



Hearty & Healthy

A VITAMIX RECIPE COLLECTION



Whole-Food Inspo from Vitamix

WINTER/SPRING 2024 ISSUE

Let the New Year inspire a new you!

Whether you want to lose weight, gain muscle, or just boost your overall wellness, a healthy diet can help you reach your goals. You can trust Vitamix for whole-food, plant-based recipes that are as delicious as they are nutritious. And because your Vitamix is covered by an up to 10-year full warranty, you can rest assured you'll be blending green smoothies and more for a very long time.



Get the most out of your blend

by loading ingredients in the correct order:

*Ice + Frozen
Ingredients*

Fruits + Veggies

Leafy Greens

*Dry Goods (grains,
seasonings, powders)*

*Liquids
(water, juice, yogurt)*



Tips for *Blending*

Blending on High

Whether you're making green smoothies, hot soups, or even thicker blends like hummus or sorbet, you'll usually get the best results by starting the blender on low and quickly ramping up to high.

Blending this way reduces blend times and extends the life of your blender by keeping the motor cool. There are a few exceptions, so always follow the recipe instructions - but when in doubt, turn it to high.

[Click Here for More Tips](#)

Cozy & Comfy

When it's cold outside, comfort food makes you feel warm and cozy. Use your Vitamix blender and accessories to make healthier, whole-food versions of your favorite sweater weather dishes. These recipes pack a nutritional punch while serving up the nostalgic flavors your taste buds crave. Add these options to the menu for a perfect way to stay toasty on a chilly day.

[Hazelnut Hot Chocolate](#)

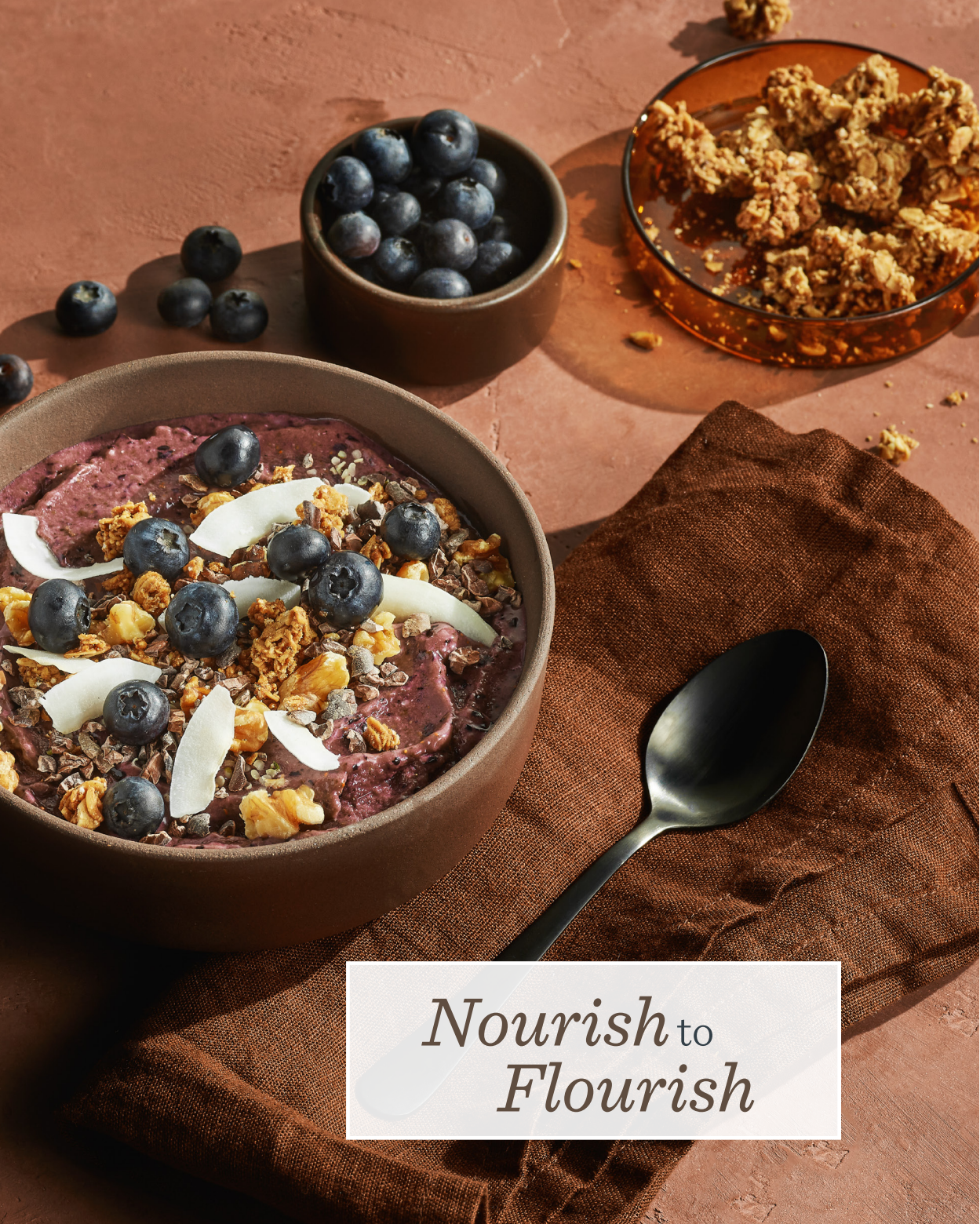
[Banana Walnut Breakfast Oats Recipe](#)

[Carrot Cannellini Bean Soup](#)

[Whole Grain Loaf Bread](#)

[Cherry, Pistachio, Cardamom
Kombucha Smoothie](#)





Nourish to
Flourish



Mushroom Quinoa Veggieballs



Vegetable and Potato Pot Pie



Winter Panzanella Salad with Honey Mustard Vinaigrette



Blueberry Banana Smoothie Bowl



Chickpea Oat "Loaf"



Earl Grey Hot Toddy



Mushroom and Cashew Cream Stroganoff



Jackfruit Buffalo Dip



Root Vegetable Soup and Dumplings



Grandma Carpenter's Apple Cake

Food is more than just what's on your plate; it's how you nourish your body. Adding these whole food, plant-based dishes to your diet is a flavor-filled way to live a happier, healthier lifestyle.



Chestnut Soup



Persimmon Ginger Jam



Arugula Salad, Roasted Grapes and Lemon Maple Vinaigrette



Sun Dried Tomato Cream Sauce



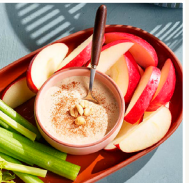
Apple Cider Margarita



Cauliflower and Eggplant Tikka Masala



Warm Citrus Ginger Tea Smoothie



Vegetable and Fruit Peanut Butter Dip



Ginger Kombucha Smoothie



"Cashew e Pepe"

A hand is shown holding a spoon over a bowl of root vegetable soup. The soup is yellow and contains dumplings, carrots, and green peas. The bowl is on a wooden cutting board. In the background, there are fresh carrots and green herbs. The text 'Savor the Season' is overlaid on a white box in the upper left.

Savor the Season

Root Vegetable Soup and Dumplings

Parsnips are at the heart of this savory recipe. This cool season root vegetable has a nutty, sweet taste that melds perfectly with fresh thyme, garlic, and carrots. Parsnips are also low in calories, high in fiber, and packed with folate and Vitamin C. Add dumplings and you've got a dish that's as comforting as it is nourishing. Not a parsnip fan? Try turnips or sweet potatoes instead.

Ladle yourself a bowl of this yummy soup and serve with crusty bread or a mixed green salad for lunch or dinner. Bon appétit!

- 1 Fit the Food Processor Attachment with the Multi-Use Blade, add the dumpling ingredients to the container, and secure the lid. Start the machine and process for 10 seconds. The dough should resemble a batter. Set aside.
- 2 Place the onion, celery, carrot, parsnip, garlic and thyme into the Vitamix blending container in the order listed and secure the lid. Pulse the mixture 5 - 6 times until evenly chopped.
- 3 Heat a large soup pot to medium high heat. Add the oil then add the vegetable mixture and salt. Sauté for 5 - 7 minutes. Add stock and bring to a boil. Reduce the heat and simmer for 10 minutes.
- 4 Let soup mixture cool for 3 - 5 minutes. Add soup mixture to the Vitamix blending container, secure the lid and blend for 60 seconds.
- 5 Pour the soup back into pot and bring to a boil. Drop dumplings in 1 Tablespoon at a time and allow to cook. Dumplings will rise to the top of the soup when finished about 2 - 3 minutes. Add peas and simmer until they turn bright green.

The Blender You Pass Down

Vitamix blenders tend to travel — across kitchens, decades, even generations. Because they're built to last, they're often lovingly handed down, just like the recipes made in them. Whether yours is second hand or brand new, one thing's for sure — your Vitamix blender will be loved for lifetimes.

[Learn More](#)

Love all things Vitamix?

Keep an eye on your inbox for more quarterly tips, offers, and recipes.

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In the Spotlight Featured Products

Love the seasonal recipes we shared this quarter? Here are the blenders and accessories we recommend using to make them.



**Explorian® Series
E310**

The **Explorian E310** features intuitive, versatile controls, exhilarating power, and durability backed up by a 5-year warranty. The **48-ounce container** is perfect for blending medium batches for small family meals.

[Shop Now](#)



**Ascent® Series
A3500**

The **Ascent Series A3500** combines Vitamix power and durability with innovative wireless **SELF-DETECT® technology** and a stylish brushed finish that adds a modern touch to your kitchen.

[Shop Now](#)



**Immersion
Blender**

The **Immersion Blender** puts the power of Vitamix in the palm of your hand and gives you the convenience of blending in any container.

[Shop Now](#)



**Personal
Cup Adapter**

The **Personal Cup Adapter** adds the convenience of a personal blender to your full-size Vitamix® machine. For use with Vitamix Classic machines only; not compatible with Vitamix Ascent™ Series machines.

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