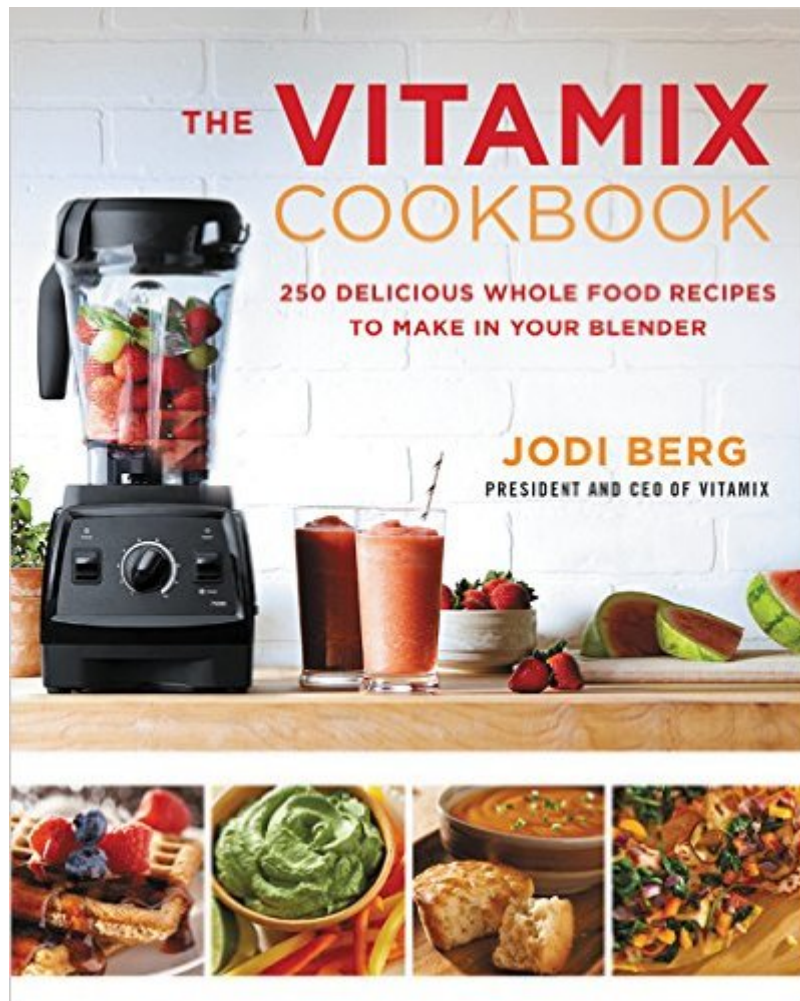


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# The Vitamix Cookbook: 250 Delicious Whole Food Recipes To Make In Your Blender



## Synopsis

Discover simple ways to incorporate more whole foods into your daily diet using a blender with this gorgeous cookbook featuring 200 delicious recipes and more than fifty full-color photos—the first widely available cookbook from the Vitamix brand. Recently known primarily to professional chefs, over the past decade the Vitamix blender has become one of the most sought after kitchen appliances in home kitchens. Now, Vitamix has created a gorgeous companion cookbook to help you enjoy the benefits of a whole foods diet. Here are more than 200 simple, scrumptious, easy-to-prepare recipes that use a blender—most taking less than thirty minutes. The chefs at Vitamix believe that the only way to make lasting, healthy changes to your diet is to enjoy the food you eat. With *The Vitamix Cookbook* they’ve created mouthwatering food you’ll want everyday: breakfast and brunch, including smoothies, breakfast mains (muffins, breads and scones), pancakes, waffles, egg dishes, soups and sides (amazingly, the Vitamix heats the soup while blending it, making it table ready in less than ten minutes!) entrees, including wraps and sandwiches, burgers, pizza, pasta, poultry, meat and seafood, sauces and dressings, drinks, including nut milks, juices, and even cocktails, desserts, including sorbets, ice creams, milkshakes and baked desserts. Throughout *The Vitamix Cookbook*, you’ll find helpful sidebars with inspiring stories of people who have improved their health using their Vitamix, as well as tips for a nutritious whole foods diet.

## Book Information

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## Customer Reviews

I've made several of the recipes so far, I like them all. My favorite is the Tomato Vinaigrette, this has

become a favorite topping for burgers, tacos, vegetables etc. The family history of the Vitamix family and whole food focus of the recipes is great, a few more photos would be nice, but a wealth of information. I had some roasted acorn squash in the freezer, so I substituted it into the "Sassy Sweet Potato Soup" recipe on page 103, added some rosemary and a little curry, then I left out the honey since I'm not a fan of sweet soups, it was incredible, fully of ginger-y goodness! The creamy parsley sauce is like a more flavorful chimichuri sauce, I keep a squeeze bottle of it in the fridge all the time now, it is great. I really had my doubts about the not-so-cheesy cheese sauce, I've made it about eight times now. I'm normally not a fan of "fake cheese" at all, but I love nacho cheese, I just hate how bad it is for you, this tastes great and is healthy, my little girl loves it too. I've started adding 1/2 tsp chipotle powder and smoked paprika, recently I've been adding some jalapenos, love it, really good and don't feel terrible about eating it or feeding it to my kids. About nine months ago I started having smoothies for breakfast for health and if I prep them the night before it is time efficient in the morning too, I've been very happy with the results, I feel better, lost some weight and look better. Then about six months ago out of the blue my dad had a heart attack, the doctor gave him a new diet which he has been sticking to religiously. After things calmed down a little I started bugging him about trying the smoothies, healthy soups, etc.

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