



Refresh & Refuel

A VITAMIX RECIPE COLLECTION



Whole-Food Inspo from Vitamix

SUMMER 2024 ISSUE

Warmer Weather Is Here!

So many delicious fruits and vegetables are in season this time of year. If you're looking for thirst-quenching ways to keep cool, or light but energizing meals to fuel outdoor activities, this collection of healthy, whole-food recipes will help you refresh and refuel all summer long. When you're using your Vitamix, you'll spend less time in the kitchen and more time outside doing the things you love.



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)*



The *Lid Plug* Trick

Did you know that the lid plug of your Vitamix container doubles as a small measuring cup?

Look closely and you'll see half-ounce and one-ounce fill lines. The lid plug is perfect for measuring cocktail recipe ingredients or thinning blends by adding a small amount of liquid.

You can also remove the lid plug to "drop chop" ingredients — a quick way to dice veggies by dropping them through the lid plug opening onto the spinning blades.



[Click Here for More Tips](#)

*Create Perfect Textures with
the Immersion Blender*

*Vegetable, Black Bean, &
Wild Rice Stuffed Peppers*

*Simple Stuffed Pepper
Tomato Sauce*

*Make chopping easy with the
Food Processor Attachment*

directions:
place onion, mushroom, cauliflower into food processor
multi-use blade, pulse 10-15
until evenly chopped. 1 cup
heat a large non-stick
pan over medium heat. add oil
saute for 8-10 minutes
beans, wild rice, mushrooms
pepper, onion, cauliflower
3-5 minutes
Remove from heat
add tomato sauce
simmer for 15-20 minutes
until thickened
stuffed peppers
fill peppers with mixture
bake at 375°F for 45 minutes
until peppers are tender
and sauce is thickened

ingredients:
1/2 red onion
1 zucchini
1 cup mixed veggie, black bean and wild rice
1/2 cup cauliflower
1/2 cup mushrooms
1/2 cup wild rice
1/2 cup black beans
1/2 cup tomato sauce
1/2 cup olive oil
1/2 cup onion
1/2 cup cauliflower
1/2 cup mushrooms
1/2 cup wild rice
1/2 cup black beans
1/2 cup tomato sauce
1/2 cup olive oil



Fresh Flavors



[Spiced Carrot Cake Smoothie](#)



[Cucumber Mint Lemonade](#)



[Egg White and Vegetable Frittata](#)



[Homemade Taco Seasoning](#)



[Simple Salsa Verde](#)



[Simple Stuffed Pepper Tomato Sauce](#)



[Tropical Ice Pops](#)



[Grilled Vegetable & Quinoa Salad/Honey Lime & Mixed Herb Vinaigrette](#)

Zesty fruits, aromatic herbs, crisp veggies — fresh flavor combos are in season! Healthy eating is anything but bland when you use whole-food ingredients picked at peak ripeness. Add these recipes to the menu for mouthwatering meals that fuel you up without weighing you down.



[Tandoori Spice Blend](#)



[Lavender Hibiscus Iced Tea](#)



[Tropical Smoothie](#)



[Lavender Seasoning](#)



[Red Curry Pizza Sauce](#)



[Eclipse Smoothie Bowl](#)



[Vegetable, Black Bean, & Wild Rice Stuffed Peppers](#)



[Creamy Avocado Pasta Sauce](#)



Frozen, Flavorful, & Fun

Tropical Ice Pops

Skip the artificially flavored, store-bought ice pops and make your own healthy, whole-food ice pops at home. These island-inspired pops turn ripe mango chunks, juicy orange slices, and refreshing coconut water into a tropically flavored, plant-based dessert.

Easy to make and even easier to customize, this recipe uses a simple marbling trick for picture-perfect treats that look as good as they taste. Get creative — use leftover fruits (and veggies!) for fun flavor combos like rhubarb and strawberry, or mango and basil - you can even add kombucha for a fizzy kick.

1 Position Ice Pop Sticks

Place sticks in ice pop mold.

2 Load Ingredients

Place coconut water, orange, lime, honey, and mango into the Vitamix container in the order listed and secure the lid.

3 Blend Ingredients

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.

4 Pour Coconut Milk and Blended Ingredients

Pour the coconut milk evenly into the ice-pop molds until they're $\frac{1}{4}$ to $\frac{1}{2}$ full. Pour the blended mixture on top of the coconut milk.

5 Swirl & Freeze

Use a skewer to swirl the two mixtures together to create a marbling effect. Freeze for 4–6 hours.

Enjoy!

How to Make Tropical Ice Pops

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](#)

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In the Spotlight *Featured Products*

Love the fresh and fun recipes we shared?
Here are the blenders and accessories we recommend using to make them.



**5-Speed
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The **Immersion Blender** puts the power and performance of Vitamix in the palm of your hand. Blend in almost any container, from jars on the counter to pots on the stove.

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**Ascent® Series A3500
Deluxe SmartPrep™ Kitchen System**

The **Ascent SmartPrep Kitchen System** combines our top-of-the-line blender and Food Processor Attachment in one convenient package.

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**Propel™
750**

The **Propel 750** combines iconic Vitamix performance with the ease of preset blending programs. It's the perfect blend of power and convenience.

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