

VITAMIX RECIPES!

Budget friendly Green Smoothie

1 Orange with pith (white rind)
1 slice mini watermelon with rind (no skin)
1 banana, peeled
1 slice pineapple with core
Honey to taste, 1 1/2 cups Ice
2 leaves kale or collards and/or big handful spinach
Blend on high 1 full minute or longer
Frozen Fruit & water can substitute for fresh fruit.

Butternut squash soup

2 cups peeled butternut squash, raw or roasted
1/2 stick celery, 1 small carrot
1 slice sweet onion, 1 clove garlic w/ skin
big squeeze honey, 1 tsp salt
1 1/2 cup very hot water
Blend on high for 1 minute. Add spinach at last moment for little green pieces
Add freshly ground pepper

Budget friendly Smoothie

1 Orange with pith
1 slice mini watermelon with rind, no skin
1 banana, peeled
1 slice pineapple with core
6 frozen strawberries
Honey to taste, 1 1/2 cup Ice
Blend on high at least 1 full minute

Almond Pecan Butter

Dry container, lid and tamper FIRST
6 oz roasted almonds, 6 oz pecans
minuscule sprinkle stevia powder, a pinch of salt
Blend on high until desired texture is achieved, using tamper to facilitate blending until it is no longer necessary. Blend extra long for extra smooth.
Add nuts on the low speed at the end for chunky!

Nut Butter ice cream

1/4 cup nut butter of choice
1/4 cup agave nectar OR equal volume any sweetener + water
1 tsp vanilla, 3 sprinkles cinnamon
1 cup ice (or just enough ice to freeze)²
Blend on high until smooth and creamy

Will's Vegetable Juice

1 small slice watermelon with rind (remove skin)
1 or 2 med tomatoes
1/4 red bell pepper
1 small carrot, 1 stick celery
1 slice sweet onion, 1 clove garlic, 1 sliver jalapeno
1 slice lime with skin or juice 1/2 lime
2/3 tsp salt, 1 1/2 cups ice
Greens, fresh herbs, etc
Blend on high until all ice is melted

Frozen Cappuccino

2 cups almond milk (or water & 1/2 tbsp almond butter)
1/4 cup agave nectar
1 tbsp chocolate powder, 1 tsp vanilla extract
2 tsp instant coffee
pieces of cabbage, carrots, summer squash, spinach, etc
1 1/2 cups ice
Blend on high to desired texture

