

# VITAMIX RECIPES! 1.1



## Frozen Mocha Cappuccino

2 cups almond milk (or water & 1/2 tbsp almond butter)  
 1/4 cup agave nectar  
 1 tsp or so chocolate powder, 1 tsp vanilla extract  
 2 or so 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 light coconut milk  
 1/4 cup agave nectar  
 juice 1/3 lime  
 1/4 of a pineapple with core  
 6 oz pineapple juice  
 spirits or none  
 1 1/2 cup ice

## 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

## Watermelon Pineapple juice

1 Slice watermelon. Rind, no skin.  
 1 slice pineapple with core  
 Sweetener of choice, if desired  
 1 cup Ice

## 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*

## Budget friendly Green Smoothie

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

## 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 pinch of spinach at last moment for little green pieces

## Mock Carrot juice

1 cup green grapes OR  
 1 chunk watermelon. Rind, no skin.  
 1 or 2 carrots  
 1 cup ice  
 Blend on high until all ice is melted

## Will's Vegetable Juice

1 or 2 tomatoes  
 1/4 red bell pepper  
 1 small carrot  
 1 stick celery  
 1 slice sweet onion  
 1 clove garlic  
 1 sliver jalapeno  
 Juice of 1/2 lime  
 2/3 tsp salt, Fresh black pepper  
 1 1/2 cups ice  
 Greens, fresh herbs, etc  
 1 slice watermelon OR:  
 3 grapes & a piece of cucumber  
 Blend on high until melted

## Reasonably Inexpensive Smoothie

1 Orange with pith  
 1 Slice watermelon. Rind, no skin  
 1 Banana, peeled  
 1 Slice pineapple. Core  
 6 frozen strawberries  
 Honey to taste  
 1 1/2 cup Ice

## Fruit Freeze Sorbet

1/2 can 100% 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

## 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  
 or  
 1 tsp vanilla and/or  
 and/or frozen/fresh fruit, etc.  
 Sweetener very optional

## Milk Replacement

1 tbsp nut butter or cooked grain  
 ie almond, rice, hazelnut, etc  
 1 cup ice  
 1 cup water  
 1 tsp honey  
 1/4 tsp vanilla extract  
 pinch of salt

## Nut Butter Ice cream

1/4 cup nut butter of choice  
 1/4 cup agave nectar OR other sweetener  
 1 tsp vanilla  
 3 sprinkles cinnamon  
 or other flavoring (see banana whip)  
 1 cup ice (or just enough ice to freeze)  
 Chunks of cabbage & carrots optional  
 Blend on high until smooth and creamy