

Healthy Holidays

A VITAMIX RECIPE COLLECTION



Whole-Food Inspo from Vitamix

WINTER ISSUE

Tis the season

for gift-giving, get-togethers, and good food! Holiday entertaining is all about spending time with family and friends and sharing the traditions that make this time of year special. You can count on Vitamix to help you make mouthwatering main courses, scrumptious sides, and delicious desserts. And because it lasts up to 10x longer than the average blender, you can pass your Vitamix blender down with Grandma's chocolate chip cookie recipe.



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 *Loading* your *Container*

Layered all your ingredients properly? Now start the blender on low and quickly increase the speed to high.

Why do order and speed matter? Loading the container this way prevents air pockets and the low speed lets the blades grab the nearby liquid and soft ingredients first. This creates a vortex that then pulls the tougher foods toward the blade. By the time your frozen and dense ingredients reach the blade, it'll be moving at the right speed to blend them.

*Vegan Whole
Wheat Pancakes*

*Sesame Bagels &
Cashew Cream Cheese*

*Whole Wheat
Cinnamon Date Rolls*

*Apple Cinnamon
Date Syrup*

*Orange Juice
Plus*



Eat, Drink and
Be Very Merry!



[Almond Flour
Chocolate Chip Cookies](#)



[Apple and Walnut
Rice Kugel](#)



[Apple Cinnamon
Date Syrup](#)



[Apple Hand
Pies](#)



[Cashew Cream
Cheese](#)



[Cornbread](#)



[Farro, Butternut Squash
and Red Onion Salad](#)



[Gingerbread
Cookie Jar](#)



[Green Tea
Spice Blend](#)



[Orange Juice
Plus](#)



[Honey Walnut
Thumbprint Cookies](#)



[Mulled Lemon Honey
Bourbon Cocktail](#)

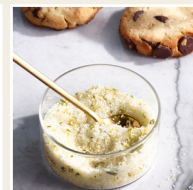
The best gift of all is looking around the holiday table and seeing the people you love enjoying food that's good for them. Put these delish whole-food dishes on the menu for a meal to remember.



[New Age
Cranberry Sauce](#)



[Roasted Pear
Vinaigrette](#)



[Rosemary Citrus
Sea Salt](#)



[Sesame
Bagels](#)



[Sweet Potato
Latke](#)



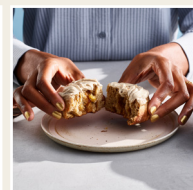
[Sweet Potato
Sage Biscuits](#)



[Vegan Whole
Wheat Pancake](#)



[White
Chicken Chili](#)



[Whole Wheat
Cinnamon Date Rolls](#)



[Whole Wheat
Flour](#)



[Whole Wheat
Pastry Dough](#)



[Winter Fruit
Smoothie](#)

Whole Wheat Cinnamon Date Rolls

Everyone loves cinnamon rolls! The combination of freshly-baked dough, cinnamon, and sweet, goey frosting is hard to resist. This healthier whole-food version uses whole wheat flour for extra fiber and date syrup for natural sweetness without processed sugar. Enjoy a roll for breakfast, an afternoon snack, or after-dinner dessert.

1 Process Wet Ingredients

Fit the Food Processor with the Multi-Use Blade. Place oat milk, eggs, coconut oil, honey, and salt into the Vitamix container and secure the lid. Start the machine and process for 30 seconds.

2 Add Dry Ingredients

In a large mixing bowl combine the whole wheat flour, bread flour, and yeast and whisk together. Add this mixture to the food processor. Secure the lid, start the machine and process for an additional 30 seconds.

Turn out onto a lightly floured surface and knead for 5 – 6 minutes, until smooth and elastic. Spray the large bowl with cooking spray and place the kneaded dough into the bowl and cover with plastic wrap. Place in a warm area for 60 – 90 minutes depending on temperature.

3 Flatten Dough into Rectangle

After proofed dough rests for an additional 10 – 15 minutes, roll out dough to 12 x 20-inch rectangle. Spread the date syrup evenly and sprinkle with cinnamon and raisins leaving a 1" border around the edges. Brush edges with water

4 Roll Dough into Log

Roll the dough from the long end tightly up to form a log. Pinch and seal the seam where the end of the dough meets the roll. Gently cut the rolls evenly.

5 Bake

Spray a 10 x 15 baking dish with cooking spray. Space rolls evenly into the baking dish and let double in size for 45 – 60 minutes. Place in preheated oven and bake for 15 – 20 minutes. Let cool slightly and brush with [cinnamon cashew cream cheese](#).

Savor
the Season

Chef's Tip: Save time and energy by making these the day before and letting the dough rise in the refrigerator overnight so you're ready to bake first thing in the morning.

Give a Gift That's *Loved* for *Lifetimes*

Smoothies are just the beginning. Hot soup without a stove, frozen sorbet in just a few minutes, healthy holiday snacks, batters, sauces, and dips—*Vitamix can make it all.*

Whether you give it as a gift or treat yourself, your Vitamix blender will help you make the season bright for years to come.

[Learn More](#)

Love all things Vitamix?

Check back each quarter for the perfect blend of tips, ideas, and fun.

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In the Spotlight *Featured Products*

Every quarter, we'll feature seasonal recipes and the perfect Vitamix blenders and accessories to make them in. Recipes requiring full-size blenders work with any of our full-size models.



**Propel® Series
750**

The Propel 750 comes with five preset blending programs for walk-away convenience, so you spend less time in the kitchen and more time celebrating the season with family and friends.

[Shop Now](#)



**Ascent® Series
Gold Label**

With its eye-catching gold accents and Insta-worthy colors, the super-chic Ascent Series A3500 Gold Label is the perfect holiday gift for your favorite foodie.

[Shop Now](#)



**Immersion
Blender**

Ask Santa for the power of Vitamix in the palm of your hand and he'll bring this versatile stick blender. Use accessories like the whisk attachment to make whipped cream from scratch – perfect for topping hot chocolate and pies.

[Shop Now](#)



**Food Processor
Attachment**

Whether you're hosting a bowl game watch party or just bringing a dish, this large-capacity, full-feature food processor attachment makes food prep a breeze.

[Shop Now](#)

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