



Passport to Flavor

A VITAMIX RECIPE COLLECTION



Whole-Food Inspiration from Vitamix

2024 | Issue No. 4

Spice Up the Menu

It's so easy to get into a food rut. Maybe you have a super busy schedule or a few picky eaters in the family and it's just easier to cook food everybody knows. If that sounds familiar, this collection of healthy, whole-food recipes will perk up your palate with a world of globally inspired flavors that taste so good even the pickiest eater will ask for more. And because your Vitamix® lasts **10x longer** than an average blender, you'll be taking dishes from dull to delicious for years to come.



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)*



Lasts up to **10x longer**
than an average blender.

In our testing lab, Vitamix engineers push our products to their literal breaking point with tests that are far more demanding than anything you'll blend at home. That means you get the best blends, the latest technology, and a blender you'll pass down, not throw away.

[How We Built a Better Blender](#)





Salmon Burger

*Black Bean Burger
with Sriracha Aioli*

Shiitake Blended Burger

A World of Flavor



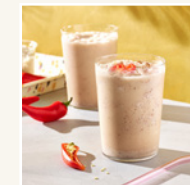
Apple Peanut Butter Smoothie



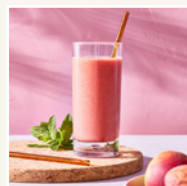
Shiitake Blended Burgers



Chai Smoothie



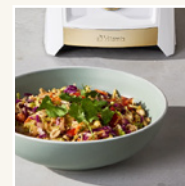
Spicy Frozen Horchata



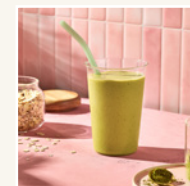
Watermelon Peach Smoothie with Chamomile Tea



Chocolate Almond Berry Smoothie

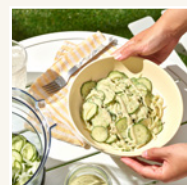


Thai Chopped Salad



Matcha Oat Smoothie

Spicy chai, sizzling sriracha, earthy matcha — take your taste buds on a culinary adventure with tantalizing flavors from around the world. Ditch the same old, same old and explore new tastes with every recipe.



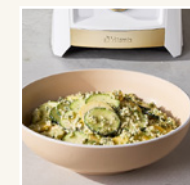
Sliced Cucumber Salad



Strawberry Passion Fruit Smoothie



Black Bean Burgers with Sriracha Aioli



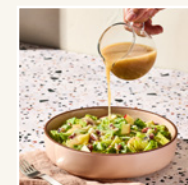
Summer Squash Chopped Salad



Greek Chopped Salad



Salmon Burgers



Roasted Apple Vinaigrette

HOW TO MAKE A *Creamy Matcha Oat Smoothie*

Matcha is an ancient ingredient that's become a massive food trend, finding its way into all kinds of drinks, desserts, and snacks. Matcha's roots go back to China, where the process of crushing tea leaves into powder began, and Japan, where matcha is used in tea ceremonies. Made from shade-grown green tea leaves, matcha is a finely ground powder packed with healthy nutrients like chlorophyll and amino acids, which give the powder its bright green color and earthy, umami taste. Matcha also has caffeine for a pick-me-up without the jitters or crash you get from coffee and sugary energy drinks.

A smoothie this good for you must be difficult to make, right? Not at all—follow this simple step-by-step guide to making the perfect Matcha Oat Smoothie.

1 Load & Lock

Place all ingredients into the Vitamix container in the order listed and secure the lid.

2 Blend & Tamp

Run the Smoothie Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 40–50 seconds, using the tamper to push ingredients toward the blades.

3 Pour & Enjoy

Pour into your favorite glass. Garnish with mint leaves, coconut flakes, or whatever you're in the mood for and enjoy.

Matcha Oat Smoothie Recipe

*Put Some Zen
in your Blend*



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.

FOLLOW AND TAG US ON SOCIAL MEDIA



In the Spotlight *Featured Products*

Enjoyed the flavor-forward recipes we shared? Here are the blenders and accessories we recommend using to make them.



5-Speed Immersion Blender 4-Piece Deluxe Bundle

This Immersion Blender's 5 speeds help you create your ideal textures for every blend. The **4-Piece Deluxe Immersion Blender Bundle** comes with a Mini-Chopper attachment, whisk attachment, and blending jar.

[Shop Now](#)

Ascent® Series A2300

You're in control! The **A2300's** Variable Speed Control and Pulse features let you fine-tune every texture—from smooth purées to chunky salsas and everything in between.

[Shop Now](#)

Ascent® Series A3500

The **A3500's** Five program settings (for Smoothies, Hot Soups, Dips & Spreads, Frozen Desserts, and Self-Cleaning) automatically adjust to the container size you've selected, process your recipes, and stop the blender when complete.

[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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