



lifeisnoyoke

The Perfect Mix

VITAMIX COOKBOOK

by **Lenny Gale**
with recipes by Shalva Gale



**100%
Plant-
Based!**

Praise for Lifeisnoyoke

Thank you. Keep being evangelists, helping people just really realize it.

- *Jodi Berg*, President and CEO of Vitamix

You guys have inspired me to move towards a healthier me..... I think I just need a bigger nudge in the right direction!

- *Rita M. friend of Life is NOYOKÉ since 2013*

These recipes changed my life. I feel better than I've ever felt and I feel like I'm eating savory, filling food (as opposed to eating like a malnourished rabbit). I would have paid \$30 for this book.

- *A. Love*, verified buyer in 2018

About Our Work



Hello! We're Shalva and Lenny Gale and we sell the Vitamix on social media under the name Lifeisnoyoke.

We left soul-sucking corporate jobs to make health and wellness our work.

Our mission is to accelerate the adoption of a plant-based diet. In this moment and since 2012, working with Vitamix is our means to that end.

We have a pretty big reach. But we really feel like just a mom-and-pop shop.

So feel free to reach out to us anytime. We love hearing from you.

Email us: hello@lifeisnoyoke.com

Call or text us: 312-612-0499

Send us stuff: 2751 Hennepin Ave #708 Minneapolis, MN USA 55408

Copyright

Text and images copyright © 2020 Shalva and Lenny Gale, Lifeisnoyoke

All Rights Reserved

(Re)Dedication

“For the CEO’s of Kraft Heinz, PepsiCo, and Tyson Foods.”

Wait, what?

Yes, that was the dedication in the book’s first edition. A handful of CEO’s running Big Food companies.

It was a proverbial middle finger to the harm they’re doing to the health of our planet and its people.

Clever? Maybe.

But that’s not the tone I want to set for this book anymore.

I’m a dad now. And cynicism is not something I want to teach my children.

So let’s try again.

For my sweet boys Ezra (2 years) and Judah (2 months).

And for the values I want to impart upon them: Kindness, compassion, and love.

Note: This Book is Software

Just like our website, this book is a living, breathing thing. And so, we're constantly looking for ways to make it better by modifying, clarifying, and all-together adding new:

- Recipes
- How-to guides
- Stories that inspire

So look out for updates, just like you would with software.

Kindle versions should get updates automatically.

Updated versions of all other formats can be found at lifeisnoyoke.com/ebook/

How to Use This Book

I want you to get the most out of this book. Here are 3 tips for doing just that.

1) Read the method straight through.

The “how-to-make-a-huge-change” portion of this book is backed by science and psychology. It's a coaching session you can get through in under an hour.

Read it through now. And come back to it when you're feeling stuck.

2) Scan the appendices

These are how-to guides for specific situations. They're lists of tips and tricks. Come back to them when you need them.

3) Start with these recipes

- Spicy Green Juice
- Carlyne's Green Smoothie
- Our Famous Queso
- Tomato Soup
- Wendy's Frosty
- Monkey Butter
- Detox Salad

Contents

Praise for Lifeisnoyoke.....	2
About Our Work	3
Copyright.....	5
(Re)Dedication.....	6
Note: This Book is Software.....	7
How to Use This Book	8
Contents	9
INTRODUCTION	14
CHAPTER 1 Your Good Intentions: Eat More Plants.....	18
CHAPTER 2 Understanding Past Failures.....	21
CHAPTER 3 Public Enemy #1: Big Food	22
CHAPTER 4 Getting Started with Plant-Based the Smart Way	26
Pretend Coach 1) Reminder Randy	26
Pretend Coach 2) Promise Me Pam.....	28
Pretend Coach 3) Canned Reply Carl	29
CHAPTER 5 The Framework for Using the Vitamix to Eat (and Drink!) More Plants.....	32
Phase I: Blended Drinks Your Body is Going to Crave	33
Phase II: The Replacements	42
Phase III: Culinary Creativity	45
CHAPTER 6 A Word of Caution.....	47
Afterword.....	49
About the Author: Lenny Gale	51
About Shalva Gale	54
About Lifeisnoyoke.....	56
APPENDIX I 5 Common Mistakes New Vitamix Owners Make	59
APPENDIX II 7 Easy Habits to Adopt (now that you have a Vitamix).....	64
APPENDIX III 10 Vitamix Hacks.....	69
APPENDIX IV Do These 7 Things to Your Vitamix to Prolong its Life	72

3 most common issues (causing owners to need service for their Vitamix)	73
Extend the life of your Vitamix with these 7 tips.....	74
APPENDIX V The Ultimate Guide to Making Smoothie Bowls	82
8 mistakes to avoid when making smoothie bowls	84
7 smoothie bowl recipes (templates) to use	94
7 more tips for smoothie bowls makers	110
APPENDIX VI The 5-Step System for Perfect Protein Shakes (from an NFL training camp kitchen).....	112
APPENDIX VII The Best Way to Make Frozen Bananas.....	116
APPENDIX VIII Container Deep Cleaning: 3 Easy Fixes	118
APPENDIX IX One-Week Vitamix Meal Plan	121
RECIPES INDEX	126
7 Vitamix Recipes to Make First	126
7 Vitamix Recipes to Make <i>Next</i>	128
7 Vitamix Recipes to Make After That.....	130
GREEN SMOOTHIES	132
Carolyn's Green Smoothie	133
The Going Green Smoothie	135
Apple Carrot Kale Green Smoothie	137
WHOLE FOOD JUICES	140
Spicy Green Juice.....	141
Invigorating Citrus Carrot Juice	144
Lower Back Pain Relief Juice (Article).....	146
Lower Back Pain Relief Juice (Recipe)	153
PROTEIN SHAKES	156
PB&J Shake.....	157
Strawberry Banana Shake	159
Cake Batter Shake.....	161
Chiberia Chiller (Chocolate Shake)	163
Raspberry Lemonade Shake.....	165
ALL-FRUIT SMOOTHIES	167
The Best Mango Smoothie.....	168
The Blubarb	170

Acai Bowls	172
The Pinkman.....	174
HOT SOUPS	176
Fancy Tomato Soup.....	177
1-pot Lentil Chili	180
Creamy Wild Rice Soup	183
Broccoli Cheese Soup.....	187
Split Pea Soup	190
Balsamic Butternut Squash Soup.....	193
Creamy Corn and Roasted Pepper Soup.....	196
Thai Pumpkin Soup.....	199
Black Bean Soup	202
ICE CREAMS	204
Wendy's-Style Frosty	205
Banana Nice Cream.....	208
Neapolitan Nice Cream	210
SORBETS	213
Peach Buzz Sorbet	214
Coco Lime Sorbet	217
Bermuda Sorbet.....	220
NUT BUTTERS	223
1-ingredient Peanut Butter	224
Homemade Almond Butter	226
Panang Peanut Butter.....	228
Monkey Butter.....	230
DIPS AND SPREADS	232
(5 Ingredient) California Salsa.....	233
Roasted Red Pepper Hummus	235
Gooey Artichoke Dip	237
Guacamole	240
Zvi's Smoky Salsa.....	243
Our Famous Cashew Queso.....	246
DRESSINGS	249

Go-To Balsamic Vinaigrette	250
Caesar Salad Dressing	252
Cilantro Lime Mango Dressing	254
Ranch Dressing	256
Bright Blueberry Vinaigrette	259
Coconut Curry Dressing.....	261
SAUCES	263
Mushroom Gravy	264
Chimichurri Sauce.....	267
Thai Peanut Sauce	270
BAKED GOODS.....	272
Apple Cinnamon Cake	273
Green Bean Casserole.....	277
Awesome Black Bean Brownies.....	281
DOUGH AND BATTER RECIPES	284
Fluffy Oatmeal Pancakes	285
Easy Pumpkin Pancakes	288
Lemon Poppyseed Waffles	290
French Toast.....	293
NO-BAKE GOODIES.....	296
Blueberry Breakfast Bites.....	297
Chocolate Pomegranate Protein Bites	300
Chickpea Cookie Dough	302
No-Heat Vegan Caramel.....	305
FOOD PREP RECIPES.....	307
Detox Salad	308
Spring Rolls	311
“Tuna” Salad	314
Vegan Loaf	317
Easy Cornbread.....	321
Cauliflower Fried Rice.....	324
Yummy Kale Pesto	328
Creamy Cauliflower Mash	331

Jackfruit Tacos	334
Vegan Parmesan Cheese	340
SPECIALTY DRINKS	342
Homemade Almond Milk	343
Merry Mule	346
Grapefruit Margaritas	348
Bloody Mary Mix	350
Pina Colada	353
Frappuccinos (as good as Starbucks, but zero-added sugar!).....	356
Last thing	360

INTRODUCTION

Your story is my story

Do any of these sound familiar?

- You look in the mirror and are not satisfied.
- You struggle with "portion control."
- You think you're doing all the right things; yet, you are still feeling stuck.
- You can't get into a routine that works.
- You feel like you might be addicted to sugar.
- You rely on prescription medicines more than you would like.
- You're simply too busy.

If you answered yes to any of these, then you're in good company.

Millions of people like you are dealing with the same challenges.

Why?

Well, you'll soon see that it's not your fault.

First of all, you're human. The primal urges for immediate gratification are powerful.

Second of all, change is hard. We like routines, even if they're not in our best interest.

And third of all, we are up against an enemy that wants us to fail. An enemy that profits from our demise.

But together, we'll prevail.

Because now...

Your story is our story.

Your transformation. Your embracing of a plant-based lifestyle.

Your journey.

Your story is the core ethos of why Life is NOYoke exists.

People all over the world are struggling despite wanting the same thing:

That jump-out-of-bed feeling.

Who doesn't?

Well, here's the solution: Plants.

- Fruit!
- Vegetables!
- Nuts and seeds!

Plants. It's so simple.

And here's the deal, my friend: It's catching on.

People are adopting a plant-based diet at an astounding rate.

So our mission at Lifeisnoyoke is simple: *Accelerate* the adoption of a plant-based diet.*

We know it's happening. We want to push it along a bit faster.

And the easiest method? The most effective way to ease into more of a plant-based lifestyle?

Use a Vitamix every single day.

And so we are devoted to educating the public how using a Vitamix (the smart way) can be the catalyst for change *that sticks*.

But know this...

We can't do this alone.

The process of educating only begins with us teaching you. It's crucial that you, too, show your loved ones the way.

For you. For us.

For our world.

Share your food and drinks, of course.

But you must also be an echo.

The simple principles we'll discuss? Share them.

The words of encouragement? Share them.

The stories? Share them.

Because behavior is contagious. And the behaviors we'll discuss in this book are worth spreading.

My Only Regret

Here's a cliché: You should live your life without regret. You don't get second chances.

But it's so true.

I have no regrets about adopting this lifestyle. Just one regret about the journey.

I wish I hadn't waited so long to "take the plunge." To get started.

Here's what I've realized.

There will always be tomorrow. The question is, is that finally today?

CHAPTER 1

Your Good Intentions: Eat More Plants

Call it what you want.

- Plant-based diet.
- More vegetables without getting bored.
- A cleaned-up diet.
- Reduced desire for refined carbs.
- Delicious home-cooked meals.
- Replacements for pizza and bacon.
- Food as medicine.

Bottom line is this:

You want to eat more plants and you want it *not* to suck.

And chances are, you're dealing with one or more of the more of the following.

Habits

You're struggling to stick to healthy eating habits.

Addiction

You feel addicted to sugar and refined carbs.

Snacking

You are a nighttime (or all-the-time!) snacker.

Doctor's recommendation

Your doctor recommended you eat more vegetables.

Spouse's recommendation

Your spouse thinks you don't eat enough vegetables.

Protein requirements

You live an active lifestyle and need to get more protein.

Nutrient requirements

You're not getting enough vitamins or minerals.

Starting

You've been told how great people feel now that they've:

- Stopped eating meat, or...
- Stopped eating dairy, or...
- Gone plant-based completely.

For you, which one is it? Have you heard people saying all of these?

There are a million reasons to consider a plant-based diet.

But this shouldn't be breaking news. You've been told to eat your veggies since you were a child.

And yet, you're still stuck.

So why is it so hard to make the change?

CHAPTER 2

Understanding Past Failures

You've tried. You've failed.

Here's why your attempts at adopting more of a plant-based diet, in the past, may have been a failure.

1. Change is hard.
2. External pressures are real (and use our limited time and energy).
3. Sugar (and refined carbs) is like a drug.
4. Meat and cheese taste really good.
5. Behavior is contagious.
6. There's always tomorrow.
7. You were not expecting to fail (even though you should have).
8. You bit off more than you could chew.
9. You tried to go at it alone.
10. You were afraid.

And you know who's keenly aware of this? The natural shortcomings of every human being?

Your enemy. Our enemy.

Introducing...

CHAPTER 3

Public Enemy #1: Big Food

Big Food is not in the business of keeping you happy, healthy, and strong.

Their business?

Getting you hooked on their products. Addicted.

Food products are engineered to make your brain go wild.

Take ketchup: For Big Food companies, ketchup is the perfect food. It:

- Is good on everything.
- Is non-perishable.
- Simultaneously tickles all five of your tongue's senses, something that no whole food from nature does.

More detail on your tongue's five senses starting...now.

The Five Senses on your Tongue

Your tongue identifies food from nature as sweet, salty, sour, or bitter. Four senses.

Put any two together and you get a nice little harmony of taste. (This is why chocolate and pretzels are so good. Sweet and salty!)

But there's a fifth taste sense: Umami.

Umami is tough to pinpoint, but it's essentially savory smoothness.

Umami is elusive and tough to find in nature. Spinach, mushrooms, celery, soy sauce, and nutritional yeast provide umami tastes (along with meats and cheeses).

They say human's first interaction with umami is through breast milk.

Come to think of it, that's probably the best way to understand and remember what umami does to our brains. It's breast milk for our baby brains.

So to recap: Sweet, salty, savory, bitter, and breast milk.

Okay, back to ketchup and other products designed to tickle all five taste buds.

Let's pretend you found a tree that grew fruit that touched all five senses. You'd visit that tree every day, right?

This, my friends, is why Doritos are so good. They make your brain go nuts.

More than lab-manufactured food products, factory-farmed products are tough to avoid. Corn (for sweeteners and livestock feed), dairy (for the cheese you can't give up), and meat (for the fun, flirty, and bacon-wrapped, butter-soaked-everything diet you've probably tried) are everywhere.

Why?

Well again, it's money.

Lobbyists reward politicians (votes, influence), politicians reward farmers (grants, subsidies), farmers pay lobbyists (cash). Rinse and repeat.

Why would any of those in the circle of food, power, and money ever want to stop? Hint: they don't.

So you're stuck with bad habits and an addiction to certain foods you can't kick. Dang.

And just so it all sets in with you, let's recap.

Change is hard. Life is busy.

And despite knowing that refined carbs, sugar, meat, and dairy make you feel and look terrible, they are tough to avoid.

And of course, we're up against a behemoth: Big food (and the money-hungry lobbyists feeding the power-hungry politicians).

So what do we do?

Well, here's what's worked for us and hundreds of our followers: Use your Vitamix to make the transition to more of a plant-based diet:

- Easier.
- More enjoyable.
- Unlike everything you've tried in the past, a reality!

Now, we'll get into the recipes soon. But first, we should talk about the three keys to adopting more of a plant-based diet: Mindset, habits, and expectations.

CHAPTER 4

Getting Started with Plant-Based the Smart Way

Later in this book, we're going to see ways a Vitamix can help you ease into a more of a plant-based diet and lifestyle (that sticks).

But those recipes? They're just recipes.

You want to shift to change your lifestyle? **You need to change your mindset.**

To get into the right mindset, here are some lessons from three pretend coaches:

Reminder Randy, Promise Me Pam, and Canned Reply Carl.

Pretend Coach 1) Reminder Randy

Here are a few things you need to remember. Friendly reminders, if you will.

Reminder 1: You're going to fail.

You have to remember, your failure does *not* mean you are a failure.

Reminder 2: Your brain is only half rational.

Half of your brain is rational. It's the half that drives you to do your work, be patient with others, and eat healthy food.

The other half is irrational and only wants immediate satisfaction: sugar, sleep, and sex.

When the rational half gets tired after a long day, it's really tough to stop the irrational half from taking over.

Reminder 3: This is a process.

Like a really long process.

It took me five years to be a full-time vegan. And for me, it wasn't ever a conscious decision.

I started to listen to my body, and it just happened.

Reminder 4: But despite the long journey ahead, you're going to start to feel the difference immediately.

Yes, immediately.

It's like a sip of coffee after not having caffeine for a long time. You can really feel the difference.

But it's unlike coffee, too. Where the effect of caffeine lessens over time, the gains from changing the way you eat are cumulative.

"We began our Whole-Food, Plant-Based lifestyle just over three short months ago.

The difference in the way we feel is amazing

Subjectively, we both have more energy, we both better sleep, we have fewer cravings, more enjoyable meals, AND objectively, all of our numbers are better too, i.e., our weight, our blood pressure, and our cholesterol numbers are all lower. - Dale and Kim"

Pretend Coach 2) Promise Me Pam

Adopting (and maintaining) a plant-based diet is a lifestyle. Here are a few things you need to do to make this lifestyle change a reality.

These are promises you need to make right now.

These will be helpful in your life beyond helping you get the most out of your Vitamix.

Promise 1: Pick a day of rest.

And promise you'll stick to it. This is your day off.

Wherever you are on your journey, there will be room to slow down. To take the pedal off the gas.

And yes, to cheat, if you want. Whatever cheating may be for you.

In our home, Saturday is our day off. That way, we can feel good about going out to a special breakfast (without stressing about a healthy eating decision).

The decision is already made.

Promise 2: Pick a partner.

And promise you'll hold them accountable.

Life is better when you can ride its ebbs and flows with someone. Someone to deliver praise when you do good (and call you out for not).

It can be a spouse. Or a sibling.

Or maybe even a coworker.

But you need someone to take the journey with you.

Can't think of someone to be your partner in this journey? Pick us.

You can email or text us anytime if you're wanting praise or some accountability. We love hearing from you.

Promise 3: Blend something every day (except on your day of rest).

And promise, to begin, you won't worry about anything else.

Blend something every day. If you do that, you'll get:

- A daily win.
- A meal replacement.
- Some practice (which becomes routine and eventually a habit).

Again, the decision has already been made. No need to feel hem and haw over "should I or shouldn't I?"

Find something to blend.

Okay? Promise you'll do these three things.

Pretend Coach 3) Canned Reply Carl

Use the following to guide the inevitable conversations that will arise.

How do you get enough protein from just plants?

"Plants have all the protein you need. Did you know lentils have 17 grams of protein per (200 gram) serving?"

or...

"Elephants only eat plants and do just fine."

or...

"Animals are just middle-men. Where do you think cows and pigs and sheep and chickens get their protein?"

How do you get enough calcium if you don't drink milk?

"Cow's milk is designed to turn a 40 lb calf into a 400lb cow. Besides, a cup of collard greens has over 350 mg of calcium. That's as much as a glass of cow's milk!"*

-Dr. Michael Klaper, "Cowspiracy"

So you don't eat meat anymore?

"No, and I've never felt better."

Are you a vegan?

"Here's what I'll tell you: Tasty vegan food is now easy to find. And, after I eat it, I just feel so good."

Why don't you eat meat?

"I don't need it. I get all the protein I need from plants."

Clearly, you'll need to find what works for you. But these prompts should be a good start. (Even if they feel unnatural to say at first.)

The more you say them, the more they become true. You will begin to define yourself as someone who “just doesn’t eat that” anymore.

Okay, a quick recap: We want to eat more plants but it's hard because we are humans and big food wants us to fail. And to do that, you're best doing it with someone, a little bit at a time, and with the expectation that it's a long process and that people are going to ask you a lot of the same questions over and over so you might as well be prepared to repeat yourself.

Okay, onwards!

CHAPTER 5

The Framework for Using the Vitamix to Eat (and Drink!) More Plants

Finally, the chapter on what you can make. :)

Okay, we're going to break this down into three phases.

1. Blended Drinks.
2. Staple Replacements.
3. Culinary Creations.

Each section builds upon the next and gets more challenging than the previous one.

We're going to start with blended drinks.

Why?

Because blended drinks, specifically smoothies, whole-food juices, and shakes are the gateway drug to adopting more of a plant-based diet.

Not just muddled fruit and ice.

But tasty drinks that your body is going to crave.

Phase I: Blended Drinks Your Body is Going to Crave

Could you pay \$12 for something like this from a store? Of course!

But that's not a routine that will stick.

(Note: Ever wonder why store-bought blended drinks are so good? It's because it was probably made in a Vitamix. That commercial-grade Vitamix, believe it or not, is virtually identical to your Vitamix.)

Plus, making your own blended drinks, once you get the hang of one you love, is so much more convenient. Not to mention, much more financially wise.

So what's in these blended drinks? Ones that are:

- Nutrient-rich.
- Easy to make.
- As tasty as candy.

Well, there are three categories of blended drinks you'll make.

1) Smoothies

We started with blended drinks because they're the "gateway drug" of a plant-based diet with the help of a Vitamix. And of the blended drinks, we're starting with smoothies for the same reason.

They're easy to make and are picky-eater-friendly.

Smoothies are mostly fruit with some (optional) greens. The best ones have a velvety, not-just-cold texture.

Here's how smoothies compare to the other two types of blended drinks:

- **Fruit:** High
- **Greens and other veggies:** Low
- **Nuts and seeds:** Low
- **Thickness:** Medium
- **Calories:** Lower

Here's how we smoothie:

Summer

They're all good in the summer. But our strawberry and grapefruit smoothie called "The Pinkman" is one of our favorites.

Bowls

Special breakfast doesn't always have to be pancakes. Smoothie bowls are such a treat if you aren't in a rush. (See the Ultimate Guide to Making Smoothie Bowls appendix.)

Must-go

Do you have produce that must go? Throw it in the Vitamix!

People like bringing orange juice to our house when we host brunch. While we don't normally add orange juice to our smoothies, if we have some that must go, we throw it in!

The best recipe for getting started with smoothies is [Carolyn's Green Smoothie](#). It's sweet, it's creamy, and it's the perfect green smoothie for getting started.

Alternative if you don't eat banana: The [Going Green Smoothie](#). Another sweet and smooth green smoothie that tastes more like candy than anything, well, green.

Pro tip: In general, there are two types of smoothies: Citrus and berry. Citrus smoothies are orange and yellow (mango, orange, pineapple). Berry smoothies are blue or red (blueberries, strawberries, blackberries, raspberries). In general, ingredients that are good in one are *not* good in the other. But, bananas and some greens are good in either.

2) Juices

Making food juices in a Vitamix is an incredible way to pack nutrients into one glass.

To be clear, we're making whole-food juices.

Fruit, greens, seeds, roots, all blended together with some water and ice.

Compared with traditional pressed juice made with a juicer, whole-food juices let you drink all the precious nutrients and fiber. You're juicing the whole food—skin, seeds, everything. (Just as nature intended.)

And because you're getting the dietary fiber with the juice, your blood sugar stays in check (compared to it spiking and crashing after drinking pressed juice that's mostly sugar).

So whole-food juices are really good for you, especially compared to traditional pressed juice.

But they're also so convenient. There is no quicker or easier (or more enjoyable) way to put the garden into your body.

Now, you may be wondering, "what's the difference between a smoothie and a whole-food juice? Aren't they both just blended fruit?"

Compared to smoothies, juices are generally less thick and less sweet.

Here's how juices compare to smoothies and the shakes we'll discuss next:

- **Fruit:** Low
- **Greens and other veggies:** High
- **Nuts and seeds:** Medium
- **Thickness:** Low
- **Calories:** Lowest

Here's how we juice in the Vitamix:

Breakfast

We always have a little [green juice](#) for breakfast. The quick hit of hydration and plant-based punch is the best way to start the day.

After nap snack (kids)

It's more than just drinking it. We love *making* juice with our little ones after a midday nap. Such a good alternative to processed snacks and screen time.



After vacation

[Green juice](#) is the first thing we make when we get back from a trip. In fact, if it's just one of us away, the other will bring fresh green juice to the airport pickups. And it's so appreciated.

The best recipe for getting started with whole-food juicing in your Vitamix is our [Spicy Green Juice](#).

Many people like carrot juice. Of course, our [Invigorating Citrus Carrot Juice Recipe](#) is pretty different from pressed carrot juice. But with nothing going to waste, you're getting all the fiber and nutrients as nature intended.

Pro tip: Whole-food juices are pretty invigorating. You may be able to use them to let go of morning coffee.

3) Shakes

Let's talk about plant-based shakes you can make in a Vitamix.

Think milkshakes like chocolate, vanilla, or strawberry. But these have some redeeming health value.

Generally, shakes are higher in calories. But that's by design and great for meal replacements, muscle-building, and post-workout recovery.

Here's how shakes compare to the other two types of blended drinks:

- **Fruit:** Medium
- **Greens and other veggies:** Low
- **Nuts and seeds:** Medium
- **Thickness:** Thickest
- **Calories:** Low

Here's how we do protein shakes.

After exercise

The obvious benefit is recovery and hydration. But there's a less obvious one: Protein shakes made in the Vitamix are a nice incentive to start and finish a workout. (Your monkey brain needs rewards!)

Date night dinner

Sometimes you just feel like putting on a show and having a chocolate shake and popcorn for dinner. We jokingly call that date-night dinner.

Teething toddler

Teething is uncomfortable enough. But when your child is also hangry? We love making shakes for our little guy when he's clearly hungry but doesn't want to eat *anything* because his teeth hurt.

Breakfast on-the-go

Sometimes we have a long day of driving to tackle. On those days, we love packing shakes to go. It saves us a stop and keeps us going for longer.

Guilt-free dessert

Need a guilt-free dessert? Yup, these.

Here are two good shake recipes to try:

[Strawberry Banana Shake Recipe](#)

Or if I don't want bananas in your shake, our [PB&J Shake](#) is great.

Pro tip: Protein shakes are good with added protein powder *or without*. You can always add more greens or nuts or seeds!

Okay, let's recap.

A once-daily blended drink is the ticket to the lifestyle you're looking for.

Practice and master the ones we listed, first. One of each category (smoothie, juice, and shake).

Momentum is critical here. Because if you try to do too much at once, you won't get the crucial momentum you need to be successful.

Make one. Then one the next day.

Suddenly you have a two-day streak.

And again; now it's three days in a row.

Then keep the streak alive.

When your “day of rest” comes, take a break. Look back and be proud of your accomplishments.

Look at how far you've come!

Got it? Start with one.

One blended drink.

If it doesn't turn out how you expected, it's okay. Chances are it's not your Vitamix's fault.

Simply try the same recipe again tomorrow.

That's all you gotta do.

But I want you to close your eyes for a minute. At least one eye. ;)

Imagine what a delicious, nutritious daily blended drink can do to your lifestyle.

Just one each day.

And if you have a spouse or kids, imagine one giant blended drink to share.

Now imagine the Vitamix cleaning itself. (It does!)

This is where it all begins, my friend. A single blended drink every dang day.

Okay, once you've gotten the hang of blended drinks and made it part of your routine, you're ready for level two: The Replacements.

Phase II: The Replacements

Here's the second category of ways that a Vitamix is helpful in easing into more of a plant-based lifestyle: Replacements.

Let's replace the following:

- The snacks you grab.
- The dips you stock.
- The sauces you pour.
- The soups you serve.
- The desserts you crave.
- The salads you make (or think you should be making).

Now, as we've mentioned a zillion times now, this is a process.

It's about getting a little bit better.

Instead of microwaved Velveeta, you're going to make our famous queso—a cheese-less cheese made from peppers and nuts.

(No, I'm not nuts. I'm just a new dad who makes cheesy jokes.)

[Our Queso](#) is by far our most popular and life-changing recipe we've ever created. We make it weekly and always have a batch in the fridge.

Instead of crackers or chips, we'll satisfy that craving for savory and crunchy with homemade hummus. Any veggie vehicle will do.

Hang on. A veggie vehicle?

“Veggie vehicle,” defined

Most people don't actually like snacking on veggies.

Celery spears? Carrot sticks? No thanks.

But, dips?

Yes, please!

With awesome dips, veggies are merely a vehicle for getting dips and spreads into your mouth.

A Veggie Vehicle.

So instead of canned or boxed soups, you can enjoy fresh, hot soups that are so tasty they will make your friends and family think you're a top chef. Like our [Creamy Wild Rice Soup!](#) (It's our most popular recipe.)

Instead of pints of ice cream, we'll have an all-fruit sorbet that tastes like it came off an Italian street cart. You must try our [Bermuda sorbet](#). (It's divine.)

And instead of a drive-thru cobb, we'll make a giant batch of crunchy, filling salads just like ones you'd find in bulk at Whole Foods. [Detox salad!](#) (We make a batch every week.)

No, it's not going to happen overnight.

But once you start introducing these Replacements, your body will start speaking to you louder than it ever has before. And you'll hear what it has to say!

Your body is going to feel revitalized.

And it's going to beg you for these plant-based foods and drinks.

Furthermore, when you try to feed your body junk food, you're going to hear your body cry out.

And this is where the magic happens.

You're going to start to decline meat, dairy, and sugary snacks. Not because you've suddenly become unwaveringly disciplined.

But because your body's going to say: This doesn't make me feel good anymore.

And again, you're going to listen.

(But that plate of falafel with salad looks fabulous. May I?)

Okay, let's recap: We've eased in and incorporated plants into our routine with blended drinks (smoothies, juices, and shakes). And we've also begun to replace some of our staples with soups, salads, dips, and spreads that our body craves.

Now, let's go to phase three.

Phase III: Culinary Creativity

By now, your cravings have changed a bit. And with that, comes a change in your taste buds, too. They:

- Are more refined.
- Need less sweetness.
- Can decipher freshness, taste artificial additives, and recognize processed ingredients.

In other words, it's now about *more than* just easing into plant-based options. It's about using the Vitamix to level up to more of a plant-based lifestyle.

You're craving:

- Homemade flours. (Bleached and enriched? No thanks.)
- Dressings made from scratch. (Additives and preservatives? No thanks.)
- [Homemade nut milks](#). (Because they taste like heavy cream in coffee!)
- Less starchy sides. ([Artichoke dip!](#))
- Craft cocktails.
- Sauces and purees that didn't come from a jar. ([Pesto!](#))

These things may sound advanced today.

But that's why you have to start slowly. This is Phase III.

Soon these creations will come naturally. They are part of who you are.

It will happen.

You just have to be patient.

CHAPTER 6

A Word of Caution

The goal of this ebook is to show you how you can use a Vitamix as a tool to achieve your goals. But be warned.

Simply having a Vitamix is not going to magically give you a plant-based diet.

You're going to have to put in the work.

But if you're intentional about it and remember what we discussed above, there's a good chance that your Vitamix will help you get to the plant-based promised land.

If You're Still a Bit Stuck

Remember, the lifestyle you dream about is there for you to take.

But it's up to you to look your fears right in the eye.

Afraid of failure? Ask yourself, "What's the worst that could happen?"

Afraid of succeeding? Yes, this is a real thing. You should never feel guilty about achieving the lifestyle you deserve.

Ultimately, you have to look at yourself in the mirror. Are you living the life you want to be living?

Will the answer be the same tomorrow?

Thanks for reading about our method for using a Vitamix to help you ease into a more of a plant-based diet.

Please send questions, feedback, and introductions to hello@lifeisnoyoke.com. We love hearing from you and read every note ourselves.

And if you found this book helpful, you can help other people find this book by leaving an honest review.

Afterword

I've been 100% plant-based since the beginning of 2017. I've never felt so good.

But it took a long time.

And I want to be sure you know that adopting a plant-based diet is a journey. It takes a long time.

Furthermore, it was never a conscious decision. It happened without me realizing it was happening.

First, I realized I was lactose intolerant. So I gave up cheese.

Then, I began to decline red meat. Then chicken.

For a while, I only ate fish and eggs. (Because sushi!)

And finally, I was a vegan.

All it took was five years.

I'll say it again because it's important.

It was a five-year process.

And it was all because I began to listen to my body.

And it *progressed* because I educated myself on the perils of the factory farming industry. Meat and dairy cause undeniable suffering to millions of voiceless mammals. Birds and marine life, too.

(This is all without mentioning the exploitation of the humans who work in these devastating and unsafe conditions.)

But it all can start for you the same way: **Listen to your body.**

If it's tired, give it some green juice.

The rest happens on its own.

Without ever deciding "to go vegan."

Make one thing in your Vitamix. Take note of how you feel.

And ride the momentum into the promised land.

About the Author: Lenny Gale



Lenny Gale studied Accounting at the University of Wisconsin - Madison and earned a CPA in 2008.

After college, he took a traveling consulting job where he built strategic financial models for Fortune 500 companies' office of the CFO.

In 2012, he left that job, an unhealthy lifestyle, and 40 extra pounds to make health and wellness his work. He's been working on his mission at Life is NOYOKE ever since.

Low Point

2009. Lenny was a cigarette smoking, steak and buttery potatoes eating, alcohol indulging, single, consultant-guy who *actually* thought that a bagel and cheese and bacon was a healthy breakfast.

Turning Point

2011. Burned out with the consulting lifestyle, Lenny took a solo trip to Europe to do some soul-searching. There, Lenny read “Live Young Forever” by Jack LaLanne, “The China Study,” by T. Colin Campbell and Thomas M. Campbell II, and a book about habit change called “Switch.” Soon after, he decided that he had one year to transition clients, change his habits, and learn how to build a website.

Today

Despite eating anything as long as it’s 100% plant-based, Lenny is in the best shape of his life (inside and out) since his senior year of high school where he was a chiseled two-sport athlete. He is the “engine” that powers Lifeisnoyoke.

FAQ

Are you actually healthier?

"Doctor says I've never been healthier."

How did you decide to stop eating meat?

“It's been a process. One day, I just started to listen to my body. That day, when offered pepperoni pizza, it said, 'No, thanks.', so I ate something else. Haven't turned back since."

What about bacon?

"Bacon is a tough one. Because it's tough to argue how good it smells. And the smokey taste it gives to food. But once I learned that pigs are highly intelligent, family-oriented, trainable mammals, and the extent to which they live a tortured life as a factory farm animal, 'bacon' from vegetables started to taste a lot better."

What about chicken or turkey?

"Did you know chickens purr when you scratch behind their ears? How about that they're now bred to grow so large so quickly that their lives are taken when they are unable to hold up their own body-weight? Yeah."

Eggs?

"Eggs from free-range organic hens, maybe. But the tiny prison cells used in egg hatcheries and barbaric disposal of male chicks breaks my heart."

About Shalva Gale



Shalva Gale got a Master's in Industrial-Organizational Psychology at DePaul University in 2008.

After college, she built a nice career in corporate training at companies like Restaurant.com, Vivid Seats, and United Airlines.

In 2016, a few months before her wedding to Lenny, she joined Life is NOYOK full time.

Low Point

2010. Shalva was a cocktail-serving, bread-and-cheese-loving, candy-hoarding, single gal who baked (and ate the creations) for the sake of “therapy.” Her nickname was “schluffy girl” because of her low energy.

Turning Point

2015. After a few months of dating, Lenny brought over one of his demo Vitamix machines to live on Shalva’s counter. She got into smoothies and hasn’t turned back since.

Today

Shalva is an active, vibrant, and glowing new mother of two objectively gorgeous boys (born in winter 2017 and 2019). She still loves to create in the kitchen, but now does so with plant-based ingredients. Outside the house, she will proudly enjoy non-plant-based indulgences without guilt.

About Lifeisnoyoke

Our Mom and Pop Vitamix Shop



Hey there. We're Shalva and Lenny Gale and we sell the Vitamix machine.

How?

People use our links to make purchases directly from the manufacturer's website.

"How do you...?"

Have you heard of the Amazon affiliate program? It's like that; Vitamix pays us a little commission when people make purchases with our links.

“You do this full time?”

Yes. We feel grateful every day to be doing this work.

“You going to do this forever?”

Hopefully! We don't need much.

“Can I buy directly from you?”

You can buy directly *through us* by using our shopping links from our website

lifeisnoyoke.com

“Are there other ways for me to support your work?”

Yes, there are a few. Easiest is to make our recipes for yourself and tell your friends about what we do.

“How did you get started with Vitamix?”

Lenny's Vitamix story: I'd used egg white smoothies to lose weight and build muscle twice in my life. Once during high school for sports, and then again after college. During the latter transformation, I got my first Vitamix. It helped me step up my smoothie-making and culinary game, of course. But mostly, it made my healthy lifestyle stick. In 2011, when I was preparing to take the leap from Big Consulting and make health and wellness my work, I learned about an opportunity to join the Vitamix affiliate program.

Shalva's story: Lenny left a Vitamix on my counter when we began dating. I put down my IO psychology career to work on Lifeisnoyoke full time in 2016.

“Who are you?”

We are DIY introverts who left the corporate world to find joy and purpose with our work.

“Are you vegans?”

I am, she is not. We keep a plant-based kitchen; no animal products at all. But we eat without rules or judgment outside the home.

“What does Lifeisnoyoke mean?”

Pronounced "life is no yolk," it was originally wordplay. Think egg whites. They're often used by people early in their healthy lifestyle journey. "Egg white omelet, please!" It's this idea of small steps in the right direction that remains the core ethos behind Life is NOYoke. Today, we use the Vitamix as a means to that end

APPENDIX I

5 Common Mistakes New Vitamix Owners Make

This is one of those guides to keep in your back pocket.

Why?

The Vitamix machine comes with a bit of a learning curve.

Yes, it's a blender. Yes, it's powerful and can do so much more than just smoothies and shakes.

But there are a few things to keep in mind as you begin your journey.

And after doing this full time since 2012, here are the reminders (mistakes to avoid) that are most helpful for new owners.

1) Your Vitamix is probably not defective.

Might it be? Sure.

But about one half of one percent of all Vitamix blenders are ever sent in for warranty service. So it's probably not defective.

Feeling like your Vitamix is defective is totally normal.

Perhaps it's overheating or shutting off? Perhaps there are large air bubbles?

Remember the following:

- **Ratio:** Aim for a 50/50 ratio of liquid to frozen ingredients, especially when making blended drinks. Any less than that and you should expect to use the tamper.
- **Loading order:** Always add liquids first and frozen ingredients last. This helps get everything moving into that efficient, vortex motion.
- **High speed:** Your Vitamix is made to run on the highest speed it will go. You may think you're going easy on it by holding it back. But because the cooling system turns on at the motor's highest speed, the opposite is actually true.

Also worth noting: You may notice a burning smell during the first couple blends, even if you're minding the ratio, loading order, and using high speed. This is totally normal as it is just the motor breaking in.

If, of course, this lasts beyond the first few blends *and* you're minding the ratio, loading order, and using high speed, you may have gotten unlucky and should call Vitamix Customer Service 1-800-848-2649.

2) The tamper is your friend.

The tamper is designed to help you push ingredients down into the blade. So a couple of things to note:

First, assuming the container's lid is on, the tamper will never touch the blade. (Never use the tamper without the container lid on!)

Second, the Vitamix motor is made to handle your push with the tamper. No need to worry about hurting your machine here.

And third, you should know **when** to expect to use it (and when not to).

You should not need to use the tamper for most smoothies and juices.

But if you do, it's okay.

Thick smoothies and shakes are great. A couple of pushes with the tamper may be necessary.

In some cases, however, you should **expect** to use the tamper.

- Nut butters
- Ice cream
- Very thick blends (like hummus)

(We even use the tamper as a ricochet point when coarsely chopping carrots or cabbage or cauliflower for things like our Detox Salad.)

So don't be afraid of using the tamper. Assuming you're on high speed and you've minded proper loading order, your Vitamix appreciates you using it.

And most likely, you will, too.

3) Go slow.

It's easy to get overwhelmed with all the things you want to make in your Vitamix.

Of course, you want to make almond butter. And you want to make pizza dough and Blizzards and Frappuccinos and sorbet and...

We've been doing this full-time for a long time and we still have a giant backlog of things we're yet to try.

It's cliché, but it's true—the journey is the destination here. Enjoy what you're working on now (without thinking about everything you have to work on later.)

4) Keep it on your counter.

Maybe you have some health and fitness goals you want to accomplish.

Or maybe you are looking to be more creative in the kitchen.

You now have this tool to help you be a little more like your ideal self.

So don't let it gather dust in a cabinet!

Doing so, hiding your Vitamix, does three things:

First, a Vitamix out of sight is a Vitamix out of mind. You want it in your peripheral constantly reminding you to put it to use.

And second, a barrier is a barrier. Even if it's easily accessible, the smallest bit of friction (putting it on the counter and plugging it in) is enough to keep you from using it.

And finally, with your Vitamix put away, something else is taking its spot on the counter.

Put the toaster in a lower cabinet and give the Vitamix its spot; you'll be amazed at the results you get.

5) You're gonna fail.

Yes, the mechanics are pretty straight forward. There's a blade that spins.

But there's a learning curve with the Vitamix.

It takes a little bit of time to really get the feel of it.

So you might try to make ice cream and end up making ice cream soup.

You might make a smoothie that's brown and tastes like mud.

So you failed. Who cares?

It's important to remind yourself that just because you failed, it does **not** mean you're a failure.

And, that it happens to everyone.

We use our Vitamix almost every day. And if we're improvising, there's a decent chance we're not gonna get a masterpiece on the first try.

And with that, if you want to build confidence with your Vitamix, the best way to do so is to follow recipes that work.

Begin with the ones listed at the beginning of the book: [Green juice](#), [Carolyne's Green Smoothie](#), [Our Famous Queso](#), [Fancy Tomato Soup](#), [Wendy's Frosty](#), [Monkey Butter](#), and [Detox Salad](#)

They'll set a foundation for the habits we'll discuss in the next section.

APPENDIX II

7 Easy Habits to Adopt (now that you have a Vitamix)

It's easy to buy a Vitamix and then feel like the work is done. Yes, the Vitamix can help you:

- Lose weight
- Gain more energy
- Impress your partner

But you need to build some habits around your machine. Here's what's worked for us.

1) Green juice on tap

A little bit of green juice every day will change your life.

Let that sink in. Because it's so, so true.

The energy boost you feel immediately after drinking some blended, whole-food green juice is intoxicating.

Get into the habit of having some every day.

We make a big batch every other morning before work and school. Other people like to make it in the evening.

You can store it in the fridge for a few days. After the third day, you'll want to make a fresh batch.

We still like coffee in the morning because we like the taste. But if you're looking for a coffee replacement, green juice certainly can be that.

In our home, making green juice is my responsibility. Whose will it be in your home?

2) Sunday night detox

Our Detox Salad is one of those magical recipes.

- Fills you up
- Makes you feel full (without making you feel stuffed)

It's like something you'd see in the Whole Foods deli counter. Something so colorful and impressive, it feels like something you could never make yourself.

Well, now you can and should. Once per week, make a habit of making yourself a giant detox salad.

You can use the dressing from the original recipe. Or, leave it undressed and simply add some balsamic, sunflower seeds, and raisins.

It takes just a few minutes to coarsely chop all the veggies. And it lasts the entire week, especially if it's covered in the fridge.

This is one of those Sunday-night recipes. Because after a long weekend of indulging, it feels so good to have some detox salad on Monday.

3) Dips for days

There are a million different dips you can make with your Vitamix.

Hummus is good. Salsa is great.

In our home, we love having our queso on hand.

The key is getting into the habit of making one of two of those dips every week.

Got dips at eye-level in your fridge? Now you have a grabbable veggie snack (that you can dunk in good-for-you deliciousness).

Snacking is a way of life. The trick is making healthy snacking easy and enjoyable.

4) Because you can't buy frozen bananas...

Add it to your list. You should always have frozen bananas in your freezer.

Frozen bananas are the key to thick and creamy shakes. And they're in nearly every frozen dessert recipe.

- Peel them.
- Slice them.
- Freeze them.

Don't let *not* having frozen bananas force you into eating junk.

5) Soup kitchen.

You can get really creative with Vitamix soups. And we'll discuss that next.

But simple soups and stews and chilis are so nice to have ready to eat.

We like making double batches of our lentil chili.

Some for now. And some for later.

And to get the most value of batching soups, we use these surprisingly priced but well-worth-it soup cubes.

It's important to have hot dinners, especially if your winters require it.

But it's even more important that you're in the habit of making those hot dinners in advance so they're easy to grab and reheat.

6) Wow your partner.

So much of how we use our Vitamix supports a healthy, minimalist, productive lifestyle.

But don't forget to dig into some of the recipes that are special. The ones that will make your spouse go "wow!"

Our Creamy Wild Rice Soup is incredibly popular.

And our Thai spring rolls are really impressive (but also fun if you want to make it a date-night activity).

Stay creative, even after you've figured out the handful of things you like to make.

7) Take a blending sabbath.

One of the best pieces of general advice you can use in life: take a break.

Pick a day that you refrain from blending.

We blend so much in our home. We blend for work and we blend for our life.

But on Saturdays, we rest.

It's a decision that we've made. And thus, we don't need to grapple with the decision again.

No guilt, no excuses. One day per week, we give ourselves a little break.

Because living this lifestyle takes a lot of effort. And of course, you need to be disciplined to stick with it.

But that gets exhausting. And without a break, it's unsustainable.

Your Vitamix doesn't need a break. But your brain, on a regular basis, definitely does.

APPENDIX III

10 Vitamix Hacks

I want to share ten little Vitamix hacks with you. You know, little-known Vitamix tricks to make your life easier, better, whathaveyou.

But first, a quick note.

Most pieces about Vitamix hacks are often just features and benefits disguised as “hacks.”

You already know the Vitamix can turn cold water and vegetables into hot soup in six minutes. You already know it can make ice cream from frozen bananas.

Those aren't really hacks. :)

These, however, are nifty little Vitamix hacks that we actually use in our home.

1) In-sight, in-mind

We keep our Vitamix on our countertop. We use it as a constant reminder of the lifestyle we've committed to. And in doing so, we get *so* much more out of it. (Not sure if you have the counter space for it? Do you have a toaster? Let it have the toaster's spot. You'll be blown away at the results.)

2) Get creative

We take number one (from above) to the next level by personifying our Vitamix. How? We put blank stickers on the base and write little messages. From the Vitamix. to us. "FEED ME!" is one of our favorites.

3) Quench thirst

This one is kind of silly, but surprisingly satisfying. We use the Vitamix container to water our plants. It helps us live a more minimalist lifestyle.

4) Measure precisely

The lid plug has accurate measurement markings. So we use it to measure ingredients when making adult beverages like margaritas or mojitos.

5) Slide it out

Our Vitamix lives on the counter and below the cabinets. When we use it, we pull it towards us so we can access the container. To make that process a little bit easier, we stuck felt pads on the Vitamix's rubber feet. Felt pads are available for a dollar or two at any hardware store.

6) Stay ripe

Assuming you're minding proper loading order, frozen fruit can do wonders for smoothies and juices. So when fruit is about to go bad, we throw it in a storage container and freeze it until we need it. Frozen mango, for example, is great on top of a spicy green juice blend.

7) College fund

This one is for new parents. Use your Vitamix to make baby food and then freeze it in little trays for later. Great. But before needing baby food, you'll need to endure life with a newborn: survival mode. And that means feeding yourself warm, nourishing meals with little effort. So just like we made baby food and froze it, we do the same with hot soups. Giant batches and freeze them for when you're in survival mode.

8) Freshly ground

I like to grind my coffee beans when making coffee. The coffee is so much better that way. So when my coffee grinder needed repair recently, I used my Vitamix to grind the beans. Not as good as coffee from beans ground in the grinder. But definitely better than using pre-ground beans.

9) Popcorn meal.

We don't grind a lot of dry grains in our home. But did you know you can use popcorn kernels to make cornmeal? It makes our cornbread taste so fresh.

10) Smooth move.

I saved the best for last. Make a nut butter in your Vitamix. And scrape as much as you can off the container. But instead of just cleaning it, use the nut-buttery container to make a berry smoothie. Now you have a tasty PB&J smoothie and less wasted nut butter. The best!

I hope those were fun to read and will someday be helpful. You can watch them in-action in this [2-minute video: 10 Vitamix Hacks \(that we actually use\)](#)

APPENDIX IV

Do These 7 Things to Your Vitamix to Prolong its Life

So you recently (or maybe not so recently?) got a Vitamix and want to make sure it lasts as long as possible.

Oh, you smart.

In this guide, you'll learn the 7 things you can do to prolong the life of your Vitamix.

But first, some good news.

Vitamix machines already last forever.

Okay, that's factually incorrect.

Your Vitamix will not last forever.

The sun is going to stop burning in 5 billion years, and forever is way past that. Infinitely, actually.

But Vitamix machines *do* last many years; often far past their warranty.

Some of the best emails we get are a variation of the following:

“Hey, Lenny and Shalva, I’ve had my Vitamix for 15 years and I’m tired of waiting for it to die. Can you help me find the right upgrade for me?”

It’s always fun to hear that a Vitamix owner has a machine that’s a teenager.

But you know what makes this remarkable?

These Vitamix owners are likely not doing many of the life-prolonging tricks we’re going to discuss below.

Had they? Wow.

Now, before discussing the life-prolonging tips, let’s discuss the three most common causes for Vitamix machines needing service. This will help you better understand “the why” behind the life-extending tactics for your Vitamix.

3 most common issues (causing owners to need service for their Vitamix)

It’s important to understand these. The typical “whys” behind a Vitamix needing repair.

Leaking container

If you only made green juice, you’d probably never get a leaky container. But certain ingredients can harm and wear upon the container seal.

Broken or worn drive socket

The drive socket is the rigid metal thingy that fits around the blade assembly's gear. By using a few of the best practices below, you can help the drive socket stay strong (for long!).

Blown motor

This is the engine that won't start. In 99% of cases that occur within 10 years of purchase, it's because of user error. In 80% of cases within 15 years, it's probably from not following best practices.

Do you feel qualified to work at the Vitamix Call Center yet? Either way, let's move to the things you can do to extend the life of your Vitamix.

Extend the life of your Vitamix with these 7 tips

Want your Vitamix to outlive you? Here's how to prolong its life.

1. Always run a cleaning cycle
2. Use top speed.
3. Use the tamper when applicable.
4. Layer correctly.
5. Be careful with protein powder.
6. Don't put the container in the refrigerator or freezer.
7. Use your Vitamix regularly.

Now let's discuss the reasoning behind each.

1. Always run a cleaning cycle

A couple drops of soap, warm water, and 30 seconds on high speed is all you need.

But, look. I get it.

It's really easy to just leave the container in the sink for later. Or just give it a quick rinse and run out the door.

But for the good of your Vitamix, don't do that! Get into the habit of running a cleaning cycle after every blend.

Why is it important to always run a cleaning cycle after using your Vitamix?

Aside from keeping your container clean, reduced residue on the blades mitigates container leaks. And, as a bonus, it's a food safety best practice!

Pro tip: Your Vitamix machine might be dishwasher safe. But unless you're going to run the dishwasher immediately, a traditional cleaning cycle is a better choice.

2. Use its top speed

You may think you're "saving your Vitamix" by *never* running it on the highest speed it can go.

No!

You need to be using Variable Speed 10 (or on some Classic machines, High). High speed.

This is so important. High speed.

The engine inside the Vitamix machine is designed to run most effectively on Variable Speed 10 (or High Speed if you have one of the Legacy machines). Blending on lower speeds when you can (and should!) use top speed is actually bad for your Vitamix's engine.

Why?

At top speed, the thermal protection system activates completely. This helps keep your engine cool.

Need an analogy? Here's one.

Refusing to run your Vitamix on top speed is like driving your 5-speed manual transmission car on the freeway in 3rd gear. Can it do it? Yes. Will it harm your engine? Of course.

Want another analogy? Exclusively using lower speeds on your Vitamix is like swimming laps with one arm tied behind your back. You might think that saving your left arm is a good idea. But Left Arm is not going to be thrilled when Right Arm falls off. (Or, if you drown.)

Got it?

You got it.

Because I've been reading a lot of rhyming children's books to my boys (and I can't help myself), here are a few one-liners to help make this stick:

- Variable Speed 10 is your friend.
- High Speed is what you need.
- Turn it all the way up, Buttercup.
- Thick blend, turn the dial to the end.
- High as it can go, yo!

Okay, thanks for indulging me there.

3. Use the tamper when applicable

If you follow well-tested Vitamix recipes, you should *not* need to use a tamper for smoothies and juices.

But ice creams and nut butters, for example, *do* need a tamper.

In fact, that's one of the things that makes the Vitamix so special. It loves it when you use the tamper.

Using a tamper to gently guide ingredients into the blade helps the motor process your blends more efficiently. I know it's counter-intuitive because using a tamper can feel harsh.

But, failure to use the tamper can overwork your Vitamix's motor.

In the short run, an overworked Vitamix motor will shut itself off to cool. In the long run, it places undue stress on the motor, which, of course, shortens its useful life.

Moral of the story: Don't be afraid to use the tamper. Be afraid of *not* using it.

4. Layer correctly

You may notice something in the recipes from Vitamix or on the Getting Started Guide that comes with your machine. There's an emphasis on which ingredients you should add first.

Why? Because order matters!

You should layer ingredients soft stuff first, hard stuff last. For example:

1. Liquids
2. Soft, fleshy fruits (i.e. oranges)
3. Harder fruits (i.e. apples)
4. Leafy greens
5. Frozen fruits and ice
6. Seeds and nuts

The Vitamix machine (and probably all other blenders) works most efficiently when layered correctly.

With liquid and soft fleshy fruit at the bottom, the blade has something to grab onto.

Then, the hard ingredients get pulled in (as well as being pushed down by gravity).

(Why seeds last? We'll discuss why in the next section.)

The result is an efficient blend without any ingredient idling.

The other reason why layering the Vitamix container correctly matters is this: Anytime the blade hits a hard object (ice or frozen fruit) at low speed, the blade stutters and wears the drive socket.

So by putting frozen ingredients on top, the drive socket stays stronger, longer.

(This is also the reason to avoid any and all foreign objects into your container. The drive socket and blade do not appreciate smacking a metal spoon.)

Pro tip: If you drop a spoon in your Vitamix while blending and it breaks the drive socket, you should still call Customer Service and explain what happened. They understand that this stuff happens and should be able to take care of you.

5. Be careful with protein powder

Totally cool if you like to use protein powder. We do occasionally, too!

But if you're not careful, regularly and incorrectly using protein powder can do damage to your Vitamix machine.

Never add protein powder first. Add protein powder sometime in the middle or last if possible.

Even better, add it through the container while it's running. That way it gets mixed well and is less likely to get caked onto the blades or the seal.

This helps prevent container damage (leaks).

Pro tip: The same goes for seeds. Add them last or through the container while running for the best results, easiest cleanup, and lightest load on the machine.

6. Don't put the container in the refrigerator or freezer

I know it's tempting. We used to do it before learning not to.

But don't place a half-full container in the fridge or freezer.

The extreme temperatures affect bearings in the Vitamix's blade assembly. Use a mason jar or reusable container to store leftovers instead.

Cool?

Okay, last tip.

7. Use your Vitamix regularly

Another counter-intuitive point. But the more you use your Vitamix, the longer it will last.

Why?

When you use your Vitamix frequently, you'll be:

- More comfortable using it.
- Less likely to make new-user errors.
- More likely to build good Vitamix-owner habits.

I think owning a motorcycle is a good parallel here. The more you ride, the less likely you are to burn out the clutch. (Or crash.)

Okay, so we've talked about why Vitamix machines typically need repair and how to prolong its life. Just one last thing, and this comes directly from a longtime Vitamix Customer Service rep.

If your Vitamix needs service, make the call.

Some people are stubborn and won't see the doctor. But then their issue lingers until it cannot be fixed.

Don't do that with your Vitamix!

Everybody at Vitamix HQ wants your Vitamix to run as well as it did on day one. So if it's having issues, call Vitamix customer service!

1-800-VITAMIX (1-800-848-2649)

They may be able to troubleshoot the issue with you over the phone. And if not, they'll schedule a repair.

Remember: Your machine came with a full warranty spanning several years. It covers free shipping both ways, so take advantage!

But most importantly...

You really can prolong the life of your Vitamix. Use it right, use it often, and as my grandmother used to say, "Use it in good health!"

APPENDIX V

The Ultimate Guide to Making Smoothie Bowls



This appendix in just a few words:

- Smoothie bowls are terrific.
- Just make the smoothie a bit thicker than normal.
- Pour it into a bowl, add ingredients, and enjoy with a spoon.

Carolyn's Green Smoothie makes a great smoothie bowl without much modification. Maybe add a tiny bit more frozen mango or ice to the blend.

Got it?

Okay, here's the full guide. :)

It goes without saying, but...

Smoothie bowls are one of the most wonderful things you can make with a blender.

They're:

- Delicious!
- Nutritious!
- An opportunity for some creativity for you and your loved ones!

You can make 'em green or acai or tropical or protein powder style; however you like.

Essentially, blend an extra thick smoothie. Then, pour it into a bowl, and let it become your canvas for toppings.

With all the go-go-go in our lives, slowing down a bit to make a smoothie bowl feels glorious. They may not be an everyday thing for you.

But smoothie bowls, or smoothie cereal as I like to call them, should become a part of your life. And with a little patience and the right technique, you'll be creating your own in no time at all.

With that, let's get you ready to make your first smoothie bowl. Or, if this is not your first, let's get you ready to make your first good one.

Quick personal note:

I used to think smoothie bowls were a silly trend. But after making just one, I was hooked. There's something so nice about having an alternative to drinking a smoothie. Plus, using a spoon to eat breakfast feels strangely comforting. Furthermore, the mindfulness required to create smoothie bowls coupled with the deliberate act of eating them (instead of simply sipping a drink through a straw) is a process that you may resist. But it's one you never regret. I'm a huge fan of smoothie bowls. And after reading this post, hopefully, you will be, too.

8 mistakes to avoid when making smoothie bowls

The Watery Smoothie Bowl Mistake: Use plenty of frozen ingredients

Are your smoothie bowl toppings sinking to the bottom?

Well, your smoothie bowl base needs to be thick. Thick enough to support your toppings.

In fact, you want the base of your smoothie bowl to be a bit thicker than a smoothie you'd drink from a straw.

How do you do this?

Two important steps:

1. Use a lot of frozen ingredients. (Frozen fruit or ice).
2. Use the tamper to push ingredients into the blade.

(And keep in mind: Your Vitamix is designed for this task! The tamper will never come into contact with the blade. And, the Vitamix machine itself is built to be able to process ingredients like this (with the help of the tamper).

If you do not have a Vitamix, you may need to stop blending, mix by hand, and blend again.

How much frozen ingredients should you use?

The general rule is three parts frozen, two parts liquid. (Two-thirds frozen ingredients is usually too much. But half and half is not enough.)

But keep in mind the following: You can always add more liquid mid-blend.

You cannot, however, add frozen ingredients mid-blend. The uneven start times will result in chunks of ice or frozen fruit.

So **start with lots of frozen ingredients**. Because a chunky, lumpy, stalled smoothie bowl base is easy to fix.

The Chunky, Stalled, Too-Thick Smoothie Bowl Mistake: Use plenty of liquid ingredients (and your tamper)

If you have a high-performance blender, it's designed to handle frozen ingredients with ease.

But here's the deal: Even with a Vitamix, **smoothie bowl bases need some liquid** ingredients to get everything blended evenly.

And if you're not sure, liquid ingredients include:

- Nut milk
- Water
- Juice

Fresh fruit (berries, banana, cherries, orange, etc.)

So if your smoothie bowl base is too thick, add some liquid ingredients.

But as we talked about above, you **do not add ice or frozen fruit mid-blend** to make a smoothie bowl thicker. Adding frozen ingredients mid-blend may result in unwanted chunks.

So add your liquid ingredients as needed.

Also, if you have a Vitamix, use the tamper. It helps. (And that's why it exists.)

Also, if you're finding full leaves of spinach or kale, revisit the proper loading order. Add **liquids first** followed by leafy greens. **Frozen ingredients should be added last.**

And finally, **don't stop the blender too soon.** The friction created by the blade will turn an icy snowball into buoyant smoothie bowl glory.

Okay, so now you have the consistency right. What about color?

The (inadvertent) Brown Smoothie Bowl Mistake: Avoid mixing complementary colors when making smoothie bowls

It's a lesson from grade school art class. Complementary colors mixed together make brown.

So feel free to mix two primary colors when making your smoothie bowl bases.

- Red and blue
- Blue and yellow
- Yellow and red

But **don't mix red and green!** They're complimentary colors. (Essentially all three primary colors mixed together.)

A good example: **Greens in a strawberry smoothie bowl will be brown.**

This is the same reason why you do not add greens to Bloody Mary mix. It turns brown.

Fortunately, a handful of greens in a berry smoothie won't turn it brown.

Pro tip: As a rule of thumb, remember this: **Keep berries away from citrus fruits.**

Now, what if you blended the right color and right consistency, but it still tastes funky?

The More is More Mistake: Stick to a flavor profile to avoid funky-tasting smoothie bowls

It may happen when you go to a big wonderful salad bar: You grab all the things you like.

Well, here's the problem: The things you like don't necessarily belong together.

You may like peanut butter. And you may like pesto sauce.

But should they be paired together? No way.

The same goes for smoothie bowls. Remember that **less is more**.

And, if you're not following a recipe, try to build a smoothie bowl by flavor profile. The recipes below are good because they have just a few ingredients.

Now even if you stick to a flavor profile, your smoothie bowl base may not be as creamy as you hope. Here's how to fix that.

The Snowball Smoothie Bowl Issue: Use the following two tips to get a creamier smoothie bowl

So you want a creamy smoothie bowl. There are two things you can do.

1. Use "creamy" ingredients.

There are a few ingredients that add creaminess to smoothies. Frozen mango and frozen banana are great. The former is good with citrus or tropical flavored bowls. The latter is good with nearly any bowl flavor.

Avocado, squash, or cashews are great, especially if you don't like banana. Those all add creaminess nicely.

2. Be ready with your toppings.

When your smoothie bowl base is ready, you should be ready with toppings immediately. Any delay in getting toppings can cause your smoothie bowl to melt and get unnecessarily watery and melty.

So now you're ready for your toppings. Keep the following in mind.

Topping fails: Here are a few tips for success with smoothie bowl toppings

Adding toppings to your smoothie bowl is half the fun. Avoid these common mistakes.

Soggy granola: Add granola last. Also, work to get a thicker smoothie bowl base. That will keep the granola from becoming submerged.

Crunchy chia seeds: Add these first. Let the seeds absorb a bit of the smoothie bowl base.

Sandy flaxseeds: Add them to the smoothie bowl base; the blend. Do not sprinkle them on top like you would with chia seeds.

Dry oats: Add them to the blend like you would with flaxseeds. If you want to sprinkle oats on top, add them first like you would with the chia seeds so they absorb a bit of the smoothie bowl base.

Giant pieces of fruit: Slice them! Whole strawberries, for example, make for unpleasant smoothie bowl bites. Slice them!

So these were tips for adding toppings to your smoothie bowl for optimal flavor and consistency. Now, let's discuss how to make your smoothie bowls look as delicious as they should taste.

Ugly bowls: A few tips to make your smoothie bowls aesthetically pleasing

What you see has a big impact on what you taste. Here are a few tips for making delicious-looking smoothie bowls.

Use geometric shapes when you top your smoothie bowls. Lines and quadrants work well.



Avoid the “tossed salad” approach to adding smoothie bowl ingredients. This generally looks less appealing. And, by extension, tastes less appealing.



This smoothie bowl had a promising start with three rows of chia seeds, coconut, and granola. But then we ruined it by sprinkling dried goji berries all over the place.



Be careful with a drizzle. A little drizzle of nut butter can actually enhance the look of your bowl. Too much drizzle makes an ugly mess. Too much or just right? You be the judge of the drizzled peanut butter below.



Less is more when it comes to ingredients. So avoid adding too many toppings. Let it breathe! Try to leave at least a quarter of your smoothie bowl base visible. (The bowl below was delicious, but may have been better with the granola sectioned in a corner leaving some of the green smoothie to shine uncovered.)



Eat bottom-up. It's easy to push toppings down as you eat. Dive in gracefully and take spoonfuls from the bottom-up. That will keep ingredients at the top for longer.



So you're ready to share the smoothie bowl fun. Just keep in mind that they're not for rookie eaters.

Clueless Uncle Mistake: Remember that smoothie bowls are not for toddlers

To enjoy smoothie bowls, you need to be able to operate a spoon.

I learned this the hard way this weekend when I tried to serve my two-year-old niece a smoothie bowl. She had fun adding toppings to her bowl.



But once she sat down, she was more interested in painting the walls.

Smoothie bowls can be fun for children. Just wait until they're a bit older!

The Most Classic Smoothie Bowl Mistake is Quitting: Instead, give it a try and don't give up; smoothie bowls are truly wonderful

You're going to see lots of beautiful smoothie bowls on Instagram.

Your first few bowls, alas, will look nothing like them.

- Strangely colored
- Disorganized toppings
- Too thick or too thin or tastes strange

Don't be discouraged! Making smoothie bowls is an advanced blending technique.

Soon, you'll get the hang of it.

To get started, pick one of the smoothie bowl recipe templates below!

7 smoothie bowl recipes (templates) to use

Smoothie bowl recipes are more of an art than a science. The general rule is three parts frozen to two parts liquid or fresh fruit. Here are some of the best smoothie bowl recipes to use as inspiration.

The Green Smoothie Bowl Recipe Template



Green smoothie bowls are great for getting started. They're easy to get the right consistency and are flexible for adding or subtracting the things you do not like. If you don't like bananas, no problem!

To make a green smoothie bowl, use the ingredients in Carolyn's Green Smoothie as a base.

INGREDIENTS

- Nut milk
- (Frozen) Mango
- (Frozen) Banana
- Greens

TOPPINGS:

- Granola
- Chia seeds
- Coconut shreds
- Strawberries
- Raspberries
- Blueberries
- Blackberries

Topping to avoid: nuts and nut butters. For whatever reason, nuts and nut butters do not taste good with mango.

Want to make a green smoothie bowl without bananas? Add more frozen mango! Or, add some frozen pineapple.

The Mixed Berry Smoothie Bowl Recipe Template



Mixed berries are a really easy way to make delicious smoothie bowls. Just take a bag of mixed berries and mix with a little nut milk.

Or, mix your own berries! Strawberries and blueberries are a great combo.

These smoothie bowls are great with nut butters. But to get more “bang for your buck”, add the nut butter as a topping, not in the smoothie bowl base; same calories, more flavor!

To make a green smoothie bowl, use the ingredients in our [PB&J Shake](#) as a base.

INGREDIENTS

- Nut milk
- (Frozen) Blueberries
- (Frozen) Strawberries or Raspberries

TOPPINGS:

- Granola
- Chia seeds
- Walnuts
- Almonds
- Nut butters
- Coconut shreds
- Strawberries
- Blueberries
- Raspberries

Topping to avoid: anything citrus. Lemon and orange do not mix well with mixed berry smoothie bowls.

The Acai Smoothie Bowl Recipe Template



Acai bowls, fully explained here, are easy to make. The only challenge is that you need acai berry puree.

Where do you get acai berries?

Well, since acai berries are mostly harvested in “Brazil, Trinidad and other nations of northern South America,” and don’t travel well, you need to get acai berry puree packets.

That’s right. Unless you’re living in those swampy, remote floodplains, you need to get frozen acai puree packets. Fortunately, acai berry puree packets are easy to find in your grocer’s freezer.

Overall, acai smoothie bowls are quite similar to mixed berry smoothie bowls. Here’s how you do it:

INGREDIENTS

- Nut milk
- (Frozen) Acai puree packet
- (Frozen) Berries
- (Frozen) Banana

TOPPINGS:

- Granola
- Chia seeds
- Nut butters
- Dried goji berries

- Coconut shreds
- Strawberries
- Blueberries

Acai smoothie bowls are best with a little bit of frozen banana. Without it, it's a bit more like an Icee than a creamy smoothie bowl.

Pro tip: Add a bit of greens to your acai bowl. It shouldn't change the color, and you shouldn't be able to taste them!

The Tropical Smoothie Bowl Recipe Template



Sometimes you don't feel like berries. And sometimes you don't feel like eating anything green. (Or perhaps your beloved picky eater isn't ready to eat anything green despite not being able to actually taste the greens.)

In these cases, tropical smoothie bowls are a great pick. (Pictured above was one of our first tropical smoothie bowls, one we made during our time in Hawaii.)

Mango and pineapple highlight the tropical smoothie bowl flavor profile.

And the toppings here are what give you that beach-side feel.

INGREDIENTS

- Nut milk (or coconut milk!)
- (Frozen) Mango
- (Frozen) Pineapple
- (Frozen) Banana

TOPPINGS:

- Granola
- Chia seeds
- Coconut shreds
- Banana

Tropical smoothie bowls are missing some superfoods. But greens, berries, and nuts are not invited to the beach — and that's okay.

Chocolate Peanut Butter (Protein-Style) Smoothie Bowl



Sometimes you want sweet but not fruit. Or, sometimes you simply don't have the supplies to make anything but a chocolate peanut butter smoothie bowl.

Here's how to do it:

INGREDIENTS

- Nut milk (or coconut milk!)
- (Frozen) Banana
- Peanut butter
- (Optional) protein powder

TOPPINGS

- Granola
- Chia seeds
- Coconut shreds
- Banana

A chocolate peanut butter (or almond butter!) smoothie bowl is also great for dinner in a pinch. Go for it!

Strawberry (no-banana) Smoothie Bowl Recipe Template



Try using frozen, baked squash to add some creaminess to a strawberry smoothie bowl without banana. That's exactly what we did with our sa-squash smoothie bowl.

Here's how to do it:

INGREDIENTS

- Nut milk (or coconut milk!)
- (Frozen) Strawberries
- (Frozen) Baked squash

TOPPINGS

- Granola
- Chia seeds
- Banana
- Strawberries
- Goji berries

If you add a little bit of sweetness (dates or maple syrup), you cannot taste the squash in this strawberry smoothie without banana.

Side-by-side, Two-Flavor Smoothie Bowl Recipe Template



Want to get real fancy with your smoothie bowls? Try two flavors and put them side-by-side.

Pictured above is a chocolate peanut butter banana with a mixed berry.

Recommended for advanced smoothie bowl makers only!

7 more tips for smoothie bowls makers

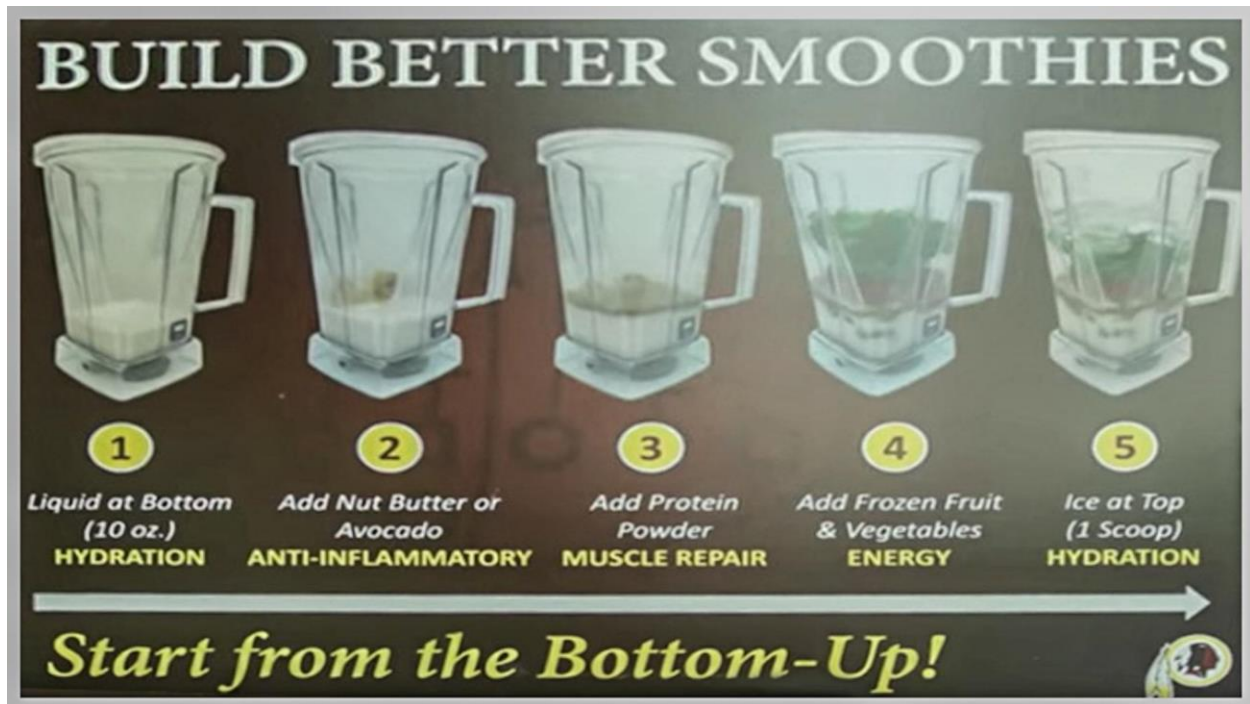
1. **Keep toppings in one spot.** Designate a section of your pantry for smoothie bowl toppings. That way you can see what you have. Plus, it's easier to put everything away afterward, too.
2. **Use varied textures.** Try to create a symphonic tasting experience. Big, small, soft, crunchy, sweet, savory. The more elements you can put together harmoniously, the better.
3. **Get creative.** Making smoothie bowls is an art, not a science. Enjoy the creative process of making your bowl a work of art. It will taste better that way, too.
4. **Rinse your bowl right away.** Especially if you're making a berry smoothie bowl, the vibrant colors can be tough to clean if they soak into your bowl. A quick rinse can go a long way.
5. **Clean your blender right away.** As we recommend with after any blend, make the cleaning cycle part of your routine. It helps prolong the life of your Vitamix. Plus, like anything else, the sooner you clean up, the easier it will be.
6. **Enjoy with friends and family.** Smoothie bowls for one are fine. But they're better enjoyed with people you love.
7. **Show off your bowls.** Tag #lifeisnoyoke and we'll be there to cheer you on!

And finally, don't forget. If your smoothie bowl is a fail, it doesn't mean you're a failure.

Tomorrow is a new day; a fine one to blend again.

APPENDIX VI

The 5-Step System for Perfect Protein Shakes (from an NFL training camp kitchen)



I stumbled upon this guide to making protein shakes, and it's perfect.

"Start from the Bottom-Up!"

Here's the five-step system for making protein shakes from Washington's NFL team's training camp.

Step 1) Liquid on the bottom

Hydration!

It's worth repeating as much as I do in this book. Always add liquids first!

Water or any plant-based milk is great.

They're suggesting 10oz to their players because they're probably making 20oz shakes.

(Use about 50% of the total shake you're making).

Step 2) Add nut butter or avocado

Anti-inflammatory!

Both nut butter and avocado will get you a creamier texture. And you'll also get anti-inflammatory properties.

The good fats!

We love nut butter flavor with protein shakes. (Chocolate and peanut butter, peanut butter and jelly, etc.)

But sometimes you want *just* vanilla. In that case, add avocado instead; you cannot taste it in shakes.

Pro tip: Add chia or flax or hemp seeds to your protein shakes. Just a tablespoon can add more of the good fats and some helpful dietary fiber.

Step 3) Protein powder

Muscle repair!

Add one scoop. Usually, less than that is enough and makes the shake tastier anyway

The key here: Be fairly careful about where you place the protein powder into the container. The more protein powder that you drop on the walls of the container, the less that gets mixed into your shake. (Less protein ingested and more cleanup endured.)

Pro tip: For less chalky protein shakes, add a scoop of oats.

Step 4) Frozen fruit, veggies

Energy!

Frozen bananas are the singular best ingredient to add to protein shakes. They make them creamy and cold and give them a tasty ice cream-like texture.

Frozen strawberries and blueberries are good here, too.

You should consider adding some spinach, kale or other greens to your protein shakes.

A little bit goes a long way (and you cannot taste them).

Pro tip: Frozen fruit is great in protein shakes. Just be sure not adding too much as to affect the 50/50 liquid to frozen ratio.

Step 5) Ice on top

Hydration!

Round out your protein shakes with a bit of ice on top. This will help push down any greens you added.

Again, you may not need much if you already used some frozen fruit.

Pro tip: Use the shake test before blending your protein shakes. Do the ingredients move around a bit when you shake the container? They should move back and forth like a well crafted, summer cocktail. If they don't, you need to add some liquid.

FAQ

“What protein powder do you use?”

We'll use any that's 100% plant-based. They're easy to find these days.

“How long can you store protein shakes in the fridge?”

Unlike whole-food juices, protein shakes are not great the next day. They're safe to keep for a day or two, but really lose their allure after a few hours.

APPENDIX VII

The Best Way to Make Frozen Bananas

It's pretty simple once you know the method.

But there's definitely a right way to make frozen bananas.

Here are the steps:

1. Peel bananas
2. Slice into three or four pieces
3. Freeze

Now, you can certainly just throw the sliced banana pieces into a container in the fridge.

But, if you want them to freeze without sticking together, making it easier to grab them for blending, do this:

Stand the frozen banana pieces up on their own. We like to think about making a frozen banana forest.

Then, once they've frozen, you can pluck them off and place them in a bag. (Tear down the frozen banana forest.)

That's it! You have perfect frozen bananas for the ready.

Pro tip: Keep your freezer stocked with frozen bananas. They're a key ingredient for making the creamiest protein shakes and smoothies (and obviously, banana ice cream!).

APPENDIX VIII

Container Deep Cleaning: 3 Easy Fixes

Odors from food prep, cloudy residue, and orange turmeric stains are the most common cleaning challenges people have with their Vitamix. Here's how to fix all three.

Odors

Vinegar Soak

Lingering odors in your Vitamix container are common when you use ingredients like onion or garlic. Yes, those aromas are nice on their own.

But you do not want them infiltrating your green juice.

So if your Vitamix container still smells funky, use the vinegar soak method.

1. Sponge down the outside of the container. There's usually some buildup there.
2. Soak your container overnight in vinegar. Use a mixture of 2 parts hot water to 1 part white vinegar. In the morning, rinse.
3. Run a cleaning cycle. Container halfway filled with warm water plus a bit of soap.

This should eliminate odors in your Vitamix container and restore your Vitamix to its previous splendor.

Turmeric Stains

Sunlight

Nothing is less sightly than a yellowed Vitamix container. Turmeric is incredibly good for you, but also a very annoying ingredient to clean up after.

Here's the trick:

Leave your container in the sunlight for an afternoon. The sun's UV rays will naturally bleach your container back to its original glory.

Yes, it's that simple.

And if you'd like to mitigate the impact of turmeric stains on your container, consider this: Hot blends (soups or lattes) rich in fats (nuts) will stain more than cold blends using turmeric.

Cloudy Residue

Baking Soda Scrub

A cloudy container is most likely just mineral deposits left from water.

To remove these mineral deposits, do a baking soda paste rub. With a bit of persistence, this method works well and is non-toxic.

1. Put a bit of baking soda in a small bowl
2. Add a bit of water to the bowl. (You're making a paste.)
3. Use a paper towel or soft brush (old toothbrushes work great) to rub the inside of your container in a circular motion.

After, run a regular cleaning cycle with warm water and a couple drops of soap.

Pro tip: Want to avoid or slow cloudy buildup on your container? Use a towel to dry the container walls after cleaning it.

Did the baking soda paste method not work? You may have another cause for the cloudy container: Scratches.

Some hard ingredients, when thrown around during a blend, can leave small scratches on the inside of the container. There's not a lot, unfortunately, you can do about these (other than get a secondary container that's dedicated to scratchy jobs like this).

APPENDIX IX

One-Week Vitamix Meal Plan

This week's
Meal Plan



If you wanted to use your Vitamix for every meal for an entire week, you could. In fact, you'd eat pretty darn well.

Here's what a week-long Vitamix Meal Plan would look like.

Day 1:

Breakfast: [Everyday Green Juice](#)

Lunch: ["Tuna" salad](#) sandwich (or over greens)

Snack: [Queso](#) with crudité

Dinner: [Creamy Wild Rice Soup](#) with [Cornbread](#)

Dessert: [Black Bean Brownies](#)

Day 2:

Breakfast: [Carolyn's Green Smoothie](#)

Lunch: [Creamy Corn and Roasted Pepper Soup](#)

Snack: [Roasted Red Pepper Hummus](#) with crudité

Dinner: [Cauliflower Fried Rice](#)

Dessert: [Bermuda Sorbet](#)

Day 3:

Breakfast: [PB&J Shake](#)

Lunch: [Detox Salad](#)

Snack: [Monkey Butter](#) with apple slices

Dinner: Penne with [Kale Pesto](#) and Side Salad with [Balsamic Vinaigrette](#)

Dessert: Perfect [Homemade Frosty](#)!

Day 4:

Breakfast: [The Pinkman](#)

Lunch: [Fancy Tomato Soup](#) and Spinach Salad with [Bright Blueberry Balsamic Vinaigrette](#)

Snack: [Chocolate Pomegranate Protein Bites](#)

Dinner: Grilled Vegetables with [Chimichurri Sauce](#) and Quinoa

Dessert: [Nice Cream](#) with [Chickpea Cookie Dough](#)

Day 5:

Breakfast: [Blueberry Breakfast Bites](#)

Lunch: [Caesar](#) Salad

Snack: Tortilla chips with [California Salsa](#)

Dinner: [Spring rolls](#) with [Thai Peanut Sauce](#)

Dessert: Apple slices with [Caramel Sauce](#)

Day 6:

Brunch: [Lemon Poppyseed Waffles](#)

Snack: Leftovers

Cocktail: [Merry Mule](#)

Dinner: [Mushroom Gravy](#) smothered [Vegan Loaf](#) with [Green Bean Casserole](#)

Dessert: [Peach Buzz Sorbet](#)

Day 7:

Brunch: [Vegan French Toast](#)

Snack: Leftovers

Cocktail: [Grapefruit Margaritas](#)

Dinner: Taco night! Chips and [Guacamole](#), grilled veggie tacos with [Queso](#)

Dessert: [Coco Lime Sorbet](#)

NOTES:

All the links above go to the recipes as listed in this book's Appendix.

There, you'll find permalinks to the original recipe (with more images and readers' comments, tips & tricks, etc).

Using your Vitamix to make every meal is not something we necessarily recommend. Could you do it? Yes, of course.

But since life is unpredictable and preparing all these meals takes time and energy, it's not likely you'll be able to strictly follow this meal plan.

And as such, we don't want to set you up for failure. So instead of trying to make everything, go for one per day. :)

We are so excited for you.

RECIPES INDEX

7 Vitamix Recipes to Make First

All of the recipes in this book are outstanding. Like good enough to make people say “wow!”

But we don’t want to overwhelm you with choices.

So you know where to start, here are the first seven recipes you should make in your Vitamix.

You can find each recipe within its category, or use the links to jump right to it.

[Spicy Green Juice](#)

Like orange juice of old, green juice should always be in your fridge.

[Carolyn’s Green Smoothie](#)

Sweet enough for kids, this green smoothie is versatile enough to drink from a cup or top in a bowl.

[Fancy Tomato Soup](#)

Hot soup made start to finish in a Vitamix. Tasty enough to serve at a dinner party.

[1-ingredient Peanut butter](#)

Fresh peanut butter made from 100% peanuts and 100% *of the* peanuts.

Wendy's Frosty (Vitamix chocolate ice cream!)

Chocolate ice cream made from scratch (without an ice cream maker).

Our Famous Queso

Hot cheese dip with a kick made from plants.

Detox Salad

The fills-you-up without making you feel full Sunday-night salad.

7 Vitamix Recipes to Make *Next*

How'd the first seven go?

So you know what to make next, here are the next seven recipes you should make in your Vitamix.

Each recipe is categorized within the recipe index. They're also listed individually in the table of contents.

[**Creamy Wild Rice Soup**](#)

One of the best vegan soups ever. One pot and one blender container to make a hearty bowl of comfort food that even self-proclaimed carnivores adore.

[**Neapolitan Nice Cream: Banana Nice Cream 3 ways!**](#)

Easy and impressive, this is a great way to practice making Nice Cream (ice cream made with frozen bananas!).

[**The Pinkman**](#)

You gotta try this grapefruit-based smoothie called The Pinkman.

[**Bright Blueberry Balsamic Vinaigrette**](#)

This dressing is absolutely stunning. It's often the highlight of an entire dinner party spread.

[**5-ingredient California salsa**](#)

Everyone has had salsa, but most people haven't had *fresh* salsa. This California-style salsa is a great place to start. (You may never look at store-bought salsa again.)

[Black Bean Brownies](#)

These fudgy and decadent black bean brownies are a guiltless treat.

[Roasted Red Pepper Hummus](#)

It's creamy. It's garlic-y. It's the perfect color. This perfectly simple hummus that's great on everything.

7 Vitamix Recipes to Make After That

So you know what to make after that, here are the next seven recipes you should make in your Vitamix.

Each recipe is categorized within the recipe index. They're also listed individually in the table of contents.

[Thai Peanut Sauce \(and fresh Spring Rolls!\)](#)

You can find good sauces in the grocery store. But great ones, you gotta make. Make it with our favorite summer meal, Fresh Spring Rolls.

[Kale Pesto](#)

Toss on pasta and add sautéed mushrooms, roasted pine nuts, and sun-dried tomatoes.

[Blueberry Breakfast Bites](#)

They're like granola bars shaped like golf balls. Great with coffee!

[Gooey Artichoke Dip](#)

Hot, "cheesy", gooey, bubbly dip that will make you an MVP at your next potluck.

[Bermuda Sorbet](#)

The best sorbet recipe for your Vitamix by far.

[Broccoli Cheese Soup](#)

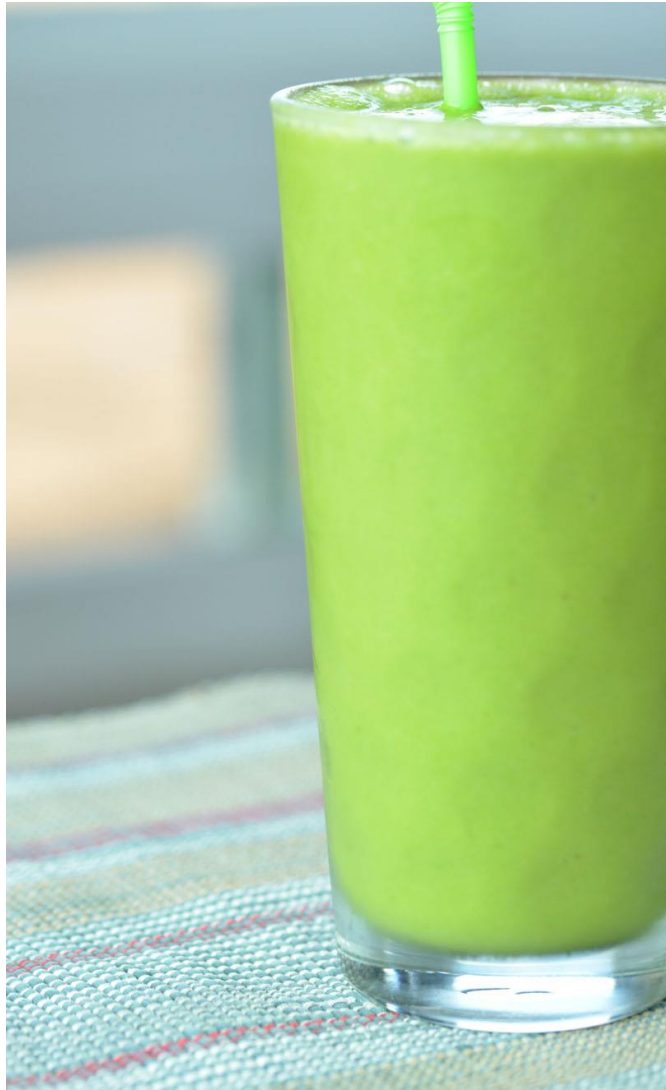
Best described by a recent follower, “Oh my god! This is amazing ... I can’t believe it is vegan!!!”

[Acai Bowls](#)

People selling them for \$15 per bowl are using a Vitamix to make theirs. You should know how easy it is to make them at home in yours.

Okay, onward to all the recipes (finally!).

GREEN SMOOTHIES



Carolyn's Green Smoothie



From Chef Carolyn during a visit to the Vitamix Culinary Exploration Center in Solon, Ohio.

This is our go-to green smoothie. So thick, luscious, and creamy.

YIELD: 24 oz smoothie

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- kale - 1 cup (67 g)

- banana - 1/2 whole, peeled
- orange - 1/2 whole, peeled
- frozen mango - 1 1/2 cup (140 g)
- (optional) flaxseed - 1 Tbsp. (10 g)

INGREDIENTS:

1. Add ingredients in order listed.
2. Blend for 45 seconds.
3. Enjoy!

USEFUL TIPS FOR CAROLYNE'S GREEN SMOOTHIE:

Also great as a smoothie bowl!

The Going Green Smoothie



Staying on the theme of sweet, blended drinks without banana, this is a classic from Vitamix Headquarters.

It's the perfect green smoothie for those concerned about tasting anything green. For green smoothie newbies.

YIELD: 2-3 cups

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 11 minutes

INGREDIENTS:

- almond milk (vanilla) – 1/2 cup (120 ml or 227 grams)

- green grapes - 1 cup (170 grams)
- pineapple, peeled, cubed - 1/2 cup (85 grams)
- mango – ½ cup (46 grams)
- spinach – 2 cups (60 grams)
- ice cubes – ½ cup (70 grams)

INSTRUCTIONS:

1. Place ingredients into Vitamix container in order listed.
2. Select Variable speed 1.
3. Turn the machine on and slowly increase to 10. Add ingredients, liquid first.
4. Blend for 45 seconds.
5. Serve, be happy.

NOTE: This recipe has been modified from the original to exclude banana and water (and include mango and almond milk).

Apple Carrot Kale Green Smoothie



A naturally sweet, green smoothie with carrots and kale (that's quite delicious).

YIELD: two 12 ounce smoothies

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 4 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- kale - 1 cup (65 g)
- apple (any variety) - 1/2 large with skin
- carrots - 1/2 cup (65 g) with skin
- frozen banana - 1 whole peeled

- ice - 3/4 cup (160 g)
- OPTIONAL
- date (for more sweetness) - 1 whole
- flax, chia, hemp seed, etc - 1 Tbsp. (10 g)

INSTRUCTIONS:

BLEND

1. Add ingredients in order listed, liquid first, then soft ingredients, then hard, then frozen
2. Ramp your Vitamix from variable speed 1 to high
3. Use your tamper to push ingredients into blade (if necessary, it wasn't for us).
4. Blend on high for 60-90 seconds until homogenous
5. Snap a pic and tag #lifeisnoyoke
6. Enjoy!

USEFUL TIPS FOR APPLE CARROT KALE SMOOTHIE:

There are many substitutions you can make here. Some suggestions:

Base: sub almond milk for coconut milk or green tea

Greens: sub kale for spinach or romaine

Texture: sub banana for frozen mango

Sweetener: totally optional, but can sub a date for agave or honey (if not strict vegan)

Seeds: use anything you have on hand, blend in or use for pretty (and healthy) topping

We used a yellow carrot so that the color of the green smoothie remained vibrant and not muddied. Yes, this is important to us because we put pictures of our smoothies all over the internet.

But it should be important to you because we taste with our eyes. If we detect a hint of “brown-ness” that smoothie is going down the drain!

WHOLE FOOD JUICES



Spicy Green Juice



This recipe is inspired by a conversation with John Barnard, 3rd generation Vitamix CEO.

This is our go-to green juice. We make (or have on-hand) some every morning.

The basic formula and lyrics to our 1-minute [green juice rap](#) (which is basically what I say in my head when I'm making it in the morning):

“Water first.

Fruit, greens, seeds.

Lemon, ginger. Ice on top.

Maybe some frozen mango.

Or some jalapeno.

Green juice rap is done, fo sho.”

Get in the habit!

Note: This recipe has a [video tutorial on our Youtube channel](#).

YIELD: 64 oz

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 6 minutes

INGREDIENTS:

- water - 4 cups
- apple - one whole, cored
- banana - one whole, peeled
- orange - one whole, peeled
- greens - a hearty handful (kale or spinach or collard greens or all)
- ginger root - thumbnail-sized piece
- lemon - garnish sized piece
- seeds - 1 Tbsp. (chia or flax or both)
- ice - 3 cups
- (optional) hot pepper - a small piece

INSTRUCTIONS:

1. Grab your Vitamix container.

2. Add water.
3. Add fruit (orange, apple, banana).
4. Add lemon.
5. Add ginger.
6. Add hot pepper.
7. Add greens.
8. Add ice on top.
9. Blend on High for 90 seconds.
10. Pour and enjoy!

USEFUL TIPS FOR SPICY GREEN JUICE:

Your green juice will last in the refrigerator for a couple of days. If it's separated at all, just give it a little shake.

Make a giant batch. Any extra can go into a jar for later.

You do not need to peel the ginger if you're using a Vitamix. Just be sure it's rinsed.

You can leave the lemon peel on. Just be sure it's rinsed.

Most of the heat inside hot peppers is in the seeds. Use more or less as desired.

As mentioned above, this is the basic formula for green juice. Feel free to add or subtract as you like.

Invigorating Citrus Carrot Juice



Here are a few words uttered by nobody ever: “I feel like carrot juice.”

This juice may not change that. But dang, it’s invigorating.

One sip and grogginess melts away.

YIELD: two servings

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- water - 3/4 cup
- pineapple - 3 cups

- baby carrots - 1 1/2 cups
- lemon - 1 large, wheel-shaped slice, peel on
- ice - 2 1/2 cups
- (optional) ginger - 1 T, to taste

INSTRUCTIONS:

1. Add ingredients in order listed (liquid first).
2. Blend on Variable Speed 10 (High speed) for 60-90 seconds.
3. Serve cold.

Lower Back Pain Relief Juice (Article)

Get Instant Lower Back Pain Relief with this Green Juice



30 days.

Make this whole-food green juice in a blender every day for 30 days and you will get lower back pain relief.

This is our LBPR juice. And despite being little more than a placebo, it works.

Let me explain.

Why you should trust me

With advice on relieving your acute or chronic lower back pain? You shouldn't. The only certification I ever received was a Certified Public Accountant (CPA) license. But here's what's important: I jump out of bed every morning at 5 AM eager to make things like this to help people like you. So despite not being a licensed medical professional (and therefore am only giving you ideas to discuss with your doctor), you can know that I am reasonably intelligent, hard-working, and passionate about helping people live the lifestyle they deserve.

Some background (and the truth about lower back pain)

Lower back pain is a bummer. No doubt.

But there are three important things you ought to remember about it:

1) Lower back pain is normal. It happens to everyone at some point in their lives.

2) Lower back pain is a message. Your body has unique ways of communicating to your mind. Acute pain is one of them.

3) You can fix lower back pain naturally. Yes, you can do this without any prescriptions (or deadly addictive pain-killers or confounding MRI's).

More on number three in a second...

But first, we need to discuss something upsetting.

Big Pharma does not want to fix your lower back pain

Let's say your lower back hurts. You probably want to go to your doctor, right?

In the past, here's what would happen:

1. You'd make an appointment with your doctor.
2. You'd tell your doctor about your lower back pain.
3. You'd request painkillers and tests to see what's going on.
4. Your doctor would write you a prescription for opioids and maybe order an MRI.
5. You leave feeling better because painkillers feel good and now you have hope (for answers via MRI).
6. Two weeks pass and you're well on your way to a fun little opioid addiction and MRI results that raise more questions than provide answers.

All this is good for Big Pharma and not great for you. They sell their pills and MRI machines while you're in a bit of a situation.

Does this all sound like Big Pharma is evil? Do they actually want your acute (or chronic) lower back pain to become chronic (or lifetime)?

You can decide for yourself.

In the meantime, here's a note about physical activity while experiencing lower back pain.

Important Note: Normal Physical Activity Helps (doesn't harm)

Once again, lower back pain is a real bummer. It might make you want to crawl up in bed and never get out.

But don't do that.

Normal physical activity, like walking, actually helps provide lower back pain relief. It does not, contrary to common belief, cause further damage.

Strength and flexibility is really what your body is crying for.

Proceed with caution, of course.

But do proceed. Your body is asking for it.

(Note before moving on: You should *not* use this same advice for upper back spasms and neck pain. I'm pretty sure that's your body's way of saying "slow down, I need to rest and heal." But again, I'm just a decently well-read guy who's in tune with his body and will need to rely upon medical professionals to comment below.)

Okay, let's move on.

Today's Physician's Recommendations for Lower Back Pain: Find a Placebo

Like it or not, [doctors are done prescribing pills and tests for your lower back pain](#). And the [new guidelines](#) from [The American College of Physicians](#) are fascinating:

They just want you to believe.

What does “wanting you to believe” mean?

You have to believe you will get better. You have to believe you can get lower back pain relief.

Side note: I spent way too many minutes trying to come up with something clever with the words believe and relieve. Alas, their proper conjugation makes it pretty difficult.

“Embrace belief to find relief” is the best I could come up with.

What’s an easy way to believe?

Take a placebo.

That’s right. Even if you know it’s a placebo, you will still feel better than without taking it.

Crazy, right?

Okay, before we move on, let’s quickly recap. Lower back pain is normal and despite what Big Pharma wants, doctors now recommend going back to daily activity with the conviction that you’ll get better (even if that is aided by someone giving you a placebo).

Your Prescription for Lower Back Pain Relief (from Life is NOYOKE)

Make this whole-food green juice every morning for 30 days. Do not skip a dose and complete the entire 30 days.

Continue normal physical activity with caution (walking, etc). Optional: Do [this 10-minute yoga routine](#) to the best of your ability, daily.

4 ways this green juice will (actually) reduce inflammation

You know by now that this green juice is a placebo. A placebo that will give you lower back pain relief.

We keep saying this is a placebo to cover our butts, it's silly, and yet, we know it will work.

But this juice's core ingredients all have anti-inflammatory properties.

- Celery
- Ginger
- Spinach
- Pineapple

So to add to the placebo effect, this juice is actually a natural healer.

And most importantly, it's delicious.

The lemon and ginger are a great combo. And coconut/pineapple are also a classic flavor combo (think: [pina colada](#)).

The result: **You can't taste celery or spinach at all!**

So, so good.

Go make one today! You will start to feel lower back pain relief by tomorrow.

Lower Back Pain Relief Juice (Recipe)



An absolutely delicious, healing green juice that will give you lower back pain relief (because we say it will).

Note: This recipe has a [video tutorial on our Youtube channel](#).

YIELD: 24 oz juice

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- coconut water - 11 oz (330 ml)
- ginger (peeled) - thumb-sized knob
- celery - 2 full ribs (4 halves)
- lemon (peeled) - drink garnish size piece
- spinach - 1 cup (225 g)
- pineapple chunks (fresh or frozen) - 1 cup (165 g)
- ice - 4 cubes

INSTRUCTIONS:

PREP

1. Wash a whole stalk of celery
2. Chop each rib in half
3. Put in tinfoil and refrigerate
4. (Now tomorrow's juice will be easier to make)

BLEND

1. Add all ingredients into Vitamix container
2. Blend on high for 2 minutes
3. Pour into a glass
4. Feel your back pain dissolve

Useful tips for Lower Back Pain Relief Juice (a delicious placebo)

If you don't have coconut water, use plain water.

If you don't have fresh ginger, use 1 tsp. (2.8 g) ground.

If you don't have spinach, any leafy green will do.

After a few minutes, even if you use a Vitamix, your juice will separate a bit. Give it a stir if you want it all the same color.

If you don't like the texture of juice and would prefer a creamy, luscious smoothie, add a frozen banana or a handful of frozen mango.

There it is. Lower Back Pain Relief Juice.

PROTEIN SHAKES



PB&J Shake



Looking to make a shake with protein powder and without banana? You'll love this.

It's like a peanut butter and jelly sandwich.

YIELD: one 16 ounce drink

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 4 minutes

INGREDIENTS:

- almond milk (vanilla) - 1 cup (240 ml or 227 grams)
- frozen blueberries - 1/2 cup (65 grams)
- frozen strawberries - 1/2 cup

- peanut butter - 1 Tbsp. (20 grams or 18 ml)
- protein powder - 1 scoop (30 grams)
- (optional) flaxseed - 2 TBSP

INSTRUCTIONS:

1. Add ingredients, liquid first.
2. Blend.
3. Be happy.

USEFUL TIPS FOR PEANUT BUTTER AND JELLY SHAKE:

Use homemade peanut butter (or just peanuts). None of that Jiffy stuff.

You can use any type of berries. Remember, though, less is more. (One type of berries is okay. Two types of berries is okay. Three types and you've gone overboard.)

Strawberry Banana Shake



YIELD: one 16 ounce drink

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 4 minutes

INGREDIENTS:

- nut milk milk - 1 cup (240 mL)
- oats - 2 Tbsp. (10 g)
- protein powder - 1 scoop
- frozen banana (peeled) - ½ of a whole
- frozen strawberries - ½ cup (80 g)

- ice - ½ cup (108 g)
- (optional) flaxseed - 1 Tbsp (7 g)

INSTRUCTIONS:

1. Add ingredients, liquid first.
2. Blend.
3. Enjoy!

Cake Batter Shake



A simple, sweet shake that's great with or without protein powder. Pink sprinkle-rimmed glass is completely optional.

YIELD: 20 oz smoothie

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- almond milk (vanilla) - 1 3/4 cup (420 mL)
- vanilla extract - 1 Tbsp. (15 mL)
- dates (pitted) - 2
- raw oats - 1/4 cup (22 g)

- frozen banana - 1 whole
- ice - 1 1/4 cup (270 g)
- (optional) flaxseed - 1 Tbsp (20 g)
- (optional) protein powder – 1 scoop

INSTRUCTIONS:

1. Add all ingredients into your Vitamix container.
2. Blend on high for 60 seconds using the tamper if necessary.
3. Pour into a tall glass.
4. Happy birthday!

Chiberia Chiller (Chocolate Shake)



A chocolate shake with a little something extra. So, so good.

YIELD: 2 small drinks (or one massive one)

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- oats - 1/4 cup (22 g)
- peanut butter - 1 Tbsp. (16 g)
- cocoa powder - 1 Tbsp. (7 g)

- frozen banana - 1 whole
- protein powder - 1 scoop (30 g)
- ice - 1/2 cup (105 g)
- (optional) raw almonds - 1/8 cup (12 g)
- (optional) flaxseed - 1 pinch to taste
- (optional) dates for sweetness - the protein powder we use has some stevia, so we don't add extra sweetener

INSTRUCTIONS:

1. Throw ingredients into your blender.
2. Blend on high for 60 seconds.
3. Be happy.

USEFUL TIPS FOR CHIBERIA CHILLER:

You can see this shake is thick. That's thanks to the frozen banana.

Don't be afraid to use the tamper a tiny bit to get all that frozen banana into the blades.

Raspberry Lemonade Shake



A sweet and tart smoothie that tastes like a fancy wedding cake. Great variety if you normally use vanilla protein powder.

YIELD: 20 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 4 minutes

INGREDIENTS:

- vanilla almond milk (unsweetened) - 1 cup (240 mL)
- lemon (with peel) - 1/4 whole
- vanilla protein powder - 1 scoop (30 g)

- raspberries (fresh or frozen) - 1 cup (187 g)
- banana (peeled and frozen) - 1 whole
- *ice - 1/2 cup (108 g) - 1 cup (217 g)

INSTRUCTIONS:

1. Add all ingredients into Vitamix container
2. Ramp from variable speed 1 to 10
3. Blend on high for 90 seconds (or run 2 “smoothie” cycles)
4. Pour into a large glass
5. Enjoy!

USEFUL TIPS FOR RASPBERRY LEMONADE SMOOTHIE:

If you're using frozen raspberries, use 1/2 cup (108 g) of ice. If you're using fresh raspberries, use a full cup of ice (217 g) for the correct texture.

This smoothie is sweet. If you have a low sugar tolerance, use half the amount of vanilla protein powder.

Raspberries leave little seeds in your blend (even with a Vitamix), so if you've got a picky eater, consider swapping for another berry.

This is a thick smoothie (which is great for the base of a smoothie bowl). If you like it thinner, add more almond milk or add time to your blend.

ALL-FRUIT SMOOTHIES



The Best Mango Smoothie



The simplest and possibly the best all-fruit smoothie you can make. Don't overlook making one of these a staple in your home.

YIELD: 24 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 4 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- orange (peeled) - 1 whole
- mango (frozen) - 1 cup (94 g)

- banana (frozen) - 1 whole
- OPTIONAL: flax or chia seeds - 2 Tbsp. (20 g)

INSTRUCTIONS:

1. Add ingredients into the container
2. Ramp from variable speed 1 to 10
3. Blend on high for one minute
4. Pour into a tall glass
5. Enjoy!

USEFUL TIPS FOR THE BEST MANGO SMOOTHIE:

If you're just starting your smoothie journey, begin with this smoothie and then start adding in more nutritious things. Seeds, nuts, veggies. The base is really flavorful and sweet, so you shouldn't be able to taste most of your additions.

We suggest flax or chia seeds, almonds or cashews, and spinach. Yum!

This is a great smoothie for picky eaters and kids. Tastes kind of like a glass of orange juice and has a really creamy consistency.

If you're banana-averse, try with frozen squash instead!

The Blubarb



A guiltless rhubarb-based smoothie that tastes like a homemade pie.

YIELD: 20 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- almond milk (unsweetened) - 1 cup (240 mL)
- rhubarb (raw) - 1 cup (100 g)
- blueberries (frozen) - 1 cup (155 g)
- dates (pitted) - 2 whole

- rolled oats - 1/4 cup (20 g)
- vanilla - 1 tsp. (5 g)
- ice - 1 cup (217 g)

INSTRUCTIONS:

1. Add ingredients into the container
2. Ramp from variable speed 1 to 10
3. Blend on high for one minute
4. Pour into a tall glass
5. Enjoy!

USEFUL TIPS FOR BLUBARB SMOOTHIE:

Our only experience with rhubarb was after it was cooked. We had to Google if it was okay to eat raw. It is (and man, does that cut down on prep time)!

If you're out of blueberries, frozen strawberries or raspberries would be just as good (maybe even better).

Acai Bowls



You know those things smoothie shops are charging \$15 for? You can make them with your Vitamix.

Here's a recipe to get you started.

YIELD: 3 cups

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 6 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- acai - 2 packets (7 oz)

- banana (peeled & frozen) - 1 whole
- date (pitted) - 1 whole
- ice - 1 cup (217 g)

INSTRUCTIONS:

1. Add all ingredients into the container
2. Blend on high for 30 seconds (you want to keep it thick)
3. Pour into a bowl
4. Top with ALL of the things
5. Enjoy!

USEFUL TIPS FOR ACAI BOWL:

If you're making a smoothie bowl, you want it thick. The point is to have a base that's dense enough for your toppings to float upon. So don't over-blend. You want a texture somewhere between smoothie and frozen dessert.

You can make these bowls a million different ways, the point is mixing crunchy with sweet. The more toppings and textures, the better!

We know that Costco carries Acai packets, but recently we found out that if you REALLY dig in the freezer section, that Trader Joe's does too! As always, we're sure you can get the packets at Whole Foods and other natural food stores as well.

The Pinkman



Here's an all-fruit smoothie featuring grapefruit that's uniquely delicious. Tart yet sweet, you can't mistake the color of this fabulous and simple smoothie.

YIELD: two generous smoothies

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- grapefruit - 1 whole, peeled
- strawberries (frozen) - 2 cups (300 g)
- apple - 1 whole, cored

- ginger - thumbnail-sized piece

INSTRUCTIONS:

PREP

1. Peel grapefruit.
2. Core apple.

BLEND

1. Add ingredients to blender, soft fruit first.
2. Blend for 60 seconds.
3. Enjoy!

USEFUL TIPS FOR THE PINKMAN:

This smoothie is best enjoyed immediately. But because there's no added ice or water, it holds its consistency pretty well and is actually quite good the next day.

HOT SOUPS



Fancy Tomato Soup



Great on its own or next to a sexy sandwich.

Try this tomato soup recipe today. It's vegan, made for your Vitamix, and is absolutely delicious.

YIELD: 3-4 servings

YOU'RE NEEDED FOR: 9 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

- water - 1.5 cups (360 mL)
- diced tomatoes - 1 can (410 g)

- Roma tomatoes - 2 halved
- carrot - medium halved (or 8 baby carrots)
- sun-dried tomatoes (drained) - 1/2 of an 8.5 oz jar (70 g)
- onion - 1.5 Tbsp. (15 g)
- garlic clove - 1 clove
- thyme (fresh) - 1.5 Tbsp.
- tomato paste - 1 Tbsp.
- flax meal - 1 tsp.
- almond milk (unsweetened) - 1/2 cup
- salt & pepper - to taste

INSTRUCTIONS:

BLEND

1. Add ingredients into Vitamix container in order listed
2. Blend on high for 6 minutes or use Soup setting
3. Pour into bowls and serve with toast
4. Enjoy!

USEFUL TIPS FOR FANCY TOMATO SOUP:

A little onion goes a long way, remember that raw onions are much more flavorful than cooked ones.

Use fresh herbs whenever possible, but if you don't have 'em substitute dried.

This is tomato soup. Meaning it's best served with a toasty piece of bread. That texture makes all the difference!

1-pot Lentil Chili



A vegan chili that's loaded with protein (and flavor!)

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 4 servings

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 60 minutes

INGREDIENTS:

- olive oil - 2 Tbsp. (30 mL)
- onion (chopped) - 1 whole
- garlic - 3 cloves

- red pepper (chopped) - 1 whole
- vegetable broth - 4 cups (235 mL)
- chili powder - 1 Tbsp. (8 g)
- cinnamon - 1/2 tsp. (1.5 g)
- salt - 1/2 tsp. (3 g)
- diced tomatoes - 2 - 15 oz cans (2 - 411 g cans)
- lentils (rinsed) - 1 cup (200 g)
- quinoa (rinsed) - 1/2 cup (85 g)

INSTRUCTIONS:

COOK

1. Add oil, onion, garlic, and red pepper to a large pot
2. Sauté on medium heat for 5 minutes
3. Add broth, spices, tomatoes, lentils, and quinoa
4. Cover and reduce heat to low
5. Cook for 30 minutes
6. Check consistency of lentils, you want them a bit chewy

BLEND

1. Take off heat and let cool for 10 minutes
2. Take 3 cups of your chili mixture and add them to your Vitamix container
3. Blend on high for 30 seconds
4. Add back into chili mixture on the stove
5. Reheat for 5-10 minutes (if the mixture is too thick, add more broth)

6. Serve and enjoy!

Creamy Wild Rice Soup



A veganized version of a Midwest classic.

We grew up with this soup and now it's back in our lives. Bring it into yours.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 6 servings

YOU'RE NEEDED FOR: 30 minutes

UNTIL IT'S DONE: 60 minutes

INGREDIENTS:

- wild rice - 1 cup (160 g)
- vegetable broth - 64 oz (2 L)

- bay leaves - 2 whole
- dried thyme - to your taste (we use 1 Tbsp. (4.3 g))
- salt - 2 tsp. (5.69 g) + more to taste
- celery - 4 stalks chopped
- carrots - 1 cup chopped (128 g)
- onion - 1/2 whole chopped
- garlic - 4-6 cloves chopped
- mushrooms - 8 oz chopped (225 g)
- cashews (raw/unsalted) - 1 cup soaked (125 g)
- cannellini (white kidney) beans - 15 oz can (425 g)

INSTRUCTIONS:

PREP

1. Soak cashews overnight if possible
2. If not, soak in boiling water as soon as you see this, the longer the better

BROTH

1. Pour 1 cup (8 oz) of broth in a small bowl to the side
2. Heat the rest of the vegetable broth in a large pot on medium heat
3. Rinse and drain your wild rice
4. Add wild rice, thyme, bay leaves, and salt to your hot vegetable broth
5. Place lid on pot and set a 30 min timer

VEGGIES

1. Chop celery, carrots, onion, and garlic
2. Put in pot w/broth, replace lid
3. Chop mushrooms, reserve on side

CREAM

1. Drain soaked cashews and the liquid from the cannellini beans
2. Place cashews & beans in Vitamix container
3. Add the reserved cup of vegetable broth
4. Blend on high for 1-2 minutes until smooth

MIX

1. When your timer goes off, add the creamy Vitamix mixture to your pot
2. Add the chopped mushrooms
3. Replace lid
4. Set timer for 15 more min
5. When the timer goes off, check if wild rice is done (should be a bit chewy)
6. Remove bay leaves
7. Enjoy!

USEFUL TIPS FOR CREAMY VEGAN WILD RICE SOUP:

We like to save time by not sautéing the veggies first. We have done it both ways and to be honest, there is not much of a difference. Save yourself a step and throw 'em in the pot.

We blended white kidney beans, soaked cashews, and vegetable broth to create the creamy base of the soup. It works great for bases to other creamy soups too!

Broccoli Cheese Soup



Summed up well by Laura G., *“Omg. I made this for the first time after recently purchasing a vitamix a3500. LIFE ALTERING! I don’t think I’ve ever experienced a dairy free dish that tasted so creamy, cheesy, and decadent.”*

YIELD: 4 servings

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

STEAM

- broccoli - 1 head (400 g)

CHEESE

- almond milk - 1 cup (240 mL)
- nutritional yeast - 1/4 cup (60 g)
- raw almonds - 1/2 cup (70 g)
- raw cashews - 1/2 cup (65 g)
- red bell pepper - 1 whole (de-seeded)
- kosher salt - 2 tsp (11 g)
- garlic powder - 1/2 tsp (1.5 g)
- onion powder - 2 tsp (5 g)
- crushed red pepper - to taste

SOUP

- vegetable broth - 1 cup (240 mL)
- nutmeg - 1/4 tsp (.5 g)
- tofu - 1/2 block (210 g)

INSTRUCTIONS:

STEAM

1. Steam some broccoli
2. Save on the side for a moment

CHEESE

1. Add all ingredients to your Vitamix container
2. Ramp from variable speed 1-10
3. Blend on High for 4-5 minutes (or use “Soup” preset”)
4. Taste a little, so good

SOUP

1. Add broth, nutmeg, and tofu
2. Blend for another 2 minutes on High
3. Add your broccoli
4. Pulse on variable speed 4 about 5 times
5. You want to keep some texture

SERVE

1. Serve straight from the container to the bowl
2. Enjoy!

USEFUL TIPS FOR BROCCOLI CHEESE SOUP:

Just add steamed broccoli and some broth to [Our Queso](#). Tough to mess this one up.

Split Pea Soup



Split pea soup gets a bad wrap.

This one, though, is absolutely worthy of your bowl.

It's full of protein, by nature. And it's complex enough for adults while being sweet enough for kids.

It's easy, quick, and super tasty, my friends. Go make it!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 6 bowls

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 1h 15min

INGREDIENTS:

SAUTÉ

- carrots - 3 whole, diced
- celery - 3 sticks, diced
- (yellow) onion - 2 whole, diced
- butter - 1 Tablespoon (we used plant-based Miyoko's brand)

SOUP

- dried peas - 2 cups
- vegetable broth - 2 quarts
- thyme - 1 teaspoon
- salt - 1 teaspoon
- pepper - to taste
- bay leaves - 2

SMOKY

- smokehouse-flavored, roasted almonds - 1/2 cup

INSTRUCTIONS:

SAUTÉ

1. Dice veggies (optional — use dry chop method in your Vitamix to dice)
2. Sauté over medium heat for 5 minutes

SOUP

1. Add rest of ingredients to pot
2. Simmer for 60 minutes
3. (optional) blend 30% of soup at Variable Speed 10 for 10 seconds
4. Add pureed soup back to the remaining soup.

SMOKY

1. Crush smokehouse-flavored, roasted almonds.
2. Add to top of soup

Serve hot and enjoy!

USEFUL TIPS FOR SPLIT PEA SOUP:

You can always add more salt and thyme.

Remember, we're using dried peas. So they take a little while to cook through. We like the slightly chewy flavor and texture after cooking them for an hour. You can always cook for a bit longer if you prefer a smoother split pea soup.

Balsamic Butternut Squash Soup



This 6-ingredient butternut squash soup for your Vitamix is magnificent.

YIELD: 4 servings

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 1 hour 20 minutes

INGREDIENTS:

- butternut squash - 1 whole seeded
- tofu - 14 oz. package (397 g)
- vegetable broth - 1.5 cups (339 g)
- balsamic vinegar - 2 tsp (10 g)

- shallot - thumb-sized piece
- garlic - 1-2 cloves
- salt - 2 tsp (11 g)
- garnish (rosemary, parsley, etc) - 4 sprigs

INSTRUCTIONS:

PREP

1. Preheat the oven to 400 degrees
2. Cut the butternut squash in half (bake for 1 hour) or in 1-2 inch cubes (bake for 30 min)
3. Cube 2/3 of your tofu package
4. Take the squash out of the oven and let cool until you can safely scoop from skin
5. Bake cubed tofu while your squash is cooling (15 min)

BLEND

1. Add vegetable broth, scooped squash, remaining 1/3 package of raw tofu, balsamic, shallot, garlic, and salt to container
2. If you have a preprogrammed setting on your Vitamix, choose the 'Soup' setting
– If not, ramp from variable speed 1 to high and blend for 5-6 minutes
3. Check consistency, add more vegetable broth depending on your texture preference

SERVE

1. Garnish with something green and your baked tofu

2. Enjoy!

USEFUL TIPS FOR BALSAMIC BUTTERNUT SQUASH SOUP:

This recipe is incredibly simple to make, but here are a few tips that will help make it perfect.

You'll have most of the ingredients on-hand already. Lots of substitutions available:

- sub pumpkin or acorn squash for butternut
- sub other broth for vegetable broth
- sub onion for shallot

If you're lazy, cut your butternut squash in half and roast for a full hour. If you are in a hurry, cut into 1-2 inch cubes and roast for 30 minutes.

Keep your oven on and bake the rest of your tofu while you wait for the squash to cool.

This soup is an absolutely stunning color on its own. But your Instagram pic will look even better if you garnish it with something green.

We used baked tofu as a garnish but it is also serving as some texture variance and extra protein.

Creamy Corn and Roasted Pepper Soup



Here's a healthy, hearty, and flavorful soup that really packs a flavor punch.

A bunch of whole foods turned into creamy deliciousness.

YIELD: 4 servings (7 cups)

YOU'RE NEEDED FOR: 30 minutes

UNTIL IT'S DONE: 1h 10min

INGREDIENTS:

- poblano pepper - 1 whole
- corn - 4 ears

- potatoes - 4 medium whole
- onion - 1/2 whole
- water - 2 cups (480 mL)
- dates (pitted) - 2 whole
- cilantro - 1/4 cup (5 g)
- salt - 1 tsp (6 g)

INSTRUCTIONS:

ROASTING

1. Preheat oven to 450 degrees (232 C)
2. Husk the corn; oil, salt, and pepper each
3. Put each ear of corn into aluminum foil and fold into envelope
4. Chop the onion, quarter the potatoes
5. Oil the skin of the poblano pepper, potatoes, and the onions
6. Place poblano, potatoes, onions corn envelopes onto a cookie sheet
7. Place the cookie sheet in the oven
8. Set the timer for 35 minutes
9. Check on the poblano after 20 min
10. Take the poblano out when ready (you want blackened skin, but not a burned pepper)
11. Place poblano in something with a cover to steam while the rest of the pan continues to cook

12. Check to make sure potatoes are cooked through and then remove the whole pan from the oven

BLEND

1. Add water, dates, cilantro, and salt to the Vitamix container
2. Take the kernels off the corn with a knife (when cool enough to handle)
3. Add potatoes (with skins), onions, and corn to the Vitamix container
4. Take the stem and the seedy top off the poblano (leave some seeds for extra nutrition)
5. Carefully peel the skin off the poblano and add the peeled pepper to the container
6. Blend on high for 2-3 minutes
7. If you waited to put your veggies in until cool, blend on “Soup” setting or for 6 minutes
8. Enjoy!

USEFUL TIPS FOR CREAMY CORN AND ROASTED PEPPER SOUP:

Top with something fresh (parsley, cilantro, etc)

Thai Pumpkin Soup



A creamy delicious, autumn soup recipe for your Vitamix (with a kick)!

YIELD: 8 cups (64 ounces)

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 1 hour

INGREDIENTS:

- pumpkin (roasted and skinned) - 7.5 cups (1125 g)
- olive oil - 2 Tbsp.
- vegetable stock - 24 oz
- coconut milk (canned) - 4 Tbsp. (53 mL)

- onion (peeled) - sliver
- garlic (peeled) - 1 clove
- lime (peeled) - garnish sized piece
- ginger - 1.5 inch (6 g)
- turmeric - 1.5 inch (6 g)
- salt - 3/4 tsp.
- red pepper flakes - couple of shakes
- cilantro - a few sprigs

INSTRUCTIONS:

BAKE

1. Preheat the oven to 400 F (204 C)
2. Slice your pumpkin in eighths
3. Drizzle olive oil on flesh side
4. Salt & pepper on top of oil
5. Place flesh side down on cookie sheet (use parchment or silpat)
6. Bake for 30-45 min (until tender with fork)
7. Let cool

BLEND

1. Skin your pumpkin
2. Add all ingredients including pumpkin to Vitamix container
3. Blend on high for 6 minutes (or use "Soup" setting)
4. If too thick, add more coconut milk

5. If too thin, add more pumpkin
6. Serve directly from the container
7. Garnish with cilantro, lime, and something crunchy
8. Snap a pic and tag #lifeisnoyoke
9. Enjoy!

USEFUL TIPS FOR THAI PUMPKIN SOUP:

Find a pumpkin that's made for cooking. (Not carving!)

Black Bean Soup



An easy Vitamix hot soup (with no extra cooking!)

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 3 servings

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

- Black beans - 1 can
- Chickpeas - 1 can
- Jalapeno - 1, chopped

- Onion (sautéed or raw) - ¼ cup
- 3 cloves garlic (roasted or raw)
- Lime juice - a splash
- Cumin, salt, and pepper - a sprinkle
- Vegetable broth - 3 cups
- Red peppers - 1, chopped

INSTRUCTIONS:

BLEND

1. Add half of the black beans and chickpeas the blender
2. Add ingredients in the order listed, apart from peppers
3. Blend on “Soup” setting, or for 6 minutes on speed 10
4. Set to speed 3
5. Add remaining beans and chickpeas
6. Add peppers and blend for ten seconds
7. Serve while it’s hot!

USEFUL TIPS FOR BLACK BEAN SOUP:

Go easy on the onion and garlic if you’re using them raw: the flavor can be overwhelming if you add too much.

Save your chickpea water (aquafaba) for future vegan recipes!

ICE CREAMS



Wendy's-Style Frosty



Fast-food chain Wendy's has a frozen dessert called "Frosty."

Here's a version you can make in your Vitamix. Dairy-free and delicious.

Enjoy!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 3 cups

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

- brewed coffee - 1/2 cup
- dark chocolate chips - 1/2 cup
- cocoa powder - 2 Tbsp.
- salt - 1/4 tsp.
- vanilla - 1/2 tsp.
- dates (pitted) - 1/4 cup
- raw cashews - 1/2 cup
- coconut milk (canned, full-fat) - 1 cup
- ice - 4 cups

INSTRUCTIONS:

PREP

1. Freeze coconut milk into ice cube tray overnight

CHOCOLATE

1. In a small saucepan add the coffee and chocolate chips
2. Heat on low while stirring until almost smooth
3. Turn off heat
4. Add cocoa powder, salt, and vanilla
5. Stir

BLEND

1. Pour the warm chocolate mixture into the Vitamix container
2. Add the dates and cashews

3. Ramp from variable speed 1 to 10
4. Blend on high for 60 seconds until smooth
5. Let cool for 10-20 minutes

ICE IT

1. Add coconut milk cubes and ice to the cooled mixture
2. Blend on high for 30-60 seconds
3. Push ingredients with the tamper from the corners into the blade
4. Pour or scoop into a serving dish
5. Enjoy!

USEFUL TIPS FOR PERFECT HOMEMADE FROSTY:

You cannot taste the coffee flavor, it is used just to enhance the chocolate flavor. Feel free to use decaf if you're having this for dessert!

Banana Nice Cream



Some people call it “nice cream.” We just call it delicious.

Here’s how to make banana ice cream in your Vitamix.

YIELD: 2 servings

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 2 minutes

INGREDIENTS:

- frozen bananas - 2 whole
- additional ingredients optional

INSTRUCTIONS:

1. Add two frozen bananas (in thirds) to your Vitamix container
2. Blend on high for 30-60 seconds
3. Push ingredients with the tamper from the corners into the blade
4. Add any mix-ins you desire and pulse a couple of times
5. Scoop directly out of the container
6. Enjoy!

Note: This recipe assumes you're using a 48 ounce, narrow container or smaller. If you're using a wide, 64 ounce container, you'll need to double the recipe.

USEFUL TIPS FOR BANANA NICE CREAM:

Freeze your bananas by peeling, cutting, then freezing on a sheet.

Re-freezing works okay, but isn't nearly as good as enjoying it fresh. A blended, frozen banana isn't as good as a re-frozen bunch of blended, frozen banana. Trust us.

If you are not serving immediately (or are making a triple batch), use the "pre-portion" technique. Scoop it, and freeze it in the dish you plan to serve it in or in a cupcake pan. Let thaw for 5 minutes before serving.

Neapolitan Nice Cream



Three flavors of ice cream in one scoop? Oh yeah!

(This is a “Nice Cream” recipe; ice cream made with frozen bananas.)

Note: This recipe has a [video tutorial on our YouTube channel](#).

- **YIELD:** 8 servings
- **YOU'RE NEEDED FOR:** 10 minutes
- **UNTIL IT'S DONE:** 10 minutes

INGREDIENTS:

VANILLA

- coconut milk - 1/2 cup, full fat
- maple syrup - 2 teaspoons
- vanilla - 1 teaspoon
- frozen bananas - 2 whole, sliced
- ice - 1 cup

STRAWBERRY

- coconut milk - 1/2 cup, full fat
- maple syrup - 2 teaspoons
- vanilla - 1 teaspoon
- frozen bananas - 1.5 whole, sliced
- frozen strawberries - 1 cup
- ice - 1 cup

CHOCOLATE

- coconut milk - 1/2 cup, full fat
- maple syrup - 2 teaspoons
- vanilla - 1 teaspoon
- cocoa powder - 2 Tablespoons
- frozen bananas - 1.5 whole, sliced
- ice - 1 cup

INSTRUCTIONS:

1. Add ingredients into your blender, liquid first.
2. Use the tamper and blend on high speed (or use the frozen dessert setting) for 30 seconds or until creamy.
3. Place ice cream in loaf pan.
4. Place loaf pan in freezer.
5. Repeat for other two flavors.

USEFUL TIPS FOR NEAPOLITAN NICE CREAM:

Enjoy right away.

Or, pre-portion it into cups and place on the counter to thaw for five minutes before serving.

Or, place the whole loaf pan in the freezer for later. Place on the counter to thaw for 20 minutes before serving.

SORBETS



Peach Buzz Sorbet



It's sweet, it's refreshing, it's boozy!

Grab a bottle of your favorite bubbly because your celebrations just got a lot more fun.

YIELD: 6 scoops

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 3 hours

INGREDIENTS:

- frozen peaches - 2 whole
- champagne (frozen in cubes) - 1/2 cup

INSTRUCTIONS:

PREP

1. Pour 1/2 cup of champagne into ice cube trays
2. If using fresh peaches, wash and slice, then freeze on cookie tray
3. Let freeze for at least 3 hours

BLEND

1. Add all ingredients into the container
2. Ramp from variable speed 1 to 10
3. Blend on high for 45 seconds
4. Use the tamper to push ingredients from corners into the blade
5. Scoop
6. Serve!

USEFUL TIPS FOR PEACH BUZZ SORBET:

Don't love super sweet (I'll never understand you...)? Use a dry champagne.

Pregnant or not a drinker? Use sparkling grape juice!

We used fresh peaches, cut them into sixths, and froze them for a few hours. But you can also save a step and buy some frozen peaches at your local grocery store.

The skins provided some extra color (and nutrients, who's counting though, it's girls night), but feel free to remove if you're a pulp-free kind of a gal.

We used our narrow-bodied container. If you're using a wide, full-size container (most likely the one that came with your Vitamix), you'll need to double the recipe.

The tamper is your friend. Push the frozen ingredients from the corners into the blade.

If the mixture isn't blending smoothly, add a little champagne to the container until you have the correct consistency.

Scoop directly from the container into serving dishes. If not serving until later, pre-scoop single servings onto a cookie sheet and place in freezer. Take out to thaw 5-10 min before serving.

Want some extra bubbles? Pour some champagne over your sorbet scoops, drink it like a float.

Coco Lime Sorbet



Sometimes you try out a recipe that just really hits the spot.

That's this coco lime sorbet.

We made it. We loved it. We wanted to make it again as soon as possible.

It's easy, takes less than 5 minutes, and tastes like something from the local ice cream shop. You know, the one with the long line out the door all summer long?

Whip some up for your friends, they'll be *very* impressed.

YIELD: 3 servings

YOU'RE NEEDED FOR: 4 minutes

UNTIL IT'S DONE: 12 hours

INGREDIENTS:

- canned coconut milk (frozen) - 1 13.5 oz can (400 mL)
- coconut water - 1/4 cup (60 mL)
- lime (skinned) - 1 whole
- maple syrup - 2 Tbsp (30 mL)

INSTRUCTIONS:

1. Add all ingredients into Vitamix container in order listed above
2. Use your frozen dessert pre-set or ramp from 1 to 10
3. Blend on high for 60 seconds
4. Use the tamper to push from the corners into the blade
5. Scoop with an ice cream scoop
6. Top with things that make you happy
7. Enjoy!

NOTE: Total time says 12 hours. But 99% of that is waiting for the coconut milk cubes to freeze.

USEFUL TIPS FOR COCO LIME SORBET:

If you're watching your calories, consider using low-fat coconut milk. Or, sub out half of the milk for frozen coconut water.

Maple syrup can be substituted for agave or a pitted date.

Serve immediately (from the container) for the best consistency.

Having a dinner party and need to pre-make it? Scoop servings onto a cookie sheet and freeze solid. Remove from the freezer and let sit for five minutes in dishes before serving.

Not enough time to freeze the coconut milk beforehand? Add a cup of ice to the mixture. Then, pour into a pan and freeze for as long as possible before scooping.

Bermuda Sorbet



Wow. Just wow.

- The flavor.
- The color.
- The consistency (immediately and from frozen).

Let's be really clear: This Bermuda Sorbet recipe, with mango and coconut, is going to change your life.

YIELD: 6 servings

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- mango (frozen) - 2 cups (186 g)
- coconut cream - 1 cup (240 mL)
- coconut milk (frozen in cubes) - 1 cup (217 g)
- ice - 2 cups (434 g)

INSTRUCTIONS:

PREP

1. Pour a can of coconut milk into ice cube trays
2. Allow to freeze overnight

BLEND

1. Add all ingredients into Vitamix container
2. Ramp from variable speed 1 to 10
3. Use tamper to push ingredients from corners into blade
4. Blend on high until smooth (1-2 minutes)

SERVE

1. Scoop into serving dish
2. Top with your favorite toppings
3. Enjoy!

USEFUL TIPS FOR BERMUDA SORBET:

Coconut Cream and Coconut Milk are different ingredients. If you can't find the cream, coconut milk will do, it's just a little less creamy

If saving for later, pre-scoop and freeze.

Allow 5 min of thaw time before serving scoops.

NUT BUTTERS



1-ingredient Peanut Butter



Peanut butter in your Vitamix. Once you make it, you may never go back to store-bought.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 4 cups

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- peanuts (roasted, unsalted) - 4 cups
- OPTIONAL: dates, pitted - 2-5 whole.

- OPTIONAL: cinnamon ¼ tsp

INSTRUCTIONS:

1. Add peanuts to the container
2. Ramp from variable speed 1 to 10
3. Blend on high for 2-3 minutes
4. Use the tamper to push ingredients from corners into the blade
5. When the machine makes a low chugging sound, the nut butter is done

USEFUL TIPS FOR 1-INGREDIENT PEANUT BUTTER:

Can't quite get all the PB out of your container? Blend up a PB&J smoothie with the excess!

Homemade Almond Butter



Making your own almond butter is one of the most challenging (but rewarding) things to make in your Vitamix.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 4 cups

YOU'RE NEEDED FOR: 6 minutes

UNTIL IT'S DONE: 6 minutes

INGREDIENTS:

- roasted almonds - 4 cups
- OPTIONAL: dates, pitted - 2-5 whole.

- OPTIONAL: cinnamon ¼ tsp

INSTRUCTIONS:

1. Add almonds to the container
2. Ramp from variable speed 1 to 10
3. Using the tamper to push ingredients from corners into the blade, blend on the highest speed your Vitamix can go until smooth. (This may take five minutes.)
4. When the machine makes a low chugging sound, the nut butter is done

USEFUL TIPS FOR HOMEMADE ALMOND BUTTER:

Use the highest speed your Vitamix can go. Any lower and it can overheat the motor.

This can take several minutes of blending (with the tamper). Expect up to five minutes of blending.

Using pre-roasted almonds is ideal. If you want to roast your own, roast them at 350F for 10 minutes.

Raw almonds do not work (unless you add about ¼ cup of oil).

Panang Peanut Butter



A unique nut butter featuring curry, coconut, and peanuts.

YIELD: 10 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- peanuts (roasted, unsalted) - 2 cups
- coconut milk - 4 Tbsp.
- dates (pitted) - 3-4 whole
- curry powder - 1.5 tsp.

- crushed red pepper flakes - 1/4 tsp.
- salt - 1/4 tsp.
- OPTIONAL: coconut oil - 1 Tbsp.

INSTRUCTIONS:

1. Add all ingredients into Vitamix container
2. Ramp from variable speed 1 to 10
3. Blend on high for 2-3 minutes
4. Use the tamper to push ingredients from corners into the blade
5. When the machine makes a low chugging sound, the nut butter is done

USEFUL TIPS FOR PANANG PEANUT BUTTER:

We made this recipe in our 32 oz wet container. If you're using anything larger, you will want to double the recipe.

If you can find roasted/unsalted peanuts, those are best. If they are already salted, omit the added salt from the recipe.

Coconut milk is available in low fat or regular, either work for this recipe.

The crushed red pepper flakes are pretty subtle here, but in a good way! Try it according to the recipe first, then add more spice if you're a spice-fiend.

You do not need the coconut oil, it just adds to the smoothness of the nut butter. If you're watching calories, omit the oil.

Monkey Butter



This particular nut butter is a little outside the box on flavor, it tastes like banana bread!

YIELD: 2.5 cups

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- raw cashews - 3 cups (375 g)
- dry roasted peanuts (see tips above) - 1 cup (125 g)
- pure maple syrup - 2 Tbsp. (30 mL)

- vanilla - 1 Tsp. (5 mL)
- cinnamon - 1.5 tsp. (4 g)
- OPTIONAL: coconut oil - 1/3 cup (66 g)
- banana chips - 1 cup (84 g)

INSTRUCTIONS:

1. Add all ingredients into your Vitamix container except the banana chips
2. Use your nut butter preset x3 or ramp from variable speed 1 to 10
3. Blend on high for 3-4 minutes
4. Use the tamper to push the ingredients from the corners into the blade
5. Your Vitamix will make a low chugging sound when the butter is done
6. When smooth, add your banana chips and blend for 30 more seconds
7. Spread on everything and enjoy!

DIPS AND SPREADS



(5 Ingredient) California Salsa



You don't know fresh until you've made your own salsa.

YIELD: 5 cups of salsa

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- Roma tomatoes - 6 whole
- yellow onion - 1/2 whole
- jalapeno - 1 whole, seeded
- cilantro (fresh) - 1/2 cup (25 g)
- lime - 1 whole, peeled

- salt - 1 Tbsp. (17 g) or more to taste

INSTRUCTIONS:

PREP:

1. Seed the jalapeno.
2. Peel the lime.
3. Cut all ingredients into quarters.

BLEND

1. Add everything except four of the tomatoes.
2. Blend on variable speed five for 15 seconds. (Use the tamper to get everything started, if necessary.)
3. Stop blending.
4. Add final four tomatoes to the container.
5. Blend on variable speed 2 for 5 seconds.

USEFUL TIPS FOR 5-INGREDIENT CALIFORNIA SALSA:

Blend in two phases. Use the second phase to get the varying consistency and larger slices of tomato.

Roasted Red Pepper Hummus



It's creamy. It's garlic-y. It's the perfect color.

Great with veggies. Or with chips. Or on a sandwich.

YIELD: 1 cup (246 g)

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- chickpeas (drained) - half can (8 oz)
- roasted red pepper - 1/2 cup (3 oz)
- lemon (no rind) - 1 cocktail garnish slice

- tahini - 3 Tbsp. (45 g)
- garlic (peeled) - 1 cloves
- extra virgin olive oil - 1 Tbsp. (15 mL)
- ground cumin - 1/4 tsp (.5 g)
- salt - 1/4 tsp (.5 g)

INSTRUCTIONS:

BLEND

1. Add all ingredients
2. Blend on high for 30-45 seconds
3. Cut up some cucumbers and carrots
4. Enjoy!

USEFUL TIPS FOR ROASTED RED PEPPER HUMMUS:

We made this batch in our 20 oz. Vitamix container. If you're using a larger container, double or triple the recipe.

If you like your hummus thicker, add more chickpeas. This recipe makes a very smooth batch that is not as thick as store-bought brands.

Save your chickpea water (aquafaba) for future vegan recipes!

Goosey Artichoke Dip



Here's a "cheesy", goosey, bubbly dip for your next party.

Get some while you can; it's usually the first to go among other appetizers.

YIELD: 8 servings

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 45 minutes

INGREDIENTS:

CHEESE

- raw cashews - 3/4 cup
- water - 2 cups

- tapioca starch/flour - 7 Tbsp.
- nutritional yeast - 2 Tbsp.
- apple cider vinegar - 2 tsp.
- salt - 1 Tbsp.
- garlic powder - 1 tsp.

DIP

- marinated artichoke hearts - 1½ cups
- medium yellow onion - 1/2 whole chopped
- garlic - 5 cloves minced
- frozen spinach - 2 cups
- unsweetened almond milk - 1/2 cup
- salt - 1 tsp.
- pepper - to taste
- crushed red pepper (optional) - to taste

INSTRUCTIONS:

PREP

1. Preheat oven to 400
2. Chop the onion and artichokes, mince the garlic

BLEND

1. Add all ingredients under “cheese” category into your Vitamix container
2. Blend on high for 2 minutes

3. Transfer to a small pot and cook on medium for 5 min
4. Stir often
5. Turn off heat when the cheese is stretchy off the spoon

MIX

1. Add all ingredients under the “dip” category into an oven-safe dish
2. Mix in the cheese until it is spread evenly throughout (it will be lumpy)

BAKE

1. Bake for 15 minutes
2. Stir
3. Bake for another 15 minutes
4. Turn on your broiler and broil the top for 2-4 minutes (watch closely)

SERVE

1. Let it cool for 5-10 minutes (the roofs of our mouths learned that the hard way)
2. Serve with veggies, bread, or chips
3. Enjoy!

USEFUL TIPS FOR ARTICHOKE DIP:

It's tempting to make a couple of these and freeze one. Don't. We've found that the texture is slimy if you freeze and bake this recipe. Make it fresh, eat it straight out of the oven.

Guacamole



You can make homemade guacamole by hand. Absolutely.

But if you have a Vitamix, you can let it do the chopping for you and make a huge batch of restaurante-style guacamole very quickly.

YIELD: one huge bowl of guac

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 10 minutes

INGREDIENTS:

ESSENTIALS

- avocados - 4 large, ripe ones
- salt - lots

ENHANCEMENTS

- red onion - 1/2 a little one or a quarter of big one
- lime juice - little bit
- cilantro - to taste
- jalapeno - a bit
- garlic - one clove
- tomatoes - as desired

INSTRUCTIONS:

CHOP

1. Add guacamole “enhancements” to your Vitamix container.
2. Blend on low speed for ten seconds (or until chopped).

BLEND

1. Add pitted, peeled avocados.
2. Blend on low speed for ten seconds.
3. Use tamper to push ingredients down into blade.

USEFUL TIPS FOR GUACAMOLE:

Underwhelming guacamole is almost always because of the following: Not enough salt.

(Try it and add more salt until it’s delicious guac.)

Throw a bowl next to a batch of queso and you'll have an easy, impressive offering to your guests.

Zvi's Smoky Salsa



This authentic Mexican salsa is incredible.

YIELD: 5 cups of salsa

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- tomatillos - 2 lbs. peeled
- red onion - 1 whole
- garlic - 6-8 cloves fresh
- jalapeño - 2 whole
- chipotle peppers in adobo sauce - 7.5oz can

- cilantro - 1 cup stemmed
- OPTIONAL
- lime - 1 whole juiced
- salt - to taste

INSTRUCTIONS:

PREP

1. Bring a pot of water to a boil
2. Peel the papery skin off the tomatillos
3. Wash your tomatillos and jalapeños
4. Add them to the boiling water
5. Cover, reduce heat and let simmer for 10 minutes
6. Drain, rinse with cold water and let cool for 10 minutes

CHOP:

1. Core the tomatillos
2. Cut the stem off the jalapeños, leave the seeds for extra spicy salsa
3. Cut the onion into quarters
4. Stem the cilantro
5. Remove skin from garlic
6. Open can of chipotle peppers

BLEND

1. Add all ingredients to your blender

2. Pulse 10-15 times depending on your preferred consistency
3. Taste
4. Add lime and salt to your preference
5. Pulse 2-3 more times
6. Share the love, snap a picture and tag #lifeisnoyoke
7. Enjoy!

USEFUL TIPS FOR ZVI'S SMOKY SALSA

Allergic to cashews? Substitute them with raw sunflower seeds and sesame seeds. Per our friend Andrew, this substitution works perfectly.

Zvi's salsa is similar looking to our 5-ingredient, easy, blender salsa recipe. But that's where the similarities end.

This salsa is a small project. Worth the effort, of course.

Peel the skin off the tomatillos. It's sticky!

The tomatillos have to be boiled to bring out their flavors, don't skip this step, they are not tomatoes.

Core the tomatillos like you would an apple. They are too rough for the salsa.

Remove the cilantro stems for a better consistency.

Find canned chipotle peppers in adobo sauce in the Mexican food section of your grocery. The brand we use is San Marcos. Zvi uses the La Costeña brand. As long as it says "in adobo sauce", you should be good; they are all similar.

Our Famous Cashew Queso



Our original, original recipe. Nobody cares that it's not actually cheese.

This queso is the most lifestyle-enhancing recipe you'll ever make.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 2 cups (475 ml)

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 6 minutes

INGREDIENTS:

- almond milk - 1 cup (240 mL)
- [nutritional yeast](#) - 1/4 cup (60 g)

- raw almonds - 1/2 cup (70 g)
- raw cashews - 1/2 cup (65 g)
- red bell pepper (de-seeded) - 1 whole
- salt - 1.5 tsp (8 g)
- garlic powder - 1/2 tsp (1.5 g)
- onion powder - 1 tsp (2.5 g)
- crushed red pepper - a few shakes (to taste)

INSTRUCTIONS:

1. Add liquid ingredients to your Vitamix.
2. Then add rest of ingredients.
3. Start blender on low, ramp to high.
4. Blend on high for 6 minutes (or use preprogrammed 'Soup' setting).
5. Be really happy.

USEFUL TIPS FOR CASHEW QUESO:

Keep a jar of queso ready in the fridge for dipping, smothering, or plain ol' accompanying.

Allergic to cashews? Substitute them with raw sunflower seeds and sesame seeds. Per our friend Andrew, this substitution works perfectly.

The nutritional yeast needs to say "nutritional." Any other type of yeast won't work. This non-GMO version from Whole Foods worked great. You can also buy it there in bulk (near the coffee and nuts).

The queso will last refrigerated for up to a week.

DRESSINGS



Go-To Balsamic Vinaigrette



Our go-to, simple salad dressing that makes you think you're at a fancy restaurant. It's creamy balsamic vinaigrette, perfectly emulsified in your Vitamix.

YIELD: Up to You!

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 2 minutes

INGREDIENTS:

- extra virgin olive oil - 2 parts

- balsamic vinegar - 2 parts
- dijon mustard - 1 part
- salt and pepper - to taste

UPGRADE OPTION

- maple syrup - 1 part

INSTRUCTIONS:

1. Add ingredients into Vitamix container.
2. Ramp from variable speed 1 to 10.
3. Blend on high for 30 seconds to emulsify.
4. Pour on your favorite salad.
5. Enjoy!

Caesar Salad Dressing



A Caesar dressing that's dairy-free and vegan, but tastes (performs) better than the rest.

That's this perfect Caesar dressing. The greatest in the world.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 2 cups of dressing

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 12 hours

INGREDIENTS:

- cashews - 1 cup, raw, soaked

- water - 1/2 cup
- grape seed oil - 4 T
- lemon - 1/4 of a whole, peeled
- dijon mustard - 1 T
- garlic cloves - 2, peeled
- soy sauce - 1 t
- apple cider vinegar - 1 t
- capers - 2 t
- salt & pepper - 1/2 t, each, (more or less to taste)

INSTRUCTIONS:

PREP

Soak raw cashews in water overnight.

BLEND

1. Add ingredients.
2. Process on high speed for 30 seconds.
3. Add to fresh romaine lettuce.
4. Enjoy!

USEFUL TIPS FOR CAESAR SALAD DRESSING:

Dairy-free croutons dipped in make a great snack.

Cilantro Lime Mango Dressing



A light, flavorful, bright, and complex summery dressing.

YIELD: 4 servings

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- mango (peeled) - 1/2 whole
- lime (peeled) - 1/2 whole
- lime (with peel) - garnish size piece
- cilantro (fresh) - 2 Tbsp.

- olive oil - 3 Tbsp.
- salt - 1/4 tsp.
- pepper - to taste

INSTRUCTIONS:

1. Add all ingredients to blender container
2. Ramp from variable speed 1 to 10
3. Blend on high for 45 seconds
4. Top your favorite salad
5. Enjoy!

USEFUL TIPS FOR CILANTRO LIME MANGO DRESSING:

Consider doubling or tripling the batch if you're using a large container.

Ranch Dressing



Vegan ranch made in a blender. It's easy, it's healthy, it's quick. Dare I say it's just like the real thing?

YIELD: 2 cups of ranch dressing

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 2 hours

INGREDIENTS:

DRESSING BASE

- raw cashews - 1 cup, soaked (for two hours in water)

- unflavored, non-dairy milk - 1/2 cup
- apple cider vinegar - 1/4 cup
- lemon - 1/2 whole peeled
- garlic - 1 Tbsp. finely chopped
- something sweet - some stevia, honey, or a date

SEASONINGS

- dill - 1/2 tsp
- parsley flakes - 1 Tbsp.
- all purpose, onion-based seasoning - 1 Tbsp. (I used 21 seasoning salute)
- onion powder - 1/2 tsp
- salt - 1/2 tsp

INSTRUCTIONS:

PREP

1. Soak raw cashews in water for two hours.
2. Drain “soaking water” (so all you have left is soaked cashews!).

BLEND

1. Add soaked cashews, non-dairy milk, apple cider vinegar, lemon juice, garlic, and sweetener to your blender.
2. Blend on high for one minute.

MIX

1. Add seasonings
2. Mix by hand (or if you have a blender you trust won't over process, you can use that).
3. Enjoy!

USEFUL TIPS FOR RANCH DRESSING:

Adjust lemon juice and apple cider vinegar levels for more or less acidity.

Bright Blueberry Vinaigrette



Blueberries, balsamic, and dijon come together quickly and easily using a Vitamix (or any blender, really).

It's healthy, it's free from additives, it's bright (in color and in taste), and your guests will "ooo" and "ahh."

YIELD: 16 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- balsamic vinegar - 1/4 cup (60 mL)
- olive oil - 1/2 cup (118 mL)
- dijon mustard - 1/4 cup (62 g)
- maple syrup - 1 Tbsp. (15 mL)
- blueberries (fresh or frozen) - 1 cup (150 g)
- pepper - a couple of cracks

INSTRUCTIONS:

1. Put all ingredients into Vitamix container
2. Blend on high for 60 seconds
3. Pour on your favorite salad
4. Enjoy!

USEFUL TIPS FOR BRIGHT BLUEBERRY BALSAMIC VINAIGRETTE:

You can serve this dressing on pretty much any salad. We chose to dress spinach, quinoa, beets, slivered almonds, and dried blueberries. It was divine (and very very pretty).

This is a pretty dijon-heavy recipe. If you're not a huge fan, use half the amount.

Want a really bright color? Use white balsamic vinegar instead of the traditional black.

Same flavor, less sullyng of the blueness.

Coconut Curry Dressing



This savory dressing tastes good on everything. It's so addicting you'll want to eat salads 3 times a day.

YIELD: 1 cup (240 ml)

YOU'RE NEEDED FOR: 1 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- coconut milk (low fat) - 1 cup (240 mL)
- peanuts (dry roasted) - 1 cup (125 g)
- garlic - 1 clove

- lime (peeled) - 3/4 of whole
- curry powder - 1.5 tsp (3 g)
- salt - 1/2 tsp (1 g)
- OPTIONAL: Sriracha - 1 Tbsp (20 g)

INSTRUCTIONS:

1. Add ingredients to Vitamix container in order listed
2. Blend for 2 minutes
3. Pour on any Asian salad

USEFUL TIPS FOR COCONUT CURRY DRESSING:

Toss this with a salad of kale, red cabbage, mango, carrots, cilantro, lime, and crunchy peanuts.

SAUCES



Mushroom Gravy



This vegan mushroom gravy is super, duper delicious. And with one pan and a Vitamix to finish it, you got yourself some gourmet gravy.

YIELD: 6-8 Servings

YOU'RE NEEDED FOR: 30 minutes

UNTIL IT'S DONE: 35 minutes

INGREDIENTS:

- olive oil - 2 T (30 ml)
- white onion - 1 whole, chopped
- mushrooms - 1 large handful (about 1 cup or 240 ml)
- garlic - 5 cloves, chopped

- rosemary - a healthy amount (about 1/8 cup or 30 ml)
- red wine - a splash (1/4 cup or 60 ml)
- vegetable broth - 1 1/2 cups (360 ml)
- soy sauce - 1/4 cup (60 ml)
- tapioca flour - 2 T (30 ml)
- salt and pepper - to taste

INSTRUCTIONS:

PREP

1. Chop vegetables.

COOK

1. Sauté onions for a few minutes.
2. Add mushrooms.
3. Cook for 10 minutes.
4. Add garlic, rosemary.
5. Cook for a couple minutes.
6. Add everything else.
7. Simmer for 10 more minutes stirring occasionally.

BLEND

1. Add 75% of the gravy to your blender.
2. Blend on high for 5 minutes.
3. Add remaining 25% of unprocessed gravy.

USEFUL TIPS FOR MUSHROOM GRAVY:

First, and most importantly, this recipe ought to be made to taste. Nothing needs to be measured perfectly, except for maybe the tapioca starch.

Most gravy recipes require you slow cook and reduce cornstarch to make a paste.

We're skipping that step and letting the Vitamix do the thickening for us.

Keep 25% of the vegetable mixture unblended for a bit of texture.

Chimichurri Sauce



Quite possibly the best, most impressive, yet, easiest-to-make sauce on the planet.

Excellent over grilled vegetables.

Try this chimichurri sauce!

YIELD: 2 cups

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- Flat leaf parsley - fresh - 1 cup chopped
- Cilantro - fresh - 3/4 cup chopped

- Oregano leaves - fresh - 1/4 cup unstemmed
- lemon juice - 2 Tbsp.
- red wine vinegar - 1/4 cup
- red onion - 1/3 whole chopped
- garlic - 6 cloves
- jalapeño - 1/2 whole deseeded
- salt & pepper - to taste
- olive oil - 3/4 cup

INSTRUCTIONS:

BLEND

1. Add ingredients in order listed (minus olive oil) to Vitamix container
2. Blend on variable speed 1 while pushing from the corners with the tamper
3. After 1-2 minutes, ramp up to variable speed 5 for 1 minute
4. Turn down to variable speed one and slowly pour in olive oil
5. Sauce is done when there are little bits of green, before it's homogenous

SERVE

1. (If you have time) refrigerate for 2 hours in airtight container
2. Bring down to room temperature before serving
3. Put on everything
4. Enjoy!

USEFUL TIPS FOR CHIMICHURRI SAUCE:

You do not need to follow the recipe to the letter for this one. Just grab a big handful of greens and blend!

If you're sensitive to garlic, use 3-4 cloves instead.

At first it seems like the Vitamix is struggling, just make sure to push with the tamper on low speed.

The consistency you are looking for is oily and has little bits of greenery. You do not want a homogenous mixture.

Sauce can be refrigerated for 1-2 weeks in an airtight container.

For the parsley and cilantro, chop off the bottom of the stem where no leaves grow. You can leave the rest of the stem.

The oregano has to be removed from the stem. Push from the bottom up to loosen the leaves.

Thai Peanut Sauce



Fresh and tasty finger food; awesome with the Thai Peanut Sauce

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 1/2 cup

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- peanuts - 1/2 cup
- soy sauce - 3 Tbsp.
- rice wine vinegar - 1 Tbsp.

- garlic - 1 clove
- sriracha - 1 Tbsp.
- ginger - 1 Tbsp.
- water - 6 Tbsp.
- lime - small slice (no rind)

INSTRUCTIONS:

BLEND

1. Add all ingredients into Vitamix container
2. Blend on high for 1-2 minutes

SERVE

1. Serve as a dipping sauce for all of your favorites
2. Enjoy!

BAKED GOODS



Apple Cinnamon Cake



Here's an old-school apple cinnamon cake recipe updated for modern times (and your Vitamix!)

YIELD: 1 bundt cake

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 60 minutes

INGREDIENTS:

APPLES

- apples (with skins) - 4 medium whole

WET INGREDIENTS

- applesauce (unsweetened) - 1.5 cups
- oil (sunflower, vegetable, canola) - 1 cup
- vanilla extract - 2 tsp.

DRY INGREDIENTS

- flax meal - 3 Tbsp.
- brown sugar - 1 cup
- whole wheat flour - 2 cups
- almond flour - 1 cup
- baking soda - 1 tsp.
- salt - 1/4 tsp.
- cinnamon - 2 Tbsp + 1 tsp.

TOPPING

- cinnamon & sugar - 2 Tbsp.

INSTRUCTIONS:

APPLES

1. Preheat oven to 350 degrees
2. Wash and core apples (leave skins on)
3. Put apples in Vitamix container, pulse on medium 5-8 times
4. Pour into a mixing bowl

WET INGREDIENTS

1. Add the wet ingredients into the container (no need to wash)
2. Blend on high for 30 seconds

DRY INGREDIENTS

1. Add the dry ingredients to the container
2. Blend on medium until combined (do not overmix)
3. Pour into bowl with apples and mix until combined

PAN

1. Grease the Bundt pan and sprinkle cinnamon and sugar
2. Pour the batter into the pan
3. Sprinkle more cinnamon and sugar on the top (which will be the bottom)
4. Bake for 40 minutes
5. Check with toothpick, if still goopy, cook for 5 min increments
6. When in doubt, undercooked is better for this recipe

SERVE

1. Let cool before flipping cake upside down on serving plate
2. Enjoy!

USEFUL TIPS FOR APPLE CINNAMON CAKE:

Use tart apples in this recipe. Any apple will do, but those are the best. Leave the skins on, extra nutrition and texture (plus less work).

If you can't find unsweetened applesauce, buy regular applesauce and use 1/4 cup less sugar. As it is, this cake is pretty sweet.

Any oil will do, we used sunflower. You can also substitute all of the oil for another 1/2 cup of applesauce if you'd like to omit it altogether (just make sure to grease your pan very well if you do so).

Green Bean Casserole



If you're craving this classic but trying to be dairy-free, this is a great recipe for you!

YIELD: 8x8 pan's worth

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 45 minutes

INGREDIENTS:

CREAM

- raw cashews (soaked) - 1/2 cup (65 g)
- almond milk (unsweetened) - 1/2 cup (120 mL)
- nutritional yeast - 1 Tbsp. (15 g)

- tapioca starch/tapioca flour - 1 Tbsp. (8 g)
- salt - 1 tsp. (5 g)
- garlic - 1 clove

VEGGIES

- mushrooms - 8 oz.
- onion - 1/4 whole
- green beans (trimmed) - 24 oz.

TOPPING

- Fried onions - to taste

INSTRUCTIONS:

PREP

1. Soak the cashews overnight if possible (if not, in hot water for as long as possible)
2. Preheat oven to 450 F (232 C)
3. Chop green beans into 1 inch pieces and remove stems

CREAM

1. Add all ingredients under "Cream" category to Vitamix container
2. Blend on high for 30-45 seconds until smooth

VEGGIES

1. Add the mushrooms and onion to the mixture
2. Pulse 5-10 times on medium speed to finely chop
3. Turn off machine
4. Stir in green beans with a spoon

BAKE

1. Pour mixture into oven-safe 8x8 pan
2. Bake for 25 minutes
3. Take out of oven and put fried onions on top
4. Bake for another 5 minutes

SERVE

1. Serve immediately out of the oven
2. Enjoy!

USEFUL TIPS FOR GREEN BEAN CASSEROLE:

If you don't plan to serve immediately, skip putting the fried onions on top (for now).

Cook for just 20 minutes, let cool, cover, and refrigerate for up to 3 days. When ready to serve, reheat at 450 F for 15 minutes, adding the onions in the last 5 minutes of baking.

You can also leave completely uncooked, cover and refrigerate and then follow the baking instructions above.

Making a kosher meat meal? This is an awesome non-dairy side dish!

If using fresh beans, cut them up into 1 inch pieces. You want them bite-sized. Also fresh beans will give you a bit of crunch. A little less "gloppy" than the traditional dish. But trust us, it's good like that!

Awesome Black Bean Brownies



These fudgy and decadent black bean brownies are a guiltless treat.

YIELD: 6-8 brownies

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 20 minutes

INGREDIENTS:

- black beans - 1 15oz can, rinsed
- maple syrup - 1/3 cup
- coconut oil - 1/4 cup
- vanilla extract - 2 tsp.
- coconut sugar - 2 Tbsp.

- rolled oats (gluten-free) - 1/2 cup
- cocoa powder - 2 Tbsp.
- baking powder - 1/2 tsp.
- walnuts, almonds, pistachios, etc (optional) - 1/2 cup
- salt (if nuts unsalted or not using nuts) - 1/4 tsp.

ADD AFTER THE BLEND

- chocolate chips - 2/3 cup

INSTRUCTIONS:

PREP

1. Preheat the oven to 350
2. Rinse the black beans

BLEND

1. Add all of the ingredients to the Vitamix container
2. Blend on high 1-2 minutes until smooth
3. Add chocolate chips to the batter and mix with a spatula

BAKE

1. Grease an 8x8 pan and pour in the batter
2. Top with more chocolate chips, nuts, or other toppings
3. Bake at 350 for 15 minutes
4. Check if the middle is set with a toothpick

5. If not, bake for 2-3 min intervals until set
6. Undercooked is better than overcooked with this recipe

SERVE

1. Wait patiently for 15 min before cutting and serving
2. Store in an airtight container in the fridge for up to 1 week
3. Bring back to room temp to serve
4. Enjoy!

USEFUL TIPS FOR BLACK BEAN BROWNIES:

If you truly want these brownies to be gluten free, make sure to check that your oats are processed in a grain-free facility. To make sure they are vegan, buy vegan chocolate chips, and use agave instead of honey.

You can use any sugar (raw, coconut, white, etc) and any oil (vegetable, canola, olive, grape seed, etc) that you have in your pantry.

Your Vitamix is not smoking. It's probably just the cocoa filling your lungs with delicious chocolate dust.

DOUGH AND BATTER RECIPES



Fluffy Oatmeal Pancakes



You want pancakes from scratch, and you want them to be fluffy and delicious, but you'd rather not feed your family dessert for breakfast.

Try these oatmeal pancakes. They're vegan, hearty, but still deliciously fluffy.

YIELD: 2 servings

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 20 minutes

INGREDIENTS:

- rolled oats - 1 1/2 cups (135 g)
- banana - 1 whole
- almond milk - 1 cup (240 mL)
- aquafaba - 1/4 cup (60 mL)
- baking soda - 1/4 tsp. (2 g)
- pitted date - 1 whole

INSTRUCTIONS:

1. Heat pan to medium/low heat
2. Add ingredients in order listed to Vitamix container
3. Blend for 30 seconds on high
4. Spray hot pan with oil
5. Add 1/4 cup of pancake batter to hot pan
6. Spread batter out in circular motion
7. Flip after a couple minutes
8. Add pancake to stack
9. Repeat steps 4-8
10. Add fresh fruit and / or real maple syrup
11. Be happy!

USEFUL TIPS FOR OATMEAL PANCAKES:

Save your chickpea water (aquafaba) for future vegan recipes!

You can add some flaxseed for a little extra fiber and healthy fats.

If you're low on oats, you can sub out for granola.

The recipe assumes you're using store-bought almond milk. If you're using homemade, dilute with a bit of water.

Top it how you like! Pictured is strawberry compote (frozen or fresh strawberries heated in a saucepan) and coconut flakes. Peanut butter or blueberries are also great on these pancakes.

Easy Pumpkin Pancakes



We've been making oatmeal pancakes with aquafaba for a while, these might be better than those.

Instead of using banana, we're using pumpkin. So if you're a no-banana person, you might want to make these year-round.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 8 small pancakes

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

- almond milk - 1 cup
- aquafaba - 1/4 cup
- pumpkin puree - 3/4 cup
- oats - 1 1/2 cups
- baking soda - 1/4 teaspoon
- cinnamon - 1/4 teaspoon
- pumpkin spice - 1/4 teaspoon
- dates - 1 or 2, pitted
- (optional) walnuts - to taste
- (optional) chocolate chips - to taste

INSTRUCTIONS:

1. Add ingredients in order listed (liquid first).
2. Blend on Variable Speed 10 for 20 seconds.
3. Cook on pan over medium heat (a couple minutes each side).
4. (Optional) Add walnuts or chocolate chips to top of each pancake.
5. Serve and enjoy!

USEFUL TIPS FOR PUMPKIN PANCAKES:

You can bake these on a cookie sheet if you're looking to save some time.

Lemon Poppyseed Waffles



Waffles are such a treat on special weekends, and these waffles are as good as they look.

We made them for the most recent Mother's Day. A huge hit.

YIELD: 3 waffles

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 25 minutes

INGREDIENTS:

- almond milk (vanilla unsweetened) - 1 cup
- vanilla - 1/2 tsp.

- coconut oil - 1 Tbsp.
- lemon (with rind) - 1/4 whole
- cornmeal - 3/4 cup
- almond flour - 1/2 cup
- coconut sugar - 1 Tbsp.
- baking powder - 2 tsp.
- salt - 1/4 tsp.
- poppy seeds - 1 Tbsp.

INSTRUCTIONS:

BLEND

1. Put all ingredients (except poppy seeds) into your Vitamix container.
2. Ramp from variable speed 1 to 10.
3. Blend on high for 45 seconds.
4. Add poppy seeds to the container.
5. Pulse a few times until incorporated.

BAKE

1. Depending on your waffle-maker, you may want to grease both sides.
2. Pour 1/2 cup of batter into the waffle maker.
3. Cook per-instructions.
4. Serve with strawberry syrup.
5. Enjoy!

USEFUL TIPS FOR LEMON POPPYSEED WAFFLES:

This recipe serves just 2 people. We make waffles at least 2x a month and the best ratio is about 1.5 waffles per person. Using this recipe, you'll yield 3 waffles. Double it for a brunch with 4 people.

French Toast



French toast is a brunch staple. One that vegans miss when they adopt a plant-based lifestyle.

Here's an entirely plant-based version using aquafaba.

YIELD: 6 pieces

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 15 minutes

INGREDIENTS:

- aquafaba (chickpea water) - 1 can's worth
- almond milk - 1/4 cup (60 mL)

- cinnamon - 1 tsp. (2.6 g)
- bread - 6 pieces
- coconut oil - for grilling

INSTRUCTIONS:

BLEND

1. Add you aquafaba to your Vitamix container
2. Blend on high for 90 seconds (should fluff up)

MIX

1. Add your fluffy aquafaba to a bowl with almond milk and cinnamon
2. OPTIONAL: add vanilla extract for more flavor
3. Dip your bread in the mixture until both sides covered

GRILL

1. Grill both sides of bread until browned and crispy

TOP

1. Top with fancy toppings (we used pure maple, blueberries, and granola)
2. Have a great morning!

USEFUL TIPS FOR VEGAN FRENCH TOAST:

Make one of our hummus recipes so your chickpeas don't go to waste. We used our chickpeas and refrigerated our aquafaba until we were ready to use it.

A high-powered blender, like a Vitamix, helps you get the correct “egg-white” texture.

We blended our aquafaba for 90 seconds to get a fluffy texture.

NO-BAKE GOODIES



Blueberry Breakfast Bites



Here's a no-bake hearty (but healthy!) treat you can make in your Vitamix. Great for breakfast!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 14 balls

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 1 hour 15 minutes

INGREDIENTS:

BLEND

- cashews (roasted, unsalted) - 1 cup

- vanilla - 1 tsp.
- dates (pitted) - 5 whole
- maple syrup - 3 Tbsp.
- cinnamon - 1/2 tsp.

PULSE

- almonds (raw) - 1/4 cup
- rolled oats - 1 cup

MIX

- blueberries (dried) - 1/2 cup

INSTRUCTIONS:

PREP

1. If you are using raw cashews, roast on 350 for 8 min.
2. Soak your cashews in water for 30 min before blending.

BLEND

1. Add all ingredients to container under the “blend” category.
2. Blend on high for 2-3 minutes.
3. Use the tamper to push from the corners into the blade.
4. Blend until thick nut butter is formed.

PULSE

1. Add the almonds and oats to the mixture.
2. Pulse on variable speed 4 until combined (5-10 pulses w/tamper).

MIX

1. Hand mix in the blueberries with a spoon.

FORM

1. Form 1 inch balls by packing the mixture w/your hands.
2. Refrigerate for 30 min before serving.
3. Enjoy!

Chocolate Pomegranate Protein Bites



These chocolate pomegranate protein bites are a perfect on-the-go snack.

No prep, no crazy ingredients, and you don't have to bake them.

Throw a few in your gym bag. Your yoga buddies will be jealous!

YIELD: 12 balls

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- dark chocolate chips - 1/2 cup (88 g)

- raw cashews - 1 cup (130 g)
- chocolate protein powder - 1 scoop (30 g)
- pomegranate arils - 1/2 cup (88 g)
- rolled oats - 1/2 cup (40 g)
- flax seeds - 2 Tbsp. (14 g)

INSTRUCTIONS:

1. Melt chocolate chips (30-45 seconds in microwave)
2. Add melted chocolate, raw cashews, protein powder and 1/4 cup pom arils
3. Blend on high for 90 seconds
4. Use the tamper to push ingredients from corners into the blades
5. Turn off or unplug machine
6. Stir in oats, flax seeds and your remaining 1/4 cup of pom arils
7. Roll into golfball-sized balls
8. Eat one and then refrigerate before serving
9. Enjoy!

USEFUL TIPS FOR CHOCOLATE POMEGRANATE PROTEIN BITES:

If you want these to truly be vegan, check to make sure your chocolate chips and protein powder do not have milk or casein.

If you want these to truly be gluten-free, check to make sure your oats say GF.

For those of you going for delicious as opposed to nutritious, add some mini chocolate chips in at the end for some extra texture.

Chickpea Cookie Dough



This is a no-prep, no-bake, no-guilt treat

You'll want to eat the whole batch!

YIELD: 2 cups

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 35 minutes

INGREDIENTS:

- almond butter - 1/3 cup (82 g)
- chickpeas (drained) - 1 15 oz can (425 g)
- vanilla - 2 tsp. (10 mL)

- coconut sugar - 1 Tbsp. (14 g)
- salt - pinch

STIR IN

- vegan choc chips - 1/3 cup (60 g)

INSTRUCTIONS:

BLEND

1. Add all ingredients (other than choc chips) to your Vitamix container
2. Blend on high for 1-2 min using the tamper to push ingredients into the blade
3. Stop when dough-like consistency is achieved

MIX

1. Put blended mixture into whatever you plan to serve in
2. Place that container in the fridge for 30 min
3. Stir in choc chips
4. Serve with one of our suggestions above
5. Enjoy!

USEFUL TIPS FOR CHICKPEA COOKIE DOUGH:

If you don't have almond butter you can make some or use cashew/peanut butter instead.

The darker color is due to us roasting our own almonds to make almond butter. If you're feeding this to children or picky eaters, you may want to use cashew butter. The more it looks like cookie dough, the more it tastes like it!

Different ways to serve:

Dipped with fruit

Spread on graham crackers

Chunked and mixed into banana ice cream

Scooped into PB cup-like creations

Rolled into balls and frozen

As the middles of "cake" pops

On a spoon

No-Heat Vegan Caramel



It's ooey, it's gooey, it's dairy-free. Here is a recipe for ridiculously good and incredibly easy to make caramel made with dates.

Make some!

YIELD: 12 oz

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- dates (pitted) - 2 cups (350 g)
- coconut milk (canned) - 1/2 cup (120 mL)

- coconut oil - 2 tsp. (9 g)
- salt - 1/2 tsp. (2.8 g)
- vanilla extract - 1 tsp. (5 g)

INSTRUCTIONS:

1. Place all ingredients into Vitamix container
2. Blend on high for 1-3 minutes
3. Use the tamper to push ingredients from corners into the blade
4. Check for smoothness, blend longer if necessary
5. Serve with apples or on ice cream
6. Enjoy!

USEFUL TIPS FOR VEGAN CARAMEL:

Make sure to use pitted dates.

The mixture will get warm, that's okay! Just make sure you're blending on high so the cooling system kicks in and protects the motor.

If you aren't getting the smoothness you're looking for, add a little bit of coconut milk at a time.

Add cinnamon!

FOOD PREP RECIPES



Detox Salad



This is the salad that keeps on giving. Make it early in the week for easy grab-and-go meals.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 12 servings

YOU'RE NEEDED FOR: 20 minutes

UNTIL IT'S DONE: 20 minutes

INGREDIENTS:

SALAD

- cauliflower - 1 head

- kale - 2 cups (200 g)
- red cabbage - 1/2 head
- carrots - 2 cups (250 g)
- red or green onion - 1/2 cup (75 or 50 g)
- raisins - 1/2 cup (75 g)
- sunflower seeds - 1/4 cup (35 g)
- OPTIONAL: fresh cilantro (no stems) - 1/4 cup (4 g)

FANCY DRESSING OPTION

- avocado - 1 whole
- apple cider vinegar - 1/4 cup (60 mL)
- lemon juice - from half a lemon
- lime juice - from one lime
- ginger (fresh) - 2 Tbsp. (12 g)
- dates (pitted) - 1 whole
- salt & pepper - to taste

EASY DRESSING OPTION

- balsamic vinegar - 1/2 cup (120 mL)
- olive oil - ¼ cup (60 mL)

INSTRUCTIONS:

SALAD:

1. Chop the vegetables.

2. Use golf-ball sized pieces 1/3 of the way full.
3. You want small pieces, but keep some texture.
4. Pour into bowl and mix it all up.

DRESSING:

1. Add ingredients to the Vitamix container.
2. Blend on high until smooth.

DETOX SALAD:

1. Toss the salad and dressing together.
2. Top with raisins and sunflower seeds.
3. Eat and feel good immediately.
4. Or, throw it in the fridge and enjoy over the next few days. It keeps getting better.

USEFUL TIPS FOR DETOX SALAD:

This salad is pretty hard to screw up.

Be super careful when you're chopping all the ingredients. The cabbage, especially, can be a doozy if you're not careful.

To keep the raisins and sunflower seeds from getting soggy, top salad with them right before serving.

Spring Rolls



This recipe is part of the Food Prep section. But the cabbage is the only ingredient that the Vitamix helps prepare. (That, and the Thai Peanut Sauce.)

So why is this Spring Roll recipe included in the ebook?

Because it's one of our favorite recipes, by far. And, it's our favorite use for the Thai Peanut sauce.

They're fresh, fun, and tasty finger food

So put it on the calendar. A date to make these spring rolls.

You won't be disappointed.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: Up to You!

YOU'RE NEEDED FOR: 45 minutes

UNTIL IT'S DONE: 45 minutes

INGREDIENTS:

- rice paper
- rice noodles - optional
- tofu
- cucumber
- carrot
- green onion
- red pepper
- purple cabbage
- cilantro
- mango
- avocado

INSTRUCTIONS:

TOFU

1. Cut tofu into spring roll-length pieces
2. Place on baking sheet
3. Brush with soy sauce (optional)
4. Bake on 350°F for 10-15 minutes

5. Flip tofu
6. Bake another 10-15
7. Allow to cool before assembling

RICE NOODLES

1. Boil a pot of water
2. Cook per instructions
3. Allow to cool before assembling

VEGGIES

1. Chop cucumber into spring roll-length sticks
2. Use a peeler to make long carrot peels
3. Chop ends off of green onions
4. Chop red pepper into spring roll-length sticks
5. Chop purple cabbage into many small pieces
6. Pull cilantro leaves off stems
7. Slice mango and avocado into thin strips

ASSEMBLY

1. Wet rice paper from all sides
2. Add ingredients to soft rice paper
3. Roll and enjoy with our [Thai Peanut Sauce!](#)

USEFUL TIPS FOR SPRING ROLLS:

Put water onto a large plate and dip the rice paper in as needed during assembly.

“Tuna” Salad



Here's a plant-based tuna salad that's as good as the original. Great between bread or scooped onto a salad.

YIELD: 4 small servings

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 10 minutes

INGREDIENTS:

- raw onion - 1/8 of a whole
- dill pickle - 1 whole

- celery - 1 stalk
- chickpeas - 15 oz can (425 g)
- dijon mustard - 1 Tbsp. (18 g)
- vegan mayo (we use Just Mayo) - 2 Tbsp. (30 g)
- salt - to taste
- pepper - to taste

INSTRUCTIONS:

CHOP VEGGIES (via dry chop technique)

1. Place onion, pickle, and celery in your container.
2. Blend on Variable Speed 1 for 10 seconds (or until correct size).
3. Set chopped veggies aside.

MAKE TUNA (via wet chop technique)

1. Add can of chickpeas (liquid, too) to your container.
2. Blend on Variable Speed 1 for 10 seconds (or until correct size).
3. Drain liquid (just like you would with a tuna can).

MIX

1. Get a bowl.
2. Combine veggies, “tuna” (chickpeas), and rest of ingredients.
3. Gently mix.
4. Enjoy!

Vegan Loaf



This vegan, gluten free "meat" loaf is a winner. Give it a shot!

YIELD: 12 servings

YOU'RE NEEDED FOR: 30 minutes

UNTIL IT'S DONE: 1h 30min

INGREDIENTS:

SAUTEE

- olive oil - 1/4 cup (60 mL)
- yellow onion - 1 medium
- celery - 2 ribs

- carrot - 2 medium
- garlic (minced) - 2 cloves
- cannellini beans - 15 oz. can (425 g)

BLEND

- sweet potato - 1 medium
- extra firm tofu - 14 oz package (425 g)
- soy sauce (gluten-free) - 2 Tbsp. (30 mL)
- tomato paste - 2 Tbsp. (30 mL)
- brown mustard - 2 Tbsp. (30 mL)
- parsley - 1/4 cup (60 mL)
- thyme - 1 Tbsp. (15 mL)
- sage - 1/2 Tbsp. (7.5 mL)
- rosemary - 1/2 Tbsp. (7.5 mL)
- salt - 1/2 Tbsp. (7.5 mL)
- pepper - 1/2 tsp. (2.5 mL)
- smoked paprika - 1 tsp. (5 mL)
- nutritional yeast - 2 Tbsp. (30 mL)

TEXTURE

- walnuts - 1/2 cup (75 g)
- quick steel cut oats - 3/4 cup (65 g)

INSTRUCTIONS:

PREP

1. Preheat oven to 350 F (175 C)
2. Pierce sweet potato with fork, cover with paper towel and microwave for 5 minutes
3. Chop onion, celery, carrot, garlic, and sauté in olive oil for 8 minutes
4. Add cannellini beans and sauté for another 5 minutes

BLEND

1. Add all of the ingredients under the blend category to Vitamix container
2. Blend on high for 1 minute
3. Add the sautéed vegetables to the container
4. Pulse on high 5 times using the tamper to push ingredients into the blade
5. Add the walnuts and oats
6. Pulse on high 5 times using the tamper to push ingredients into the blade

BAKE

1. Place on Silpat mat or parchment paper
2. Shape into loaf with damp hands
3. Bake for 30 minutes
4. Cover with tinfoil and bake for another 20-30 minutes
5. Let rest for 10 minutes before serving

SERVE

1. Slice and serve hot

2. Enjoy!

USEFUL TIPS FOR VEGAN LOAF:

Form the mixture into a loaf shape with damp hands. Bake on a Silpat mat or parchment paper. Otherwise use an 8x8 pan lined with parchment paper. You want a lot of surface area so there's a good crust to middle ratio.

This recipe calls for a ton of fresh herbs. If you don't have them on hand, use dried as a substitution.

Great topped with our [Mushroom Gravy!](#)

Easy Cornbread



Here's a moist and flavorful vegan cornbread for your Vitamix.

Because soup is boring all alone. Put some of this cornbread next to it!

YIELD: 12 servings

YOU'RE NEEDED FOR: 15 minutes

UNTIL IT'S DONE: 30 minutes

INGREDIENTS:

- apple cider vinegar - 1.5 Tbsp.
- almond milk - 1.5 cups
- coconut oil - 6 Tbsp.

- maple syrup - 1 Tbsp
- applesauce - 1/2 cup
- cornmeal - 1 cup
- flour - 3/4 cup
- baking powder - 1.5 tsp
- baking soda - 1/2 tsp
- salt - 1/4 tsp

INSTRUCTIONS:

Preheat oven to 375F

WHISK

1. Add apple cider vinegar and almond milk to Vitamix container
2. Blend on high for 10 seconds
3. Let sit in blender while you do other steps (5 minute minimum)

DRY INGREDIENTS

1. Add cornmeal, flour, baking powder, baking soda, and salt to a bowl
2. Mix until combined

WET INGREDIENTS

1. Add melted coconut oil, maple syrup, and applesauce to Vitamix
2. Blend on low for 15 seconds

MIX

1. Pour contents of container into dry ingredients
2. Mix with a spoon until just combined (your batter should have small chunks and be foamy)
3. Pour into greased loaf or cupcake pan
4. Bake for 20 minutes

SERVE

1. Let sit for a few minutes in the pan
2. Serve warm
3. Enjoy!

USEFUL TIPS FOR VEGAN CORNBREAD:

Out of cornmeal? You can easily blend dry popcorn in your Vitamix container. Make sure the container is dry, then blend popcorn kernels on high for 30 seconds until a cornmeal consistency is achieved.

Cauliflower Fried Rice



Did you know your Vitamix can do food processor tasks like “ricing” cauliflower?

This is a really nice alternative to white rice. It’s comfort food that doesn’t fill you up.

And is really fun to make.

Go make it for (or better yet, with!) someone!

YIELD: a large order of cauliflower fried rice.

YOU'RE NEEDED FOR: 20 minutes

UNTIL IT'S DONE: 20 minutes

INGREDIENTS:

- cauliflower - 1 head, chopped
- baby carrots - 1 cup, chopped (128 g)
- edamame - 1 cup (155 g)
- OTHER VEGGIES: peas/corn/broccoli - 1/2 cup (90 g)
- onion - 1/2 a whole, chopped
- oil - 2 Tbsp. (30 mL)
- soy sauce - 3 Tbsp. (45 mL)
- (optional) rice wine vinegar - 1 Tbsp. (15 mL)

INSTRUCTIONS:

PREP:

1. Chop cauliflower into rice-like pieces. (We use my our Vitamix for this)
2. Chop carrots into dime-sized pieces.

COOK:

1. Place a large skillet on medium heat.
2. Add half the oil.
3. Cook carrots until decently soft (5 minutes or so).
4. Add the rest of the oil.
5. Add other non-cauliflower vegetables.
6. Sauté for another few minutes until completely cooked.
7. Add the chopped cauliflower, soy sauce and optional extras.
8. Cook for 5 minutes.
9. Stop cooking after five minutes.

10. For real. Stop.
11. Unless you want soggy city.
12. And they don't serve rice there.
13. They only serve soggy vegetables.
14. Serve with nothing else.
15. Be happy.

USEFUL TIPS FOR CAULIFLOWER FRIED RICE:

If you're adding any extra protein (like tofu or a Beyond Meat-type of thing) cook this first. Why? Cooking these produces a lot of moisture. Moisture you want to keep out of the end product. Nobody likes a soggy mess.

When they're done, put the protein off to the side. We'll add it back to the mix later.

Other non-cauliflower vegetables go next, together.

Chop the cauliflower into rice-sized pieces. You can use a knife, a grater, or take the shortcut like us and use your Vitamix (to chop the cauliflower) to chop it all in three seconds.

Here's the key to making this recipe work: **DO NOT OVERCOOK THE CAULIFLOWER.**

You basically just want to make the cauliflower hot and soften it up a bit.

You'll think adding more oil and cooking it longer will make it crispy or closer to the correct rice texture. Nope.

After five or six minutes, more cooking means more soggy. Soggy cauliflower fried rice leads to a very unimpressed first-time taster. And it may ruin them forever.

So add your sauce, heat it up and be done. The natural texture of cauliflower is like cooked rice.

Don't be afraid to stuff your face. Cauliflower Fried Rice is incredibly low in calories.

Yummy Kale Pesto



Making pesto seems a lot harder than it actually is to make.

The trick is to have the right greens-to-oil ratio.

Throw all of the ingredients into the container, use the tamper to push them down, and in less than a minute, you have pesto!

This pesto features kale, but you really can make it with any green (traditionally, it's basil).

Go grab some greens and make some pesto. You'll want to put it on everything.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 1/2 cup (125 g)

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- kale - 2 cups (134 g)
- basil - 1/2 cup (13 g)
- garlic - 2 cloves
- olive oil - 1/4 cup (60 mL)
- nutritional yeast - 1 Tbsp. (9 g)
- pine nuts - 1/4 cup (34 g)
- salt & pepper - to taste

INSTRUCTIONS:

BLEND

1. Add ingredients to Vitamix container in order listed above
2. Blend on Level 4 for 60-90 seconds
3. Use the tamper to push ingredients from the corners into the blade
4. Keep some texture
5. Serve on pasta, sandwiches, veggies, etc.
6. Enjoy!

USEFUL TIPS FOR KALE PESTO:

Store for up to two weeks in an airtight container in your fridge.

Toss on pasta and add sautéed mushrooms, roasted pine nuts, and sun-dried tomatoes.

Creamy Cauliflower Mash



From school lunchrooms to fancy steakhouses, this side dish is a staple.

Well, sorta.

Introducing: cauliflower mash. It's creamy, steamy, and savory-starch deliciousness.

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 4 small servings

YOU'RE NEEDED FOR: 10 minutes

UNTIL IT'S DONE: 20 minutes

INGREDIENTS:

- cauliflower - one large head

- garlic - 2-3 cloves
- olive oil - 1 Tbsp.
- almond milk - 1 Tbsp.
- salt and pepper - to taste
- chives (optional) - 1/4 cup

INSTRUCTIONS:

PREP

1. Bring a large pot of water to boil
2. Rinse the cauliflower
3. Cut the cauliflower into small sections
4. Boil the cauliflower with the lid on for 10 minutes
5. Heat the oil in a small pan
6. Sauté the garlic cloves until brown
7. Drain the cauliflower

BLEND

1. Add almond milk to blender
2. Add garlic to blender
3. Add cauliflower to blender
4. Add salt and pepper to blender
5. Blend on medium for 1-2 minutes until creamy

SERVE

1. Scoop into a serving bowl
2. Top with chopped chives
3. Enjoy!

USEFUL TIPS FOR CREAMY CAULIFLOWER MASH:

These are pretty bland, just like real mashed potatoes. So top them with:

- Chives
- red onions
- truffle salt
- [Mushroom gravy!](#)

Jackfruit Tacos



Pulling jackfruit with a fork is fairly difficult and time-consuming. But the Vitamix makes pulling jackfruit a breeze!

Here's the simple method plus how we make pulled jackfruit tacos — delicious vegan street food!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 12 tacos worth!

YOU'RE NEEDED FOR: 30 minutes

UNTIL IT'S DONE: 30 minutes

INGREDIENTS:

JACKFRUIT

- jackfruit - 2, 20oz cans green jackfruit (in brine)

TACOS

- tortillas - corn (most authentic) or flour (for chewier)

SLAW

- purple cabbage - 2 cups, chopped or sliced
- mayonnaise - 1 TB (to taste) (we use a vegan mayo)
- (optional variation if you have time)
- green onions - 1/4 cup, chopped
- sugar - 1 tsp
- vinegar - white, 1 TB

TOPPING IDEAS

- avocado - 2 whole, pitted, sliced
- green onions - 1/4 cup, chopped
- cilantro - 1/4 cup, chopped

QUESO

- almond milk - 1 cup (240 mL)
- nutritional yeast - 1/4 cup (60 g)
- raw almonds - 1/2 cup (70 g)
- raw cashews - 1/2 cup (65 g)

- salt - 1.5 tsp (8 g)
- garlic powder - 1/2 tsp (1.5 g)
- onion powder - 1 tsp (2.5 g)
- crushed red pepper - a few shakes (to taste)
- red bell pepper (de-seeded)

PICKLED ONIONS

- vinegar - red wine, 1 part
- water - 2 parts
- sugar - 1 Tablespoon

INSTRUCTIONS:

JACKFRUIT

1. Drain cans of jackfruit
2. Place onto cooking sheet
3. Bake for 20 minutes at 350F

PULL

- Option 1: Pull apart with two forks
- Option 2: Use your Vitamix (saves tons of time!)
 - Add jackfruit to container (2 cups maximum at a time)
 - Blend on Variable Speed 1 for 5 seconds

DRESS

1. Add bbq sauce
2. Toss around

BAKE

1. 20 minutes at 350F
2. Mix by hand after 10 minutes

SLAW

- Chop cabbage:
 - Golf ball size pieces
 - Variable speed 1 for 5 seconds
 - Use the tamper to guide
- Option 1: Quick
 - Add mayonnaise
 - Stir
- Option 2: Overnight
 - Add vinegar, sugar, green onions
 - Combine
 - Let sit in the fridge overnight

QUESO

1. Add ingredients to blender container
2. Blend on Variable speed 10 for 6 minutes (or use Soup setting)

PICKLED ONIONS

- Option 1: Store-bought
- Option 2: Overnight
 - Slice
 - Place into jar
 - Add water, sugar, red wine vinegar
 - Sit overnight in fridge

TORTILLAS

- Warmed up in oven

OTHER TOPPINGS

- Slice avocado
- Chop green onions
- Rinse cilantro
- BBQ sauce

USEFUL TIPS FOR PULLED JACKFRUIT (AND JACKFRUIT TACOS!):

There are several ingredients and steps to make these jackfruit tacos. But don't be intimidated; this recipe is actually quite easy!

And, aside from [the queso](#), the ingredients list and quantities are all quite flexible. After all, they're just tacos!

Vegan Parmesan Cheese



This vegan parmesan is awesome. Even non-vegans like it!

Shalva will still eat cheese out of the house. And this one got high praise from her!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: 1 cup of vegan parm

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 2 minutes

INGREDIENTS:

- cashews - 3/4 cup, raw
- pine nuts - 1/4

- nutritional yeast - 3 Tablespoons
- onion powder - 1/4 teaspoon
- garlic powder - 1/4 teaspoon
- salt - 1 teaspoon

INSTRUCTIONS:

1. Add ingredients to the container
2. Blend in short bursts (pulse) on Variable Speed 5 until desired consistency.
3. Mix with a spatula, if necessary.

USEFUL TIPS FOR VEGAN PARMESAN CHEESE:

We made this in a [dry grains container](#). Standard containers should work, may require you to hand mix a bit more.

SPECIALTY DRINKS



Homemade Almond Milk



Another one where you may never go back to store-bought.

Note: We have a quick video about this on our YouTube channel: [Store-bought Almond Milk: What's Actually Inside?](#)

YIELD: 3 cups (700ml)

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 8 hours

INGREDIENTS:

- raw almonds - 1 cup (135g), soaked
- water - 3 cups (700 ml)

INSTRUCTIONS:

TOOLS

- Your Vitamix
- Filtration bag ([this one](#) is good)

PREP

- Soak almonds in water for 8 – 12 hours
- Strain them (not with a filtration bag, just a normal strainer)
- Rinse soaked almonds with cold water

METHOD

- Add soaked almonds to your blender
- Add water
- Blend for 45 seconds
- Pour everything through filtration bag and squeeze it all through
- Serve chilled

USEFUL TIPS FOR HOMEMADE ALMOND MILK:

You can store in the refrigerator up to four days

Save the pulp! Use it for baking or cooking

Add a date or two for extra sweetness

Try it unstrained! Saves time and all the nutrient-rich pulp that may go to waste

In coffee, it's like the thickest, freshest cream you'll ever taste.

Merry Mule



We decided to throw a little holiday magic at one of our favorite cocktails. And that is how the Merry Mule was born.

This is a Moscow mule with cranberry, blended, and with a twist.

YIELD: 2 large servings

YOU'RE NEEDED FOR: 3 minutes

UNTIL IT'S DONE: 3 minutes

INGREDIENTS:

- vodka - 1/2 cup (120 mL)
- unsweetened cranberry juice - 1/4 cup (60 mL)

- ginger beer - 1/2 cup (120 mL)
- ice - 2-3 cups (400 g)

INSTRUCTIONS:

BLEND

1. Pour all ingredients into Vitamix container
2. Blend on high for 60 seconds

SERVE

1. Pour into cocktail glass
2. Top with more cranberry juice
3. Garnish
4. Have a happy holiday!

Grapefruit Margaritas



Fresh grapefruit (and your Vitamix) make these margaritas the best you'll ever have.

Have some fun and treat yourself tonight!

YIELD: 6 big margs

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- water - 1/4 cup
- tequila - 6 oz
- triple sec - 2 oz

- grapefruit - 1 whole, peeled
- lime - 1 whole, peeled
- lemon - 1 whole, peeled, seeded
- (optional) sugar or sweetener - a little bit
- ice - 6 cups

INSTRUCTIONS:

1. Place liquid ingredients in your blender.
2. Then the fruit.
3. Then the rest.
4. Blend for 45 seconds on HIGH speed.
5. Serve.
6. Enjoy.

USEFUL TIPS FOR GRAPEFRUIT MARGARITAS:

You can also use simple syrup (sugar water) instead of stevia.

Bloody Mary Mix



Ever think to make your own Bloody Mary mix? Us either; seemed like a lot of work.

But guess what? It's worth it!

Especially if you've got a large crop of tomatoes and nothing to do with them.

This Bloody Mary mix is:

- easy
- flavorful
- fresh
- impressive

So mix up a batch for your next brunch, your guests will forever deem you group bartender.

YIELD: 40 oz.

YOU'RE NEEDED FOR: 5 minutes

UNTIL IT'S DONE: 5 minutes

INGREDIENTS:

- tomatoes - 5 small to medium
- olive juice - 1/4 cup (60 mL)
- worcestershire sauce - 2 Tbsp. (35 g)
- tomato paste - 2 Tbsp. (33 g)
- lemon (w/peel) - 1/4 whole
- lime (w/o peel) - 1/4 whole
- horseradish - 1 tsp. (5 g)
- Thai pepper (de-seeded) - 1 whole
- celery salt - 1/2 tsp. (3 g)
- pepper - 4 cracks of the mill

GARNISH

- celery - 1 rib
- green olive - 1 whole
- lemon - 1 garnish slice
- Thai pepper - 1 whole

INSTRUCTIONS:

1. Add all ingredients into your container

2. Blend on high for 30 seconds
3. Ramp down and blend on low for 30 more seconds
4. Add water, vodka or gin in a 3:1 ratio (3 being the bloody mix)
5. Pour over ice
6. Garnish
7. Enjoy!

USEFUL TIPS FOR BLOODY MARY MIX:

Rimming a glass is really easy. Put spices on a small plate (we used lemon pepper and kosher salt), wet your finger and run it along the outside of an empty glass, then press into your plate. Put your celery rib in, then the ice.

Pina Colada



This pina colada recipe is a gem. So easy, so good. And it requires nothing abnormal. Easy stuff to get your hands on.

Sip 'em like you're at the beach. Or spoon some like Italian ice.

YIELD: two 16oz servings (2 pints)

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 2 minutes

INGREDIENTS:

- coconut water - 1 cup (330 mL)
- pineapple (fresh or frozen) - 1 cup (165 g)

- coconut milk full fat (fresh or frozen) - 3 cubes
- banana (frozen) - 1 whole
- ice - 6-8 cubes
- shredded coconut (optional) - a sprinkle

INSTRUCTIONS:

PREP

1. Freeze a can of coconut milk into ice cube trays overnight.
2. Peel and freeze a banana overnight.

BLEND

1. Add ingredients in order listed into your Vitamix container.
2. Blend on high for 15-20 seconds.
3. Top with shredded coconut.
4. Snap a pic and tag #lifeisnoyoke.
5. Feel tropical.

USEFUL TIPS FOR PINA COLADA:

You don't have to freeze the coconut milk overnight, but it will help to make the consistency "creamy" without using any cream. We suggest freezing the whole can in ice cube trays and using the rest to make our coconut ice cream!

Seems silly, but we wrote a whole post on how to freeze bananas correctly. Once you become a smoothie connoisseur, you'll always want to have frozen bananas on-hand. The easier they are to grab, the less hurdles you have to making a healthy breakfast.

Use fresh pineapple if possible. Otherwise frozen works fine if you add a bit of extra coconut water.

Frappuccinos (as good as Starbucks, but zero-added sugar!)



There are two secrets to making Starbucks-tasting Frappuccinos.

1. A Vitamix
2. [Xanthan gum](#)

Both of these come with some sticker shock. But, being a Vitamix owner, you can appreciate investing in something that lasts a long time.

The formula for making these Frappuccinos is pretty simple.

The real question is what took us so long to make these?

As I'm typing, I'm seeing xanthan gum as a microcosm for getting a Vitamix. We hesitated for so long, but feel silly for doing so.

Make ‘em!

These Frappuccinos Will Get You Out of Bed!

Legendary American television writer and producer Norman Lear loved to say the following about coffee: “I went to bed every night excited about the coffee I was going to have in the morning.”

These frappuccinos, for us, do just that.

These are fun and exciting to make. And wake you up!

And being that they’re a frozen drink, us making them means winter is behind us.

Sunshine!

Our spin on the classic Frappuccino

Frappuccinos from Starbucks are delicious. But they’re also loaded with syrups made with ingredients you cannot pronounce.

So we simplified and tried to keep it whole-food, plant-based:

- Dates (instead of sugar)
- Nut milk (instead of whole dairy milk)
- Cocoa powder (instead of a chocolate syrup)

Not sure if xanthan gum is technically allowed for a strict WFPB diet. But without it, your frapps are going to be far less homogeneous.

Okay, here’s the method. Go make ‘em!

Note: This recipe has a [video tutorial on our YouTube channel](#).

YIELD: one 12-ounce drink

YOU'RE NEEDED FOR: 2 minutes

UNTIL IT'S DONE: 2 minutes

- coffee - 1/2 cup, cold, strongly brewed
- nut milk - 1/2 cup (almond, cashew, hemp, soy, whatever you like)
- coconut milk - 1 Tablespoon
- vanilla - 1 teaspoon
- [xanthan gum](#) - 1/8 teaspoon
- salt - a pinch
- dates - 2, pitted (plus or minus one to taste)
- ice - 1 cup (heaping)
- (optional) cocoa powder - 1 Tablespoon (for MOCHA frapp!)
- (optional) coconut - 1/2 cup toasted or as-is (for COCONUT frapp!)

INSTRUCTIONS:

1. Add ingredients in order listed.
2. Blend for 30 seconds on the highest speed your Vitamix will do
3. Enjoy!

USEFUL TIPS FOR FRAPPUCCINOS:

Mocha frappuccinos: add a tablespoon of cocoa powder!

Toasted coconut frappuccinos: add some toasted coconut! (If it's unsweetened, you'll want to add a bit more sweetness to cut some of the coconut's bitterness)

We made the single-size, 12-oz recipe in a low-profile 64-ounce container. (No need to double up!)

Last thing

The purpose of this book is *not* to make money. It's to spread ideas.

So don't let this book die in your hands!

- **Make a recipe for someone else.** The magic inside these pages happens with a taste and sip.
- **Forward the pdf file.** Your copy comes with unlimited “forward-it-to-friends” licenses.
- **Leave a helpful review** (if you haven't already). It helps people discover the book.

Thanks so much,

Lenny Gale @lifeisnoyoke

