

HEALTHY MADE EASY

A collection of over 40 healthy and delicious recipes created at home using a Vitamix®.

 **Vitamix**

Made by Nature • Crafted by Hand
*Coconut
Bowls*
www.coconutbowls.com





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Welcome

Welcome to the Vitamix Healthy Made Easy eBook. A collection of over 40 healthy and delicious recipes created at home using a Vitamix. More than just smoothies, explore all the possibilities Vitamix inspires.

In collaboration with Coconut Bowls™ and a talented bunch of recipe creators, we've come together to share many of our most-loved meals to help inspire you in the kitchen.

These recipes are just a glimpse into what life with Vitamix looks like, where there are endless opportunities for you to create, experiment and turn your meals into masterpieces.



The Endless Possibilities

A Vitamix is so much more than just a smoothie maker, to a dreamer and doer who loves to cook and create, a Vitamix High-Performance Blender is the tool you need to infuse healthy, delicious food into your life. From breakfast through to dessert, and everything in between - explore new ingredients and create classic recipes from dawn to dusk with a Vitamix.



Hot Soups



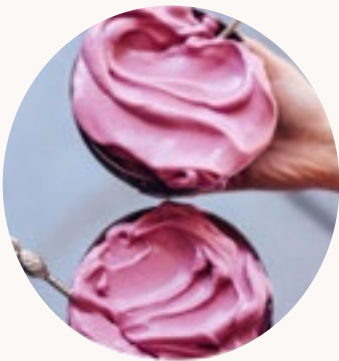
Baby Food



Flours & Doughs



Nut Butters



Frozen Desserts



Batters



Dressings & Sauces



Non-Dairy Milks



Smoothies & Juices



Dips & Spreads



Food Prep



Smoothie Bowls



Why You Need a Vitamix

The power and performance of a Vitamix Blender means that it completely redefines what a high-performance blender can do. In fact, it's so much more than a blender.

Whether your goal is to impress guests with perfect homemade mayo, mix a frozen margarita or just get more whole foods into your family's diet, your Vitamix high-performance blender will elevate you to a pro.

When it comes to a Vitamix, there's a high-performance blender that's right for you.

ASCENT[®] SERIES HIGH-PERFORMANCE BLENDERS

Combining sleek design with power and precision, the Ascent Series with blending cups and bowls delivers the ultimate convenience and versatility both at home and on the go.

EXPLORIAN[®] SERIES HIGH-PERFORMANCE BLENDERS

Your entry into true high-performance blending with intuitive controls and a simple design.

Learn more at [vitamix.com](https://www.vitamix.com)



COCONUT BOWLS

Creating thick and creamy smoothie bowls is made easy with a Vitamix, and a real smoothie bowl is served sustainably in Coconut Bowls.

Explore the range at [coconutbowls.com](https://www.coconutbowls.com)

BAMBOO STRAWS

Nutrient rich and delicious smoothies are created quick and easy with a Vitamix, sip your smoothies sustainably with Bamboo Straws.

Learn more at [coconutbowls.com](https://www.coconutbowls.com)

Tips & Tricks

Whether you're new to Vitamix or have been blending with us for years, here are a few simple tips and tricks every Vitamix owner should know.



LOADING YOUR CONTAINER

1. Liquids (water, juice & yogurt)
2. Dry Goods (grains, seasonings & powders)
3. Leafy Greens
4. Fruits & Veggies
5. Ice & Frozen Ingredients

Placing heavier, frozen items on top of lighter ingredients helps weigh them down and gets the blend moving faster. This can help prevent the blend from stalling, also called cavitation, which happens when air pockets form around the blades



BLENDING ON HIGH



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

Blending on high not only reduces blend time, it also helps keep the motor cool. There are a few exceptions, so always follow the recipe instructions - but when in doubt, turn it to high.

FULL-CONTAINER BLENDING

Cooking for a crowd? Vitamix Blenders are powerful enough to pulverize a full container of ingredients. Then, when they start to blend down, you can add even more through the lid plug opening while the machine is running.



SAVE TIME ON FOOD PREP

Vitamix Blenders are powerful enough to quickly break down large chunks of fruit and veggies, so you don't have to chop anything smaller than a quarter of an apple. Plus, long, skinny ingredients like carrots and celery can be added whole through the lid plug while the blender is running.



COVER THE BLADES

Vitamix Blenders need a minimum volume of ingredients in order to blend well. A good guide is to make sure you use enough ingredients to cover the blades while blending.



MASTER THE TAMPER

For thick, challenging blends, the tamper can help get the mixture moving while breaking up air pockets that form around the blade. Simply rotate the tamper around the four corners of the container to push the ingredients into the blades until a vortex begins to form and your blend is moving freely.

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 15 ml to 30 ml fill lines. These are perfect for cocktail recipes, or if you need to thin a blend by adding a small amount of liquid.



DROP CHOPPING

For a quick dice, drop ingredients like onion, garlic or carrot through the lid plug opening into the spinning blades.

WET CHOPPING



Here's a way to quickly mince or "rice" large amounts of veggies like cauliflower (perfect for cauliflower pizza crust). Break the veggie into large chunks, place them in the blending container, and fill it with enough water so that the veggies are floating above the blades. Then simply pulse the blender until the desired texture is reached, strain the water out, and you're ready to go.

SELF-CLEANING CONTAINER

All Vitamix Blenders are self-cleaning: just add a few drops of dish soap, fill halfway with warm water and run on high for 30-60 seconds (or run the Clean program). Also, check which model you own - all newer containers are dishwasher safe.





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Smoothies & Bowls

Creating thick and creamy smoothies and bowls is made easy with Vitamix, and the recipes that await in this chapter are just a sample of what's possible.

When it comes to smoothies, frozen fruit is your friend, and liquid is optional, less for bowls and more for smoothies.

These recipes are ripe for experimenting, don't be afraid to treat them as a guide and let your creative juices flow. The only limit here is your imagination.



Dreamy Snickers Nice Cream

Contributor: Michelle Chen | @run2food

Enjoy this luscious nice cream that has the flavours of a Snickers! It is a healthier alternative, rich in protein and guilt-free!

Ingredients [serves 1]

1/3 cup Non-Dairy Milk
3-4 large ripe frozen Bananas (350g)
2 tbsp Cocoa Powder
2 tbsp Vegan Vanilla Protein Powder
2 tbsp Peanut Butter

OPTIONAL:

liquid sweetener, to taste

Directions

1. First, add the non-dairy milk in your Vitamix Blender.
2. Add the rest of the ingredients and secure the lid. Select variable 1 and slowly increase to 10. Blend on high for 55 seconds until thick, smooth and creamy.
3. If needed, use the tamper stick to push the ingredients into the blades.
4. Transfer the nice cream to your favourite Coconut Bowl and decorate with toppings of your choice. The toppings that we used were peanut butter, peanuts, chocolate and raspberries.
5. Enjoy!



Tropical Pina Colada Smoothie

Contributor: Woon Heng Chia | @woon.heng

Pina coladas in a smoothie form, best enjoyed served in a coconut bowl for an extra tropical feel. With just a handful of ingredients and a Vitamix Blender, you will surely feel like you are on a vacation.

Ingredients [makes 3 cups]

½ - ¾ cups of Coconut Milk/
Water

3 tbsp Maple Syrup

3 cups frozen Pineapple
Chunks

OPTIONAL GARNISH:

shredded Coconut Flakes

Directions

1. Add the coconut milk and maple syrup into your Vitamix Blender.
2. Add the frozen pineapple chunks and secure the lid. Select Variable 1 and slowly increase to variable 10 and blend for 50 seconds or until your smoothie is smooth and creamy.
3. Pour the mixture into your favourite Coconut Bowl and garnish with shredded coconut flakes. Serve immediately.



Classic Acai Bowl

Contributor: Hannah Sunderani | @twospoons.ca

This classic acai bowl recipe is now achievable with a Vitamix Blender. The lovely acai is the most sought-out flavour in a smoothie.

Ingredients

$\frac{3}{4}$ cup Apple Juice
 $\frac{1}{2}$ cup Coconut Yogurt
1 Banana (fresh or frozen)
2 cups frozen Mixed Berries
150 g frozen Acai Puree

TOPPINGS:

Strawberries
Banana
Granola
Coconut Flakes
Peanut Butter

Directions

1. In your Vitamix Blender, add in the apple juice and coconut yogurt.
2. Add the rest of the ingredients and secure the lid. Select variable 1 and slowly increase to variable 10. Use the tamper to push the ingredients into the blades and blend for 55 seconds or until smooth and creamy.
3. Scoop into your favourite Coconut Bowls and top with your favourite toppings. We used fresh strawberries, banana, granola, a sprinkle of coconut flakes and a spoonful of peanut butter.



Post-workout Berry Smoothie

Contributor: Amelie Balland | @amelietahiti

The title says it all. This cherry smoothie is a great post-workout smoothie to reward yourself with all your hardwork but without the guilt.

Ingredients

100 ml liquid of choice
(water, Coconut Water or
Plant Milk)

3 tsp Tahini

2 Bananas

1 cup frozen Cherries

1 scoop Vanilla Protein
Powder

Ice, as needed

Directions

1. Add in your liquid of choice to your Vitamix container.
2. Toss in the rest of your ingredients and secure the lid.
3. Select the 'Smoothie' function, or start slow and turn high about 40 seconds until all ingredients are well blended.
4. Serve in a big glass jar with a Bamboo Straw.
5. Enjoy!



Acai Cherry Smoothie Bowl

Contributor: Claire & Sarah | @healthy_twists

Acai and cherries are two of our most favourite flavours. This recipe combines both so you can enjoy the sweet, tart and deep flavours acai and cherries. Don't forget to add your favourite toppings to make this even more tasty and special.

Ingredients

4 tbsp Coconut Yoghurt
½ cup scoopable frozen Acai
2 bananas, fresh or frozen
½ cup frozen Cherries
1 cm piece of fresh Ginger

OPTIONAL TOPPINGS:

Cashew Butter
Coconut yoghurt
Fig, sliced
Dark Chocolate chunks
Dark Chocolate, melted
Blueberries
Cherries

Directions

1. Add your coconut yogurt first before adding the rest of the ingredients in your Vitamix container and secure the lid.
2. Blend on high for 55 seconds until creamy. Turn off once your desired consistency is achieved.
3. Scoop into your favourite Coconut Bowl, layer over the toppings and enjoy!



Cherry & Chocolate Nice Cream

Contributor: Ambra Meda | @littlebitesofbeauty

Who says that you can't have ice cream any time of the year? Now you can create your own in the comforts of your own home with your Vitamix Blender. Just throw in your favourite frozen fruits and you'll have yourself a healthy but decadent icy treat.

Ingredients

3 tbsp Coconut Cream
(obtained by refrigerating
canned Coconut Milk)

3 frozen Bananas

1 ½ cup frozen Cherries

15 g (0.5 oz) 90% Dark
Chocolate (or your favourite
Chocolate Bar)

2 tbsp toasted Hazelnuts

Directions

1. Place the coconut cream in your Vitamix container first, then add the rest of your nice cream ingredients and secure the lid.
2. Select variable 1 and slowly increase to variable 10. Use the tamper to push the ingredients into the blades. After 1 - 2 minutes, the nice cream will be smooth and creamy.
3. Scoop your nice cream in your favourite Coconut Bowl and drizzle the melted dark chocolate on top.
4. Add some toasted hazelnuts on top and enjoy!



Matcha Mango Smoothie Bowl

Contributor: Amy Lanza | @nourishing.amy

This green mean smoothie bowl is filled with all the amazing benefits and flavours of matcha, mango and spinach.

Ingredients

½ ripe Avocado
1 frozen Banana
100 g frozen Mango
40 g Spinach
1 tsp Matcha Green Tea Powder

TOPPINGS:

Coconut Yoghurt
Granola
Fruit

Directions

1. Place all the smoothie bowl ingredients into your Vitamix container and secure the lid. Select variable 1 and slowly increase to variable 10. Use the tamper to push ingredients down into the blades. Blend on high for about 55 seconds or until smooth and creamy.
2. Scoop into your favourite Coconut Bowl and serve with your favourite toppings.
3. Enjoy!



Bell Fruit Nice Cream & Chia Pudding

Contributor: Lai Po Cheng | @foodpassionical

Try out some more exotic flavours with this delicious nice cream recipe. Bell fruit, native to some parts of Asia, tastes sweet and comes in a variety of colours. Give this a try!

Ingredients

¼ cup Almond Milk
2 Bananas
5-6 Strawberries
3 Bell Fruits (or apples)
3 tbsp Chia Seeds soaked in 6
tbsp Almond Milk

Directions

1. In a small bowl, pour in your chia seeds and 6 tbsp almond milk. Stir well. Set aside for 15 minutes, stirring every 2-3 minutes. This process will help with the clumping of chia seeds.
2. Place ¼ cup of almond milk in your Vitamix container. Toss in the rest of the nice cream ingredients and secure the lid.
3. Select variable 1 and slowly increase to variable 10, blend for 55 seconds or until smooth and creamy.
4. Scoop the nice cream in your favourite Coconut Bowls and pour your chia pudding on top.
5. Enjoy!



Unicorn Lavender Nice Cream

Contributor: Lenny Wu | @vegamelon

Blue nice creams are all the craze this year, thanks to the wonderful superfood, blue spirulina. Keep this nice cream protein-packed by adding a scoop of your favourite vegan protein powder.

Ingredients

½ cup Plant-based Milk, plus more as needed

5 frozen Bananas

½ teaspoon Blue Spirulina

1 scoop Vegan Protein Powder (optional)

3 tbsp Peanut Butter, or Nut/Seed butter of choice

Directions

1. Pour your plant-based milk in your Vitamix Blender.
2. Add the rest of your nice cream ingredients and secure the lid.
3. Blend on high for 55 seconds until smooth.
4. Use the tamper to push the ingredients into the blades and if desired, add a tiny bit of milk.
5. Add your choice of toppings and serve in your favourite Coconut Bowls.



Banana Dragon Fruit Vanilla Nice Cream

Contributor: Nisha Melvani | @cookingforpeanuts

Soft serve ice cream will never fail to brighten your day. This one here contains 100% natural ingredients and is made from frozen fruits - totally healthy for you!

Ingredients

- 1 tablespoon Vanilla Extract
- 2 ½ tbsp Maple Syrup
- ¼ small White Dragon Fruit, scooped and chopped
- 8 large spotty Bananas, sliced and frozen

Directions

1. Place the maple syrup and chopped dragon fruit into your Vitamix Blender.
2. Add the rest of the ingredients and secure the lid. Select variable 1 and start blending. Quickly move up to variable 10 and then blend on High. Use the tamper to press down into each of the four corners, removing any air bubbles. Blend until the nice cream has reached the texture of a soft-serve ice cream.
3. Transfer nice cream to a parchment-lined loaf pan for 2 to 3 hours for a firmer ice cream texture.
4. Scoop the nice cream into your favourite Coconut Bowls.
5. Top with a generous amount of frozen raspberries or your favourite toppings.



Chocolate Dream Smoothie Bowl

Contributor: Consuelo Morcillo Roldán | @earthlytaste

You know you can't go wrong with a dreamy, creamy chocolate smoothie bowl in the morning! Don't forget to add your favourite toppings to make it extra delicious.

Ingredients

- 100 ml Almond Milk
- 30 g Peanut Butter
- 15 g Sunflower Seed Butter
- 3 frozen Bananas
- 15 g Cacao Powder

Directions

1. Add the ingredients into your Vitamix Blender in the following order: almond milk, peanut butter and sunflower seed butter, cacao and frozen bananas and secure the lid.
2. Blend on variable 10 for 1 minute, using the tamper to push the ingredients into the blades and to ensure that the smoothie is thoroughly blended.
3. Top with your favourite toppings and enjoy!



Mocha Smoothie Bowl

Contributor: Haein Lee | @cheaplazyvegan

Chocolate and espresso have always been one of our favourite combos. Start your day with a bang with this decadent but oh so healthy smoothie.

Ingredients

½ - 1 cup Non-Dairy Milk
2 Frozen Bananas
1.5 tbsp Instant Coffee
1 tbsp Cacao Powder

Directions

1. Place the almond milk in your blender first following with the rest of the ingredients and secure the lid.
2. Select variable 1 and slowly increase to 10 and blend for 55 seconds until smooth and creamy.
3. Serve in your favourite Coconut Bowls and enjoy!
4. Keep this smoothie as simple as it is or top with your favourite toppings.





Watermelon Smoothie

Contributor: Jazmin & Fiona | @bakeateasy

It doesn't get much more refreshing than a watermelon juice, add mango and strawberry and you have a healthy and delicious smoothie... and no this recipe isn't missing a liquid, did you know watermelon is over 90% water!

Ingredients

1 cup sliced fresh Watermelon

½ cup Strawberries

2 cups Frozen Mango

Directions

1. Place the fresh watermelon into your Vitamix Blender.
2. Add in the strawberries and frozen mango and secure the lid.
3. Blend on high for 55 seconds until you have reached your desired consistency.
4. Serve in your favourite cup and enjoy!



Crunchy Cacao Nice Cream

Contributor: Jazmin & Fiona | @bakeateasy

Healthy has never tasted so good. This crunchy cacao nice cream is about to become your daily dessert of choice. It's rich, indulgent and tastes naughty, while being 100% nice.

Ingredients

a splash of Almond Milk
3 Frozen Bananas
3 tsp of Raw Cacao
1 tbsp of Cacao Nibs
1 tbsp of Buckinis

Directions

1. Add a splash of almond milk into your Vitamix Blender.
2. Add the frozen bananas and cacao, and secure the lid. Select variable 1 and slowly increase to variable 10, blend on high for 55 seconds or until smooth and creamy.
3. Reduce the speed to variable 1 and add the cacao nibs and buckinis via the lid plug. Blend for 5 seconds.
4. Serve in your favourite Coconut Bowls and top with whatever your heart desires.
5. Enjoy!



Ocean Blue Smoothie Bowl

Contributor: Jazmin & Fiona | @bakeateasy

This super simple smoothie bowl is light on ingredients but full of nutrition. Blue spirulina and blueberries are two of the top antioxidant rich superfoods and make for a delicious combo with banana and coconut milk.

Ingredients

A splash of Coconut Milk

3 frozen Bananas

1 tsp Blue Spirulina powder

A handful of Blueberries

Directions

1. Add a splash of coconut milk into your Vitamix Blender.
2. Add bananas, blue spirulina and half of the blueberries and secure the lid.
3. Select variable 1 and slowly increase to variable 10. Blend on high for 55 seconds until smooth and creamy.
4. Use the tamper to push the ingredients into the blades.
5. Serve in your Coconut Bowls, top with the rest of your blueberries and enjoy!





Sauces, Seasonings & Dressings

Say goodbye to store bought sauces, seasonings and dressing because this chapter makes creating these at home a breeze.

This is where family favourites are created, cherished and passed onto future generations.

From satay and sambal to vegan ranch and vegan mac and cheese this chapter of recipes has a bit of everything.



Cauliflower Satay Sauce

Contributor: Michelle Chen | @run2food

This satay sauce is an amazing sauce for your plant-based protein. You can also drizzle this on top of your favourite savoury bowl recipes and as a marinade for tofu and seitan. Yum!

Ingredients [serves 2]

1 ½ tbsp Soy Sauce
½ tablespoon Vegan Fish Sauce
2 tbsp Water
½ tablespoon Lemon Juice
2 tbsp Peanut Butter
½ cup Cauliflower, steamed
1 clove Garlic
1 tsp Curry Powder
1 tbsp Coconut Sugar
handful of Roasted Peanuts

Directions

1. Add your liquids first, pour in the soy sauce, vegan fish sauce, water, lemon juice and peanut butter into your Vitamix blending container (225 ml).
2. Add the rest of the ingredients except for the roasted peanuts and blend on high for 30 seconds until the mixture is thick & smooth.
3. Add in the peanuts and pulse on variable 5 to make sure that the peanuts are not broken down too much. We want the chunky peanuts in the sauce!
4. Drizzle the sauce over your proteins, grains or vegetables for a delicious and satisfying meal! We suggest to use the leftover sauce to marinade your plant-proteins in! It will be amazing.

STORAGE TIPS:

1. Place the lid on the blending bowl and store in the fridge for up to 3 days.



Sambal Paste

Contributor: Woon Heng Chia | @woon.heng

Sambal is a blended red chili paste with a variety of spices that go well in curries or as a condiment. One of our favourite uses for this is to mix this in a simple curry potato dish on top of freshly cooked rice. Scrumptious!

Ingredients

$\frac{3}{4}$ cup Oil, for blending and cooking (set aside $\frac{1}{4}$ cup for later)

200 g Red Chili (we used red jalapeno & removed the seeds)

2 stalks Lemongrass (white part only)

1 Shallot, (about 100 g)

1 small bulb Garlic, about 6-8 cloves

a few slices of Ginger, about 8 g

3 tbsp Sugar

1 teaspoon Salt

Directions

1. Place $\frac{1}{2}$ cup of oil, chili, lemongrass, shallot, garlic and ginger in your Vitamix Blending Cup (600 ml). Blend on high for 30 seconds until smooth.
2. Heat a non-stick tall pan with 1-2 tbsp oil.
3. Slowly pour in the blended mixture.
4. Cook until the oil starts to separate from the chili by stirring continuously, about 20 minutes. Add the remaining $\frac{1}{4}$ cup oil if the mixture appears too dry.
5. Add the sugar, salt and continue to cook for another 2-3 minutes. The mixture will turn darker.
6. Turn off the heat and let it cool before storing it into a jar.



Vegan Ranch Dressing

Contributor: Hannah Sunderani | @twospoons.ca

This is the ultimate vegan ranch dressing that you'll ever have. It's creamy and rich but it's also filled with healthy and natural ingredients that's great for your body.

Ingredients

$\frac{3}{4}$ cup (180 ml) warm Water
(add more if needed)

3 tbsp (45 ml) Lemon Juice

1 tsp Maple Syrup

1 tsp Mustard

1 cup (130 g) Raw Cashews

1 clove Garlic

1 tsp Dried Coriander

$\frac{1}{2}$ tsp Sea Salt

$\frac{1}{4}$ tsp Onion Powder

Pepper, a pinch

Fresh Dill, to sprinkle

Directions

1. In your Vitamix blending cup (600 ml), add warm water, lemon juice, maple syrup, mustard, raw cashews, garlic, dried coriander, sea salt, onion powder and a pinch of pepper.
2. Blend everything on high for 50 seconds until smooth and creamy. Serve in your favourite Coconut Bowl and sprinkle some fresh dill on top.



Italian Seasoning

Contributor: Ambra Meda | @littlebitesofbeauty

Say goodbye to your store-bought Italian seasoning because you can make your own at home with your Vitamix Blender. It will be so much more fragrant, delicious and free of additives. Sprinkle a few tsp to your favourite pasta dishes for maximum flavour.

Ingredients

5 big twigs of Rosemary
5 big twigs of Sage
1 bunch of Marjoram (or Thyme)
2 twigs of Bay Leaves
2 tbsp Sunflower Seeds
2 tbsp White Sesame Seeds
1 tbsp Himalayan Sea Salt

Directions

1. Wash your aromatic herbs under running water.
2. Pat them dry with a clean cloth and gently remove the leaves from the sage and bay leaf twigs.
3. Place the sage and bay leaves on a baking pan, together with the rosemary and marjoram sprigs.
4. Bake them at 130 °C (260 °F) for 20 to 25 minutes until completely dehydrated.
5. Remove the dried rosemary needles and the marjoram leaves from their stems. Roughly crush the dried herbs with your hands and combine them with the other ingredients.
6. Transfer half of the dry herb mixture into the Vitamix blending bowl (225 ml) and process for a few seconds until you have a nice seasoning powder. Repeat this procedure with the other half.
7. Transfer your Italian herb seasoning into glass jars and use it to season your favorite savory dishes!



Nomato Sauce

Contributor: Ambra Meda | @littlebitesofbeauty

This sauce is refreshing, delicious and is a great substitute for tomato sauce. Try it with your favourite pasta with some vegan cheese. Yum!

Ingredients

$\frac{3}{4}$ Kabocha Squash (do not replace this with other types of squash or pumpkin, remove skin and seeds and chop into small pieces)
500 g (17 oz) Mushrooms, thinly sliced
1 medium Cauliflower, cut into florets
3 small Red Beets (pre-steamed and diced; about 1 and $\frac{1}{2}$ cups)
2 sprigs of Rosemary, washed and twigs removed
 $\frac{1}{4}$ tsp ground Nutmeg
1 tsp dried Italian Herbs
3 tbsp Extra Virgin Olive Oil
Himalayan Salt, to taste
1 tbsp Aged Balsamic Vinegar
 $\frac{1}{2}$ tbsp Tamari (or Coconut Aminos)
3 tbsp Full Fat Coconut Milk
juice of $\frac{1}{2}$ Lemon
5 Basil Leaves
1 cup of boiled Water

Directions

1. Heat up 1tbsp of extra virgin olive oil in a large pan. Add diced kabocha, rosemary, half the dried Italian herbs, nutmeg, and $\frac{1}{3}$ cup water to the pan. Season with salt. Stir and cook with the lid on for 20 to 25 minutes.
2. In another pan, heat 1tbsp of extra virgin olive oil. Add the mushrooms, balsamic vinegar, tamari and coconut milk. Stir and cook with the lid on for 20 to 25 minutes.
3. Season the cauliflower florets with the remaining dried Italian herbs and salt. Add to a frying pan with $\frac{1}{3}$ cup of water. Cover and simmer until cooked through.
4. Add 1 cup of boiling water to your Vitamix Blender then add the mushroom mix, kabocha and cauliflower. Secure the lid.
5. Select Variable 1 and slowly increase to variable 10. Blend on high for 30 seconds or until smooth.
6. Reduce the speed to variable 1 and add the fresh lemon juice and basil to the sauce through the lid plug and blend for 4 or 5 seconds. For a stronger flavour add a drizzle of balsamic vinegar.
7. Enjoy your Nomato Sauce over a plate of pasta, zucchini noodles, pizza or whatever you like! Consume within 2 - 3 days.



Cheesy Peanut Sauce

Contributor: Lenny Wu | @vegamelon

This cheesy peanut sauce is made from white beans and flavoured with peanuts and nutritional yeast to make this taste like cheese! This sauce is amazing to pair with stir-fries and pastas.

Ingredients [makes 1.5 cups]

$\frac{3}{4}$ cup Water
1 tbsp Rice Vinegar
2 tbsp Sriracha
 $\frac{1}{4}$ cup Peanut Butter
1 $\frac{1}{2}$ cups White Beans, cooked
3 tbsp Nutritional Yeast
1 tsp Garlic Powder
 $\frac{1}{2}$ tsp Onion Powder
 $\frac{1}{2}$ tsp Ground Black Pepper
 $\frac{3}{4}$ tsp Salt

Directions

1. In your Vitamix Blender, add your liquids first: water, rice vinegar, sriracha and peanut butter.
2. Pour in the rest of the ingredients and secure the lid plug. Select variable 1 and slowly increase to variable 10, blend on high for 50 seconds until smooth.
3. Taste and adjust seasonings if needed and add more water to thin out the sauce if it's too thick.
4. Serve warm with stir-fries, pastas or whatever your heart desires.



Vegan Mac & Cheese

Contributor: Nisha Melvani | @cookingforpeanuts

Enjoy this mac and cheese recipe without the guilt with this vegan version. It's just as creamy and even more delicious and nutritious for you.

Ingredients [makes 1.5 cups]

1 packet Pasta (450 g)
2 cups Water
¼ cup Lemon Juice
1 can Whole Red Pimientos (7 ounces), drained
2 tsp Dijon Mustard
1 tsp Sriracha
1 1/3 cups Raw Almonds
2 ½ tsp Onion Powder
½ tsp Smoked Paprika
½ cup Nutritional Yeast
2 tsp Salt
Freshly Ground Black Pepper, to taste

Directions

1. Cook the pasta as per packet directions. Set aside.
2. Pour water and lemon juice into your Vitamix Blender.
3. Add the rest of the ingredients and secure the lid.
4. Start blending on variable 1. Increase the speed to variable 10 before blending on High. Blend for about 3 minutes, or until smooth.
5. Combine with the desired amount of pasta. Add freshly ground black pepper. Serve immediately.



Sweet Potato Lentil Patties

Contributor: Nisha Melvani | @cookingforpeanuts

These patties are an amazing filling for your sandwiches or as a topping for your nourish bowls. To make it even more scrumptious, pair this with our avo dressing!

Ingredients [makes 8 patties]

1 ½ cups chopped Sweet Potato, cut into ¾ -inch pieces (about 1 large potato)
1 tbsp Olive Oil
1 cup Red Lentils
1 small Red Onion, cut into 4 wedges
1 ½ tbsps Water
¼ cup Oat Flour, or All-Purpose Flour
½ tsp Ground Cumin
½ tsp Paprika
½ tsp Garlic Powder
½ tsp Onion Powder
⅛ tsp Cayenne
1 tsp Salt, or to taste

Directions

1. Preheat the oven to 200°C (400°F) and line 2 baking trays with parchment paper.
2. Place the sweet potato on the baking tray and coat with the olive oil. Bake in the oven for 20 minutes, or until fork tender.
3. Add the lentils and 1 cup of water to a saucepan. Bring to a boil then reduce to simmer for 5 minutes or until al dente. Drain and set aside.
4. Add the red onion to the Vitamix blending bowl (225 ml) and pulse on variable 7, 2 to 3 times or until finely diced. Set aside.
5. Add the cooked sweet potato to the Vitamix 225ml blending bowl with 1 tbsp water. Blend on variable 1, then increase to variable 7 until pureed.
6. In the 2 Litre Vitamix container, add the sweet potato puree, cooked lentils and remaining ingredients, excluding the red onion. Pulse on variable 4 until the ingredients are combined. Use the tamper to push the ingredients into the blades.
7. Transfer the mixture to a large bowl and mix in the red onions. Season to taste.
8. Form the patties using 2tbsp of the mix for each.
9. Place the patties on a prepared baking sheet and bake for 15 minutes. Flip the patties then cook for a further 10 to 15 minutes or until golden brown.



Avo Dressing

Contributor: Nisha Melvani | @cookingforpeanuts

This avo dressing is rich and creamy, the perfect coating to your favourite salads.

Ingredients [makes 8 patties]

3 tbsp fresh Lime Juice
1 tbsp Extra Virgin Olive Oil
¼ cup unsweetened Plant Yogurt
1 tsp Maple Syrup, or to taste
1 cup fresh Cilantro
1 clove Garlic, minced
½ tsp Salt, or to taste
½ Avocado

Directions

1. Add the cilantro, garlic, avocado and salt into the Vitamix 600ml blending cup. Then add the liquids.
2. Select variable 1 and start blending. Increase to variable 10 before blending in high until smooth.



Pasembur Malaysian Salad ‘Rojak Mamak’

Contributor: Lai Po Cheng | @foodpassionical

This salad or some call it ‘rojak mamak’, is a famous Malaysian salad that is served with fresh veggies and fritters with sweet and spicy sauce. This dish is such a delight - full of different flavours and textures.

Ingredients

VEGGIE FRITTERS:

1 ½ cup Flour
2 tbsp Cornstarch
1 tbsp Baking Powder
1 tsp Salt
1 cup Water
½ cup Bean Sprouts
½ cup Chives

2 cups Cooking Oil

SAMBAL PASTE:

6 Dried Chilis, soaked
3 cloves Garlic
2 Shallots
1 thumb-size Fresh Turmeric or 1
tbsp Turmeric Powder
2 tbsp Brown Sugar
1 tbsp Tamarind Paste
¼ Roasted Peanuts
2 tbsp Sesame Seeds

SWEET POTATO SAUCE:

1 Sweet Potatoes, steamed
1 cup Water

ROJAK MAMAK

1 Jicama, julienned (or celery)
1 Cucumber, julienned
1 Carrot, julienned
2 steamed Potatoes, cut into
cubes.
1 package Firm Tofu, deep fried
Handful of Bean Sprouts
5 Veggie Fritters

Directions

1. In a bowl, mix the flour, cornstarch, baking powder and salt, slowly add the water and stir to form a thick batter. Add in the bean sprouts and chives. Mix well.
2. Heat oil in a wok and scoop 1 tbsp of the batter and drop into the hot oil. Deep fry until golden in colour, set aside to cool and cut into bite-sized pieces.
3. Blend together sambal paste ingredients in your Blending Cup on high for 30 seconds.
4. In the 2 Litre container, add in the steamed sweet potatoes and 1 cup water and blend on high for 60 seconds and set aside.
5. In a saucepan, heat 1 tbsp of oil. Add in the blended sambal paste and cook for 5 minutes in low heat. Add in the sweet potato sauce. Bring to a boil then simmer on medium heat for 15 minutes. Add more water if the sauce is too thick.

ROJAK MAMAK

1. Arrange the jicama, cucumber, carrots, potatoes, tofu and bean sprouts in a bowl together with the veggie fritters and serve together with the sauce. Enjoy!



Vegan Cheesy Veggie Pasta

Contributor: Claire & Sarah | @healthy_twists

Get your daily dose of veggies with this healthier pasta recipe! It's cheesy, rich, and decadent that's 100% plant-based and filled with green veggies.

Ingredients [serves 2]

80 g Pasta of choice
8 spears of Tender Stem Broccoli
½ medium Leek, sliced
1 Courgette, sliced
100 g Frozen Peas, thawed

SAUCE:

100 ml Unsweetened Almond Milk
100 g Cashew Nuts, soaked overnight, drained and rinsed
2 tbsp Nutritional Yeast
½ tsp Mustard Powder
40 g Vegan Cheese, grated
pinch of Salt
Black Pepper, to taste

Directions

1. Cook your pasta according to packet instructions. In the last 2 minutes, add your broccoli to the boiling pasta. Drain and set aside.
2. In a frying pan, lightly fry the leeks, courgettes and peas on medium-high, until cooked through.
3. Add the pasta and the vegan cheese sauce to the frying pan.
4. Stir to heat through. If the sauce is too thick, add some water to thin. Serve immediately with a sprinkle of vegan cheese, if desired.

SAUCE:

1. In your Vitamix Blender, add in the almond milk first, then add in the rest of the sauce ingredients.
2. Select variable 1 and slowly increase to 10 and blend for 50 seconds until smooth.



Coconut Tahini

Contributor: Jazmin & Fiona | @bakeateasy

Two delicious ingredients blended together to create one mouthwatering dressing. This coconut tahini is equally as good drizzled over a mexican burrito bowl as it is as a roasted cauliflower marinade.

Ingredients

1 tbsp Olive Oil

½ cup Hulled Tahini

½ cup Coconut Yogurt

Directions

1. Add all ingredients to your blending cup (600 ml).
2. Select Variable 1 and slowly increase to variable 10. Blend until a smooth paste is formed.
3. Use as a salad dressing, or as a marinade.





Dips & Spreads

Whether you're snacking yourself or entertaining others, these dip and spread recipes will have you impressing with ease. Let these recipes guide you, and your imagination inspire you.

These recipes are the perfect starting point for what's possible, but don't be afraid to spice up your hummus, salt or sour up your guacamole or sweeten up your nut butter however you like it.



Almond Butter

Contributor: Hannah Sunderani | @twospoons.ca

This is as simple as it gets. Roasted almonds in a Vitamix Blender will create a tasty spread for your toasts, a dip for your fruits and a topping for your smoothie bowls! Keep it as is or add some sweetener to taste!

Ingredients [makes 1.5 cups]

4 cups (620g) Roasted Almonds

Directions

1. Add your roasted almonds to your Vitamix Blender and blend on low and slowly increase speed to high as it blends.
2. Use the tamper to push the ingredients into the blades.
3. In 1 minute you will hear a high-pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change and become low and laboring. Stop machine.
4. Store in an air-tight container in the fridge.



Vegan Pea Ricotta

Contributor: Amelie Balland | @amelietahiti

This vegan pea ricotta is perfect for your warm toasts, as a dip or on top of your salads. It is rich, flavourful and very easy to make, especially with a Vitamix!

Ingredients [Serves 1-2]

2 tbsp Olive Oil
juice of half a Lemon
50 ml Water
½ cup Sunflower Seeds
(soaked for 2 hours, rinsed
and drained)
¾ cup Sweet Peas (cooked/
thawed)
1 tbsp Nutritional Yeast
1 tsp Sea Salt

Directions

1. Pour in olive oil, lemon juice and water into your Vitamix Blender.
2. Add the rest of the ingredients into your Blending Bowl (225 ml) and process half recipe at a time.
3. Blend on high for 30 seconds until you have reached your desired consistency. Keep it smoother or chunkier. You're the boss!

SERVING IDEAS:

1. Spread on a big slice of sourdough toast topped with your favorite herbs, sprouts, edible flowers and if your heart desires an extra dash of extra virgin olive oil!
2. Serve in your favourite Coconut Bowl as a dip, with raw veggies.
3. As a salad topping.



Mocha Almond Butter

Contributor: Amy Lanza | @nourishing.amy

Level up your almond butter game by adding in some cacao and espresso. The flavours are amazing and makes such a perfect spread for toasts or for drizzling on top of your favourite smoothie bowl recipes!

Ingredients [makes 300 g]

300 g Almonds
2 tbsp Cacao Powder
1 tbsp Espresso Powder
1 tsp Vanilla
½ tsp Salt

Directions

1. Preheat the oven to 180°C. Place the almonds on a tray and roast for 12-15 minutes, flipping over halfway through until fragrant. Allow to cool fully.
2. Place the almonds in your Vitamix container and secure the lid. Select Variable 1 and slowly increase to variable 10 and blend until really creamy and smooth. Use the tamper to push down the almonds into the blades. Once your almond butter reaches your desired consistency, add in the cacao powder, espresso powder, vanilla and salt and blend again until fully incorporated.
3. Transfer to a jar and keep sealed.
4. Serve on top of warm toasts or drizzle a few tbsp on top of your smoothies and bliss balls. Yum!



Edamame Hummus

Contributor: Hannah Che | @hannah__chia

Edamame hummus is a wonderful substitute to our usual hummus made with chickpeas. They are equally delicious and goes so well with crackers, wraps and veggies!

Ingredients [serves 6]

- ½ cup warm Water
- 3 tbsp Tahini
- 2 tbsp Olive Oil
- ¼ cup fresh Lime or Lemon juice
- 2 cups (360g) Shelled Edamame (Green Soybeans), thawed if frozen
- 3 small cloves Garlic
- ½ tsp ground Cumin
- ½ tsp ground Smoked Paprika
- 1 small handful Fresh Cilantro
- ½ tsp Salt (or to taste)

OPTIONAL GARNISHES:

- Olive oil
- Sesame Seeds
- Red Pepper Flakes
- Chili Oil

Directions

1. Place warm water, tahini, olive oil and fresh lime/lemon into your Vitamix Blender.
2. Add the rest of your hummus ingredients and secure the lid. Select variable 1 and slowly increase to variable 10. Blend on high for 2 minutes, using the tamper to push ingredients into the blades.
3. Once all ingredients are blended together, test for consistency and add more lime juice or water if needed and blend again.
4. Season to taste with salt.
5. Garnish with a drizzle of olive oil, sesame seeds or chili oil, and serve.



Vanilla Sunflower Sesame Seed Butter

Contributor: Consuelo Morcillo Roldán | @earthlytaste

If you're allergic to nuts, this recipe is a great substitute and tastes just as good too!

Ingredients [serves 2]

35 g Extra Virgin Olive Oil or Sunflower Oil

30 g Agave Syrup

350 g Sunflower Seeds

50 g Sesame Seeds

1 tbsp Vanilla Bean Extract

A pinch of Himalayan Pink Salt

Directions

1. Pour in the extra virgin olive oil, agave syrup, sunflower seeds, sesame seeds, vanilla and salt. Secure the lid.
2. Start blending on variable 1 and then increase it slowly to variable 10, blending for 2 minutes until mixture is smooth.
3. Remember to use the tamper to push the ingredients down to the blades to make sure that the seed butter is lump free.
4. Store in an air-tight jar and enjoy!



Guacamole

Contributor: Jazmin & Fiona | @bakeateasy

The Mexican inspired heartthrob, Guacamole is a much loved versatile dip and spread throughout the world. With a Vitamix handy, making guacamole has never been easier.

Ingredients

1 Lime
3 Avocados, large and ripe
½ Red Onion
1 cup of Coriander/Cilantro

Directions

1. Add all ingredients into your Vitamix Blender and secure the lid.
2. Blend ingredients on speed 10 and use the tamper to press the ingredients down into the blades. Blend for 20 seconds until your desired consistency is achieved.
3. TIP: The higher variable speed, and the longer you blend, will achieve a smoother consistency. We like our guacamole chunky.
4. Scoop into a bowl and dig in.





Soups & Curries

Soups and Curries are the secret heroes of what you can create with your Vitamix High-Performance Blender. Whether you're blending cooked ingredients or blending a soup from scratch - Vitamix can do both.

These recipes are just a glimpse into the endless possibilities of warm and hearty meals to be created with your Vitamix.



Thai Pumpkin Soup

Contributor: Woon Heng Chia | @woon.heng

Here's an easy and flavorful recipe made with simple ingredients that is sure to whet your appetite. This soup has a smooth texture with a spicy kick. To make this even more irresistible, simply top it with fried wonton strips, cilantro, and chili oil.

Ingredients [serves 3]

Oil, for cooking
1 small Onion, chopped
½ tbsp Ginger, chopped
1 stalk Lemongrass (white part only, chopped)
4 cloves Garlic, chopped
1 tbsp Red Curry Paste
2 cups Pumpkin (cubed)
2 cups Vegetable Broth
Salt and Pepper, to taste

GARNISHES:

Fried Wonton Strips
Cilantro, chopped
Chili Oil

Directions

1. Heat a pot with 1 tablespoon of oil. Saute onions until translucent.
2. Add ginger & lemongrass and continue to saute until fragrant. Add the garlic and cook for another 30 secs.
3. Add the curry paste, pumpkin and vegetable broth. Season with salt and pepper. Stir well.
4. Place the lid over the pot and let the mixture simmer for about 8-10 mins or until the pumpkin is soft.
5. Scoop the mixture into your Vitamix container and secure the lid.
6. Select Variable 1, slowly increase speed to variable 10 and blend until smooth.
7. Transfer the soup into your Coconut Bowl and garnish with fried wonton strips, chopped cilantro, and a swirl of chili oil.
8. Enjoy!



Cauliflower Rendang with Lemang

Contributor: Lai Po Cheng | @foodpassionical

This is a vegan version of the popular Malaysian curry made of lemongrass, turmeric red chilis and spices. It is spicy and flavourful and it's usually served with glutinous rice (lemang).

Ingredients

200 ml Coconut Milk
100 ml Water
1 tsp Salt
300 g Glutinous Rice (soaked overnight then rinsed and drained)
2 Banana Leaves

CURRY:

1 tbsp Tamarind Paste mix with $\frac{1}{4}$ cup Water
10 Dried Chilis, soaked and drained
1 Onion
2 Shallots
2 Lemongrass Stalks
10 g Fresh Ginger
1 Kaffir Leaf
1 tbsp Coriander Seeds
1 tsp Cumin Seeds
 $\frac{1}{4}$ tsp Turmeric
1 tsp Salt

1 Cauliflower, cut into small pieces
Lime Juice, as needed
2 Turmeric Leaves, finely chopped (optional)

Directions

1. Pour the coconut milk, water and salt into a pot. Let it simmer for 10 minutes, then add in the soaked glutinous rice.
2. Cook the rice for 10 minutes, stir occasionally to prevent burning.
3. Wash a banana leaf and dry with a clean towel. Stuff the glutinous rice in the middle and roll. Seal both ends with a toothpick, transfer the wrapped glutinous rice to a steamer and steam 30 minutes.
4. Let it cool completely. Cut the lemang into small pieces and serve together with the cauliflower rendang.

CURRY:

1. Add the tamarind mixture into your Vitamix container then add the rest of the curry ingredients and secure the lid.
2. Select variable 1 and slowly increase to variable 10. Blend on high for 50 seconds until smooth and creamy.
3. Heat oil in a saucepan, add the curry mixture and cook for 5 minutes on low heat.
4. Add the cauliflower and cook until the cauliflower is soft and tender. Squeeze some lime juice and sprinkle with finely chopped turmeric leaves.



Avocado Soup

Contributor: Amelie Balland | @amelietahiti

This soup is best served... cold! Try this delicious recipe in the summer and enjoy with a drizzle of coconut cream and some toasted bread. Yum!

Ingredients

½ cup Coconut Cream or Coconut Milk
juice of half a Lime
2 ripe Avocados, seeded and chopped
half a Cucumber, chopped
1 small raw Zucchini, chopped
100 g firm Tofu
handful of Cilantro or Basil

Directions

1. Add the coconut cream and lime juice to the Vitamix container first before adding the rest of your soup ingredients and securing the lid. Select variable 1 and slowly increase to variable 10. Blend on high using the tamper to push the ingredients into the blades. Do not blend too slow for too long, blending at high speed for a short time preserves the full nutrients and taste.
2. Refrigerate before serving.
3. Sprinkle some chopped cilantro and basil and enjoy!

SERVING IDEAS:

1. As a full meal in a coconut bowl (serves two per recipe), topped with coconut chips, toasted bread and pumpkin seeds.
2. As an appetiser in a coconut cup - for a potluck or party.
3. As a salad dressing.



White Bean Curry Soup

Contributor: Lenny Wu | @vegamelon

This curry soup is much more liquidy than you're used to but we guarantee that it's the perfect winter warmer and tastes just as good as your favourite curries.

Ingredients

1 large Onion, chopped
3 cloves Garlic, chopped
1 tbsp Fresh Ginger, chopped
2 large Carrots, chopped
3 tbsp Red Curry Paste
½ teaspoon each: Turmeric, Coriander, Cumin, Black Pepper
2 large Zucchini, or Vegetables of your choice, roughly chopped
1 cup water or Vegetable Broth, plus more as needed
1 ½ cups cooked White Beans
1 cup Full-Fat Coconut Milk
Sea Salt and Lime Juice, to taste

Directions

1. Roughly chop the onion, garlic, ginger and carrots using the Drop Chop method: Select variable 5 and start blender. Drop ingredients through the lid plug opening into the spinning blades. (will want to chop each ingredient separately)
2. In a large pot, heat some oil on high heat and add in the onion. Once fragrant, add garlic, ginger, curry paste, dry spices, and carrots. Stir well and sauté for 5 minutes.
3. Add in zucchini with water and bring to a boil. Cover the pot and simmer on medium-low heat for 10-15 minutes, or until veggies are soft and tender.
4. Transfer soup mixture and white beans to your Vitamix container. Add the coconut milk and secure the lid. Select Variable 1 and slowly increase to variable 10. Blend on high for 6 minutes until smooth, creamy and steaming hot.
5. Season with salt and lime juice to taste and serve warm.





Bases & Mixes

Tasty treats await in this chapter. Pancakes, Cookie Dough, Muffins, Bliss Balls... shall we go on? As sweet and indulgent as these recipes sound, there's no need to feel naughty as these recipes are deliciously guilt free. If you're feeling inspired, there's room to experiment here - the choice is yours.



Banana Blender Pancakes

Contributor: Michelle Chen | @run2food

Soft and fluffy gluten-free pancakes from your own Vitamix Blender! These taste so good on its own but we recommend topping them with some peanut butter, maple syrup and fresh berries. Yum!

Ingredients [makes 4-5]

1 ½ cup Oats (should make 1
¾ cup Oat Flour)

¾ cup Almond Milk

1 tsp Vanilla Extract

3 tbsp Vegan Vanilla Protein
Powder

2 tbsp Coconut Sugar

2 tsp Baking Powder

1 teaspoon Ground Cinnamon

1 large Banana, ripe

Coconut Oil for cooking

TOPPINGS:

Maple Syrup

Peanut Butter

Fresh/Frozen Berries

Directions

1. Add the oats to your Vitamix Blender and blend until it becomes a fine oat flour.
2. Pour in your almond milk, vanilla extract first before adding the rest of the pancake ingredients and secure the lid.
3. Select variable 1 and slowly increase to variable 10. Blend for 50 seconds until the batter is thick and smooth.
4. Heat a frying pan on medium heat with a bit of oil.
5. Pour the pancake mixture into the pan, spread the batter into a circle shape.
6. Cook for 2 minutes on each side until golden. Transfer the pancakes to a serving plate.
7. Decorate the pancakes with your desired toppings! We used maple syrup, peanut butter and berries.
8. Enjoy!



No-Bake Cookie Dough Bites

Contributor: Amy | @nourishing.amy

Deliciously simple, oat and nut cookie dough bites that are easy to make, naturally vegan, gluten-free and make a healthy snack. They taste just like raw cookie dough with lots of chocolate chips.

Ingredients [makes 12]

70 g Oats
60 g Ground Almonds
100 g Tahini/Cashew/Almond Butter
60 g Maple Syrup
15 g Coconut Oil, melted
1 tsp Vanilla or Almond Essence
A pinch of Salt
50 g Chocolate Chips

Directions

1. Place the oats in your Vitamix blending cup and pulse on variable 10 until the oats turn into a flour.
2. Place the oat flour in a large bowl with the ground almonds, tahini or nut butter, maple syrup, melted coconut oil, vanilla or almond essence and a pinch of salt.
3. Stir until a sticky dough forms. Now fold in the chocolate chips.
4. Divide the dough into 12 pieces and roll into cookie dough balls.
5. Place on a parchment lined tray in the fridge to chill for 30-60 minutes.
6. Store in an air-tight container in the fridge.



Mini Choc Chip Muffins

Contributor: Claire & Sarah | @healthy_twists

Nothing's easier than these chocolate chip muffins that you and your family will surely love. They are nutty, chocolaty and oh so delicious. Serve this healthy treat with some plant-based milk - the perfect pairing!

Ingredients [makes 14 muffins]

100 ml Plant-based Milk
1 tbsp Apple Cider Vinegar
35 g Almonds
35 g Cashew or Almond Butter
50 g Golden Caster Sugar
70 g Gluten-free Flour or Plain Flour
45 g Dark Chocolate Chunks
½ - 1 tsp Almond Extract
¼ tsp Baking Powder
½ tsp Baking Soda
Salt, a pinch

Directions

1. Preheat the oven to 170°C (340°F) and line a mini muffin tray with 14 muffin cases.
2. In a small bowl add in the plant-based milk and apple cider vinegar. Stir and set to one side for 5 minutes, until it curdles.
3. Add almonds to the 2 litre container. Select variable 1 and quickly increase speed to variable 10. Blend for 6-8 seconds and immediately stop the machine.
4. Remove the lid and scrape the sides of the container with a spatula. Repeat the same process until a mealy or flour-like consistency is achieved.
5. Be careful not to overblend or you will get almond butter!
6. In a large mixing bowl, stir together the nut butter and sugar. Add all the remaining ingredients and mix well.
7. Spoon the mix evenly between the mini muffin cases and bake in the oven on the middle shelf for 13 minutes until lightly golden on top.
8. Remove the muffins from the oven and place on a cooling rack for 5 minutes to cool slightly. Remove muffins from the tray and cool completely before serving.
9. Store in an airtight container and eat within 2-3 days.



Steamed Sweet Rice Cake

Contributor: Hannah Che | @hannah__chia

Rice cakes have always been Asia's favourite treat. They are so fluffy and slightly sweet. Often served with teas or coffee.

Ingredients

2 cups (380 g) Jasmine Rice
(washed and rinsed several
times to remove starch then
soak in water for 2-3 hours)

1 ½ cup (190 g) Unsweetened
Soy Milk

½ cup (90 g) Organic Sugar

pinch of Salt

1 tsp Yeast, dissolved in 1 tbsp
warm Water

¾ cup Dried Jujube Dates
(pits removed and chopped,
or you can use other dried
fruit of choice)

Sesame Seeds or Nuts,
optional

Directions

1. Rinse and drain the jasmine rice.
2. Add soy milk, jasmine rice, sugar and salt into your Vitamix Blender and secure the lid.
3. Blend on high for 1-2 minutes until it forms a thick and smooth batter. Add in the yeast mixture and blend again just briefly to combine.
4. Pour into a mixing bowl and let the dough rise for 1 hour. Stir the dough lightly, then pour into a parchment-lined 8x8 baking dish and scatter on black sesame, chopped nuts, dried jujube dates, cranberries, etc.
5. Cover and let proof for 10 minutes. Steam for 35 minutes over simmering water. Remove and let cool completely before cutting into squares.



Crunchy Protein PB Bliss Balls

Contributor: Jazmin & Fiona | @bakeateasy

Want to level up your Bliss Ball game? Make it crunchy! Oh yes, we love our bliss balls crunchy! The crunchy roasted peanuts give it a satisfying crunch and mouthfeel.

Ingredients

14 Medjool Dates, pitted
200 g Almonds, raw or roasted
4 tbsp 100% Natural Peanut Butter
1 tbsp Cacao Powder
Almond or Coconut Milk, as needed
Crushed Peanuts, to garnish (optional)

Directions

1. Soak dates for 30 minutes in a bowl with water. Then drain.
2. Add all of the ingredients into your Vitamix and secure the lid. Select variable 1 and slowly increase to 10, using the tamper to push the ingredients into the blades.
3. Stop the machine once the mixture forms into a dough. If the mixture looks and feels a bit dry, add a splash of non-dairy milk via the lid plug and blend until combined.
4. TIP - The mixture should feel a little sticky.
5. Scoop mixture onto a baking tray lined with baking paper.
6. Using your hands, roll tablespoonfuls of the mixture into snack-sized balls.
7. Roll the bliss balls in crushed peanuts.
8. Let bliss balls set in a refrigerator for a minimum of 1 hour and enjoy!

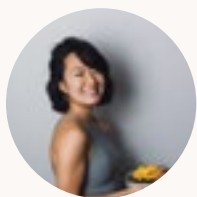
Contributor Acknowledgements

Thank you to all the incredibly talented recipe creators who generously contributed their recipes to be featured in this Vitamix eBook. You can connect with each of the creators via their social media accounts and website listed next to their contributor bio.



Amy Lanza
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Amy is a plant-based food blogger, recipe developer, content creator, food stylist and photographer, creating and sharing vegan recipes to nourish your soul and body, alongside inspirational messages. Her recipes focus on plant-based wholefoods as well as delicious baked and raw sweet treats. She also has her first eBook, *Nourish Me*, 12 everyday recipes for delicious plant-based living.



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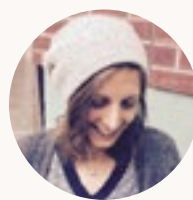
Hannah Che is the writer and photographer behind Hannah Chia, a vegan food blog she started in the summer of 2017 as a passion project. Since then, her recipes have been featured online at The Feed Feed, Best of Vegan, and One Green Planet, and published in print in VegNews, Thrive Magazine, and In the Moment Magazine. Her photos were broadcasted live on the ESPN channel as part of a game-day food collaboration with Google Pixel, and she was interviewed and featured on the official @instagram account for Asian Pacific American Heritage Month this May. Since going vegan in

2016, she's made it her goal to showcase how abundant plant-based eating can be without sacrificing flavor or culture. She is currently working on her first cookbook, to be released with Penguin Random House in the fall of 2021.



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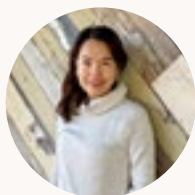
Little Bites of Beauty by Ambra Torelli is a food, lifestyle and travel platform that aims to share the many beautiful sides of life. You can find dairy-free and gluten-free recipes, food and travel guides in her website.



Nisha Melvani MS, RD
@cookingforpeanuts

I'm a chemistry major. I love to cook. And so I combined my two passions and now I would best describe myself a culinary chemist. Although I always loved cooking, (I started making pizza from scratch at age seven), I wanted to get better at it! Now, after years of cooking for adults and kids (a decade and a half actually including an internship at East Harlem school which is entirely vegetarian), a Masters in nutrition from Columbia University, and six months of chef training at a plant-based culinary

school (Natural Gourmet Institute), I am happy to say that my now teenagers eat everything I post on my feed at @cookingforpeanuts. I have over time learned how to make veggies, tofu, tempeh, beans, lentils, you name it, palatable to children and adults alike.



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@woon.heng
www.woonheng.com

My name is WoonHeng and I enjoy making delicious food for my family and friends. I love to veganize traditional dishes that I missed from home. My goal is to inspire you to adopt a meatless or plant based lifestyle, one meal at a time.



Claire & Sarah
@healthy_twists
www.healthy-twists.com

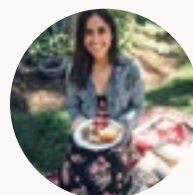
We are Claire and Sarah two forty-something Mums, great friends and food lovers who decided to take a closer look at how our families eat and in doing so created Healthy Twists. Our mission is to help you and your families increase the number of plant-based meals they eat each week. To help you to achieve this our Healthy Twists website is packed full of easy to make, delicious plant-based recipes for breakfast, lunch, dinner, snacks, desserts and for those special occasions.



Lenny Wu
@vegamelon
www.vegamelon.com

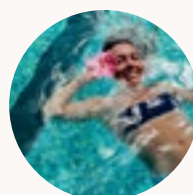
I'm Lenny, known as @vegamelon on Instagram! I'm currently studying

mathematics and computer science at UCLA. I love creating nourishing plant-based recipes and sharing them with the community. Let's show the world that vegan food is beautiful and delicious!



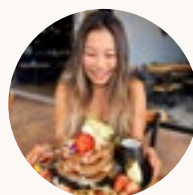
Hannah Sunderani
@twospoons.ca
www.twospoons.ca

Hannah is a plant-based food blogger from Toronto. Her passion for plant-based cooking comes from its benefits to health, humanity and the environment. Her recipes are intended for everyone - vegan or not - to introduce more plant-based food into their lives. She shows just how delicious and satiating clean eating can be.



Amelie Balland
@amelietahiti
www.amelietahiti.com

Amelie is passionate about all thing plant-based, mindfulness and fitness. She is a yoga teacher and a YouTuber as well. She makes delicious plant-based recipes and workout videos and encourages everyone to have a healthy and mindful lifestyle.



Michelle Chen
@run2food
www.run2food.com

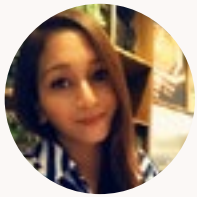
Michelle is a Dentist and vegan food blogger from Brisbane. She loves sharing simple & tasty vegan recipes via her Instagram platform @run2food. She has also created a website with an archive of all her recipes www.run2food.com . Michelle is on a mission to show that you can thrive off a plant-based diet.



Consuelo Morcillo Roldán
@earthlytaste
www.earthlytaste.com

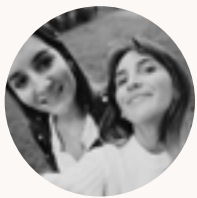
Consuelo is an aspiring crazy cat lady and a plant enthusiast. She is a food tech student from Spain and she creates really tasty recipes and loves to share them with her friends, family and followers.

vegan meal ideas. I was determined to show the world that vegan food can be cheap, lazy AND delicious!



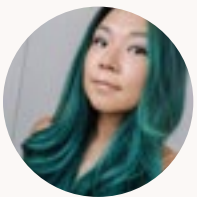
Lai Po Cheng
@foodpassionical

Fascinated in plant-based food, I dived in and turned plant-based. I created my own platform on Instagram to document my journey. I taught myself about food photography and styling. Years have passed and I still enjoy doing it.



Jazmin & Fiona
@bakeateasy

Jazmin and Fiona are two recipe chasers who love to share lots of simple, healthy and fun ideas to recreate in your kitchen. Bake eat easy holds the motto anyone can cook, it only takes PLENTY OF LOVE.



Rose Lee
@cheaplazyvegan
www.thecheaplazyvegan.com

I started off awkwardly posting my first “Cheap Lazy Vegan” video on YouTube back in May of 2015 while I was living in London, UK with the intention of just sharing my own thoughts & beliefs about veganism; as well as sharing some easy and affordable