

Will's outstandingly delicious, painstakingly developed

# VITAMIX RECIPES! 2.0

Remember: When your Vitamix growls, it means it's HAPPY!



Free recipes & videos:

**willedy.com**

note: machines not available there

## Heart-healthy "Easy Cheesy" Taco Soup

Total: about 65 cents  
(35 cents w/ no cashews)

5 baby carrots  
1 stick celery  
1 clove garlic  
1 roma tomato  
1 tsp sea salt  
3 peppercorns  
1 tbsp cashews  
squeeze of lemon  
1 cup very hot water  
Blend on hi 1 min  
Turn to low speed 3, Add:  
3 Tbsp spinach  
Handful of tortilla chips

## WAKE UP Veggie Juice

1 or 2 roma tomatoes  
5 sticks celery  
1 clove garlic  
Juice of 1/2 lemon  
1/3 tsp sea salt  
3 peppercorns  
1 1/2 cups ice  
2 cups greens  
Blend on hi 1 min

## Lazy Smoothie

Total: about \$1.00  
1 1/2 cups frozen mango  
1 cup frozen cherries  
1 cup spinach  
1/3 cup water  
Blend on hi til juicy

## "Tiny hiney" Cashew Ice cream

Total price: about 60 cents  
1/3 cup cashews - roasted works best  
1/3 cup agave nectar  
Fill to 3 - 3 1/2 cup line with ice  
Try adding these flavors:  
1 tbsp baking cocoa / 1 tsp vanilla / 1 tsp  
mint extract / 1 tsp almond extract / 2 tsp  
instant coffee / replace some ice with frozen  
fruit & add some lemon juice  
Blend on hi w/ tamper til creamy

## Nut Butter

Container, lid & tamper MUST be dry  
3 cups roasted nuts:  
try honey roasted peanuts  
or 1/2 almonds 1/2 pecans  
Blend on hi. Use tamper.  
Add nuts on low speed for chunky  
Blend HOT water for clean up

## Butternut squash soup

2 cups peeled butternut squash  
1/2 stick celery & 1 small carrot  
1 small clove garlic  
1 tsp sea salt, 3 peppercorns  
Squirt of Honey or 1/4 apple  
1 cup very hot water  
Blend hi 1 min  
1 Tbsp spinach on speed 4

## Whole Carrot juice

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

## Fruit Freeze

Total: about 50 cents  
1/3 cup agave nectar  
1 squirt lemon juice  
1/2 cup any fruit  
Fill to 3 - 3 1/2 cup line with ice  
Blend on hi w/ tamper til smooth

## Budget-friendly Green Juice

Total: about \$1.00  
1/2 orange with white part  
1/2 cup green grapes  
slice of lemon w/ skin  
Sweetener to taste  
1 cup ice  
1 cup spinach or kale  
Blend on hi: 1 minute

## "Ultimate Breakfast" Frozen Coffee

2 cups almond / soy milk  
1/3 cup agave nectar  
1 tbsp instant coffee  
4 baby carrots and/or  
1 tbsp instant oats  
2 cups ice  
Blend on hi til smooth

## 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  
1 1/2 cup ice  
Blend on hi til smooth but icy

## Alan and Joe's Margarita

2/3 can white grape concentrate  
1/2 lime with some skin  
Blend on high until smooth  
Add 1 1/2 cup ice  
Add spirits or 1/2 cup water  
Blend on hi til smooth but icy

## Almond / Rice Milk

1 tbsp blanched or slivered almonds  
OR 1 tbsp cooked brown rice  
1 cup water & 1/2 cup ice  
sweetener, sea salt, vanilla to taste  
Blend on hi til melted: about 1:15

Search Youtube for more recipes. Check out the new Vitamix.com. See you at the demo!