
 3 sticks celery
 1 slice onion, 1 clove garlic
 Juice of 1/2 lime
 2/3 tsp salt, Fresh black pepper
 1 1/2 cups ice
 Greens, fresh herbs, etc
 1 slice watermelon: extra rind!
 Blend on high until melted

Demonstrator's Green Juice

1 orange with pith (white rind)
 1 slice watermelon. Rind, no skin.
 1 slice pineapple with core
 Honey to taste
 1 1/2 cups Ice
 Greens (a little more each day)
 Blend on high at least 1 minute

Will's smoothie at Home

1 1/2 cups frozen mango
 1 cup frozen cherries or other fruit
 Kale, collards, parsley, dandelion
 or other greens. Just a handful.
 1/2 cup water
 Blend on High 1:15

Butternut squash soup

2 cups peeled butternut squash
 1/2 stick celery & 1 small carrot
 1 slice onion & 1 clove garlic
 Honey optional
 1 tsp salt
 1 1/2 cup very hot water
 Blend on high for 1 minute.
 Add pinch of spinach and
 immediately turn to low speed
 Add freshly ground pepper

Almond Paste

Container, lid & tamper MUST be dry
 12 - 16 oz blanched/slivered
 almonds
 1-2 tbsp oil (I use walnut/grapeseed)
 Blend: high, add oil until smooth.
 HOT! Move to no-melt container

Nut Butter Ice cream

1/4 cup nut butter
 (or whole nuts work well too!)
 1/4 cup agave nectar
 1 tsp vanilla
 Any other fruit or flavoring
 1 cup ice (or just enough ice to freeze)
 cabbage & carrots optional
 Blend on high until creamy, use tamper

Chocolate Strawberry Ice "Cream"

2/3 tbsp almond paste
 (or 1 tbsp slivered/blanched almonds)
 1/4 cup agave nectar
 1 tsp vanilla
 1 tbsp cocoa powder
 1 cup frozen strawberries
 1/2 cup ice (or just enough to freeze)
 Blend on high until creamy

Fruit Freeze Sorbet

1/2 can fruit juice concentrate
 OR a cup water/juice + sweetener
 1 cup frozen fruit
 1 1/2 cup ice
 Cabbage & carrots optional
 Blend on high with tamper until
 completely smooth

Banana Whip Ice Cream

2 cups frozen ripe bananas
 Optional:
 1/3 cup Coconut milk and/or
 1 tbsp toasted coconut and/or
 1 tbsp chocolate powder and/or
 1 tsp vanilla and/or
 and/or frozen/fresh fruit, etc.
 Blend on high w/tamper until smooth

Almond Pecan Butter

Container, lid & tamper MUST be dry
 6 oz roasted almonds
 6 oz pecans
 Pinch of salt
 Tiny hint stevia powder
 Blend on high to desired texture.
 Use tamper repeatedly. Blend
 extra long for extra smooth.
Now add nuts on low speed for chunky

Almond Milk

1 tbsp almond paste
 1/2 cup ice
 1/2 cup water
 1 tsp honey
 1/4 tsp vanilla extract
 pinch of salt
 Blend on high until melted