

VITAMIX®

100TH ANNIVERSARY

COOKBOOK

100 WHOLE FOOD RECIPES FROM OUR FANS & FAMILY

JODI BERG, PhD
PRESIDENT & CEO OF VITAMIX



CONTENTS



Foreword	1
A Passion for Health for 100 Years	2
The Vitamix Legacy	18
Why Whole Foods?	22
Techniques & Tips	28
Smoothies	34
Beverages	52
Dips & Spreads	66
Dressings	82
Sauces & Sides	92
Soups	110
Quick Breads & Cookies	126
Desserts & Treats	136
Baby Foods	158
Pet Treats	166
Vitamix Essentials	174
Recipe Index	178
Gratitude	184

FOREWORD

Before I read the *Vitamix 100th Anniversary Cookbook*, I expected it to have a place of honor on the bookshelves of The Chef's Garden and The Culinary Vegetable Institute. That's because I know Jodi Berg. I know Vitamix. I know their commitment to whole foods, to quality, and to providing the world's best health-related products.

I got to know Jodi as she generously gave of her time and talents at our annual Food & Wine and, most recently, our Roots conferences, where culinary leaders from all around the globe gather on our grounds to discuss their work with like-minded individuals who share a passion, commitment, and motivation to improve our food system.

Jodi's family was actually way ahead of the curve, thanks to the vision of her great-grandfather, William Grover Barnard Sr., and her grandparents, Bill and Ruth. During times when they faced financial challenges, they took an unwavering stand for whole food health. They understood the value of a plant-based diet and its role in wellness.

Their philosophy resonates deeply with me and with my farming family. My father, Bob Jones Sr., would encourage us to be as good as the farmers were 100 years ago—in other words, to be as savvy and forward thinking as Jodi's great-grandfather.

Every morning when my brother Bob and I get up before the sun rises, we are fully committed to doing whatever we can to regeneratively farm the most nutritious and delicious vegetables possible, providing farm-fresh ingredients that people can use in their Vitamix, inspired by this cookbook's recipes.

During our 2017 Roots conference, Jodi shared how her mother told her she could accomplish anything she wanted—and the *Vitamix 100th Anniversary Cookbook* proves the truth of that statement.

Well done, Jodi! Well done.

Farmer Lee Jones

The Chef's Garden and The Culinary Vegetable Institute

COMMITTED TO WHOLE FOODS

The Chef's Garden aims to grow and ship the highest quality and most nutritious and flavorful vegetables and herbs, while maintaining a commitment to ecologically friendly and sustainable agricultural practices. Visit **Farmer JonesFarm.com**

A PASSION FOR HEALTH FOR 100 YEARS

Meet the generations behind our anniversary celebration.

Vitamix—the company my great-grandfather started, still 100% family owned, a brand that is beloved by people all around the world, and a multigenerational family that includes employees, suppliers, vendors, customers, and communities—is celebrating its 100th year “young” anniversary. I say young because even though we have made a difference in the lives of millions of people, we are just getting started. There is still a large percentage of people who have yet to discover the power of whole food and high-performance kitchen equipment.

A centennial company can’t be created in a single lifetime, but it can be celebrated on behalf of all the generations of amazing people who have built the platform upon which we get to bring forth the Vitamix purpose of “liberating and nourishing the zest for life.”

This book is a mere sampling of the creativity and passion of our founder; of my grandparents, father, aunts, and uncles; of the thousands of employees, some across multiple generations, that have worked for us over the past 100 years; and of our millions of beloved fans and multiple communities in which our employees and facilities are located.

I recognized more than 10 years ago that it would take an army to change the way the world thinks about food. We are a battalion in that army and we—the global Vitamix family—are changing the lives of generations to come through the understanding and enjoyment of whole food.



Ownership extends through several family branches, reaching into the sixth generation, as represented by some at a Vitamix gathering.

OUR GUIDING PRINCIPLES

We passionately believe:

- ✓ In making the world **a better place**
- ✓ Every person **matters** and can make a difference
- ✓ Our future depends on **learning** and **innovation**
- ✓ In embracing our **past** while creating our **future**
- ✓ In treating people with **dignity** and **respect**

OUR FAMILY’S PASSION, 100 YEARS STRONG

Vitamix’s 100th anniversary has given me quite the opportunity to look back at the history of this company. The stories of the Vitamix family—which includes my ancestors and relatives; our employees and their families; our suppliers and vendors; and our customers and communities—have intertwined to create a powerful legacy. And that legacy is this: the knowledge that whole foods bring incredible joy and health to our lives.

This alone brings me unbelievable delight. But as my great-grandfather, William Grover Barnard Sr. (whom everyone affectionately calls “Papa”) would have said, “But wait, there’s more.”

Not only has Vitamix become iconic in the eyes of our fans and followers, but it has become resilient across generations and through crises. And the reason for both is our purpose-driven culture.

Being iconic, resilient, and purposeful did not happen overnight, or solely because of things that have occurred in my lifetime. Similar to how a pearl is the result of an oyster turning a negative into a beautiful jewel, Vitamix grew to the gem that it is by navigating crises, embracing opportunities, focusing our passion on our purpose, and never, ever giving up. So that you can truly appreciate the people behind the stories and recipes in this book, allow me to share a few nuggets of the history we have created—together.

As each generation of the Barnard family—I’m the fifth family CEO and a member of the fourth generation—has come into leadership positions at Vitamix, they’ve brought unique strengths that were exactly what the company needed at the time to release and empower the creativity, innovation, and passion of the greater Vitamix family.

If you are a member of our extended Vitamix family, you know this already. Passion is one attribute that we all share. We are passionate about a lot of things—the first being to make the world a better place.

That passion has transcended 100 years and began with my great-grandfather. Papa Barnard was passionate about people, life itself, and our duty to serve. You can probably already see how these qualities built a



Before Smoothies Were “In”

Way back in 1949, Papa Barnard blended up a smoothie in his famous TV infomercial.

A Smoother Smoothie

Your Vitamix has all the power you need to transform whole vegetables and fruits into a perfectly smooth beverage. If your smoothie is really thick or frozen, use the tamper to create the ideal flow over the blades.

SMOOTHIES

Make It a Juice!

To transform a smoothie into a juice, place a nut milk bag (or cheesecloth) over a large bowl and carefully pour the mixture into the bag. Squeeze all the liquid out of the pulp into the bowl. The fiber that is left is loaded with nutrients, so consider using it in other recipes.

Super Easy

If using a Vitamix with program settings, place ingredients in the container as noted on page 33 and select the Smoothie setting. Your Vitamix does all the work!

Power Your Days

Use the 64-ounce container to prepare larger batches of smoothies and juices that you can enjoy for several days. Refrigerate in an airtight container for a few days or freeze the extra and put it in the fridge the night before. Just give it a shake before serving.



*mindbodygreen
Smoothie*

MINDBODYGREEN SMOOTHIE

Shared by: Colleen and Jason Wachob of mindbodygreen

64 / 3 servings / *Total time:* 10 minutes

INGREDIENTS

- 2 cups (480 ml) **Almond Milk** (see page 175)
- 3 Tablespoons mindbodygreen grass-fed collagen+ powder
- 1 Tablespoon mindbodygreen organic veggies+ powder
- 1 medium avocado (140 g), pitted and peeled
- 1 medium banana (120 g), peeled
- 2 Tablespoons **Nut Butter** (see page 174) or 2 Tablespoons whole nuts
- ½ cup (55 g) frozen blackberries
- ½ cup (55 g) frozen broccoli

INSTRUCTIONS

Place all ingredients into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 60 seconds or until desired consistency is reached.

Amount per (319 g) serving: Calories 260, Protein 10 g, Total Fat 16 g, Carbohydrates 22 g, Cholesterol 11 mg, Fiber 6 g, Saturated Fat 3 g, Sodium 200 mg, Sugar 9 g

SUPER GREEN SMOOTHIE

Shared by: Cindy Molnar, Vitamix Fan / **64** / 2 servings / *Total time:* 10 minutes

INGREDIENTS

- 1 cup (240 ml) **Almond Milk** (see page 175)
- 6 baby carrots (70 g)
- ½ medium green apple (120 g), seeded
- 1 celery stalk (70 g)
- ⅓ medium cucumber (100 g)
- 1 scoop (¼ cup, 20 g) protein powder
- 1 teaspoon Matcha green tea powder
- ¼ teaspoon spirulina

- 1 cup (130 g) frozen pineapple chunks
- 1 cup (130 g) ice cubes

INSTRUCTIONS

Place all ingredients into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades. Blend for 45 seconds or until desired consistency is reached.

Amount per (326 g) serving: Calories 170, Protein 3 g, Total Fat 1 g, Carbohydrates 41 g, Cholesterol 5 mg, Fiber 6 g, Saturated Fat 0 g, Sodium 10 mg, Sugar 26 g

“Thank you,
Vitamix, for helping
me live as healthy a
life as possible!”
CINDY MOLNAR

DRESSINGS

Usage Ideas

Homemade dressing is so full of flavor, you'll need less on your salad. You can also use the recipes here to drizzle over cooked vegetables or as a dip for raw ones.

Skip the Oil

A blend of vegetables and seasonings, along with a bit of lemon juice or apple cider vinegar, makes a terrific fat-free vinaigrette. If you do use oil, make it a heart-healthy option like olive or avocado.

Storage Tips

Transfer homemade dressing to an airtight container and refrigerate for up to 1 week.

RASPBERRY DIJON DRESSING

Shared by: Randall Weiss, Vitamix Demonstrator / 32 48 64 / 22 servings / Total time: 10 minutes

INGREDIENTS

- ½ cup (120 ml) balsamic vinegar
- ¾ cup (95 g) fresh raspberries
- ¼ lime, peeled
- 2 garlic cloves, peeled
- 2 teaspoons Dijon-style mustard
- 5 fresh basil leaves
- 2 dates, pitted, or honey to taste
- Pinch of ground white pepper
- ½ cup (120 ml) avocado oil (optional)

INSTRUCTIONS

Place all ingredients except avocado oil into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds. If using the avocado oil, reduce speed to Variable 3. Remove lid plug and slowly pour oil through the opening. Replace lid plug and blend on highest speed for 10 seconds.

Amount per (18 g) serving: Calories 60, Protein 0 g, Total Fat 5 g, Carbohydrates 2 g, Cholesterol 1 mg, Fiber 0 g, Saturated Fat 1 g, Sodium 10 mg, Sugar 1 g

NON-DAIRY CAESAR DRESSING & SALAD

Shared by: Marilu Henner, actor, author, podcaster, and memory expert

32 48 64 / 8 servings / Total time: 15 minutes

INGREDIENTS

- 1 large egg yolk
- 2 garlic cloves, peeled
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon-style mustard
- 1 Tablespoon fresh lemon juice, or ½ lemon, peeled
- 4 anchovies
- ⅓ cup (80 ml) olive oil

- 3 heads romaine lettuce, washed and chopped
- ¼ cup (60 g) grated soy parmesan
- Ground black pepper to taste

INSTRUCTIONS

Place the egg yolk, garlic, Worcestershire, mustard, lemon juice, and anchovies into the container and secure the lid. Start the Vitamix on its lowest speed, then increase to Variable 3. Blend for 30 seconds. Remove lid plug and slowly pour oil through the opening. Replace lid plug and blend on highest speed for an additional 10 seconds.

In a large serving bowl, toss romaine lettuce with dressing; sprinkle with soy parmesan and freshly ground pepper.

Amount per (260 g) serving: Calories 170, Protein 5 g, Total Fat 13 g, Carbohydrates 10 g, Cholesterol 25 mg, Fiber 5 g, Saturated Fat 2 g, Sodium 320 mg, Sugar 3 g

“I met my first Vitamix on Saturday, April 14, 2007, and it was love at first sight! It has been a lovefest ever since, and my Vitamix is the one thing in the kitchen that is always, always being used.”

MARILU HENNER

Raspberry
Dijon Dressing

Before organic foods were popular, most Vitamix owners were people who cared about their health. RANDALL WEISS

QUICK BREADS & COOKIES

DIY Flour

Quickly make your own whole grain flour in your Vitamix to add a special flavor and freshness to quick breads and cookies. See page 30 for a Grain Grinding chart.

.....

Vegan Variation

To replace egg in batters, substitute a flax seed “slurry.” Grind whole flax seed in the Vitamix to a powder, then whisk together 1 tablespoon of flax meal and 3 tablespoons of water; let sit to thicken (equivalent to 1 whole egg).

Sweet & Healthy

Lose the refined sugar without sacrificing taste by substituting dates or date syrup, honey, applesauce, or molasses.



Zucchini
Pancakes

ZUCCHINI PANCAKES

Shared by: Vitamix / Published in: 1996 / 64 Low Profile / 8 servings / Total time: 25 minutes

INGREDIENTS

- 1/3 cup (80 ml) **Almond Milk** (see page 175)
- 1 1/4 medium zucchini (250 g), peeled and halved
- 2 large eggs
- 1/4 teaspoon salt (optional)
- 3 Tablespoons (60 g) **Date Syrup** (see page 176) or honey
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 1/2 cups (180 g) **Whole Wheat Flour** (see page 177)
- 2 teaspoons baking powder

INSTRUCTIONS

Place all ingredients except for flour and baking powder into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed, then increase to Variable 4. Blend for 5 seconds until ingredients are combined. Add the flour and baking powder to the container and secure the lid. Pulse 10–12 times on Variable 5 until ingredients are well incorporated.

Preheat a large skillet or griddle and grease lightly. Scoop 1/4 cup of batter into the pan, cooking until small bubbles appear toward the center of each pancake before flipping gently. Cook another 2 minutes until cooked through. Repeat with remaining batter.

Amount per (87 g) serving: Calories 130, Protein 5 g, Total Fat 2 g, Carbohydrates 23 g, Cholesterol 45 mg, Fiber 3 g, Saturated Fat 1 g, Sodium 105 mg, Sugar 6 g

SOFT GINGER COOKIES

Shared by: Vitamix / Published in: 1975 / 48 64 / 24 cookies / Total time: 40 minutes

INGREDIENTS

- 1/2 cup (120 ml) **Raw Applesauce** (see page 95)
- 3 Tablespoons (40 g) plant-based margarine
- 3/4 cup (180 ml) dark molasses
- 3/4 cup (180 ml) water
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 3 cups (360 g) **Whole Wheat Flour** (see page 177) or all-purpose flour

INSTRUCTIONS

Place all ingredients except flour into the container in the order listed and secure the lid. Start the Vitamix on its lowest speed and blend for 5 seconds to combine. In three additions, add the flour to the container, pulsing after each addition to incorporate the flour, using the tamper to press ingredients toward the blades.

Transfer the dough to a bowl and cover; refrigerate for 20–30 minutes. Preheat oven to 350°F (180°C); lightly spray a baking sheet with cooking spray. Drop dough by rounded spoonfuls onto the prepared baking sheet. Bake for 12–14 minutes or until firm.

Amount per (38 g) serving: Calories 80, Protein 2 g, Total Fat 0 g, Carbohydrates 19 g, Cholesterol 6 mg, Fiber 2 g, Saturated Fat 0 g, Sodium 105 mg, Sugar 8 g

RECIPE INDEX

AFFILIATES & DISTRIBUTORS

Avocado Soup	
<i>Shared by:</i> Mads Bo	124
Creamy Wild Rice Soup	
<i>Shared by:</i> Shalva and Lenny Gale	120
Herb-Infused Creamy Sweet Onion Soup	
<i>Shared by:</i> Dan Henry Parker Jr.	115
Hot Chocolate Sauce	
<i>Shared by:</i> Marta Villen	156
Hummus	
<i>Shared by:</i> Mira Gil	70
Maple Pecan Vegan Ice Cream	
<i>Shared by:</i> JoyofBlending.com	143
Matbukha	
<i>Shared by:</i> Chen Assor	73
Raspberry Dijon Dressing	
<i>Shared by:</i> Randall Weiss	90
Sweet Summer Pops	
<i>Shared by:</i> Euan Mitchell	148

CELEBRITIES & INFLUENCERS

Apple & Pumpkin Baby Food	
<i>Shared by:</i> Laura Sandford	162
Carrot Ginger Soup	
<i>Shared by:</i> Jen Picciano	119

Chocolate Chip Caramel Nice Cream	
<i>Shared by:</i> Jake McKeon	147
Creamy Broccoli Soup	
<i>Shared by:</i> Alison Wu	123
Green Goddess Hummus	
<i>Shared by:</i> Lisa Bryan	70
Mango Turmeric Smoothie	
<i>Shared by:</i> Danny Seo	47
mindbodygreen Smoothie	
<i>Shared by:</i> Colleen and Jason Wachob	51
Non-Dairy Caesar Dressing & Salad	
<i>Shared by:</i> Marilu Henner	90
Nutritarian Caesar Dressing	
<i>Shared by:</i> Dr. Joel Fuhrman	89
Orange Sesame Dressing	
<i>Shared by:</i> Dr. Joel Fuhrman	89
Planet Earth's Best Banana Nice Cream	
<i>Shared by:</i> Keegan Allen	147
Protein-Packed Purée	
<i>Shared by:</i> Jen Picciano	165
Spa Smoothie	
<i>Shared by:</i> Kelly LeVeque	43
Ultra-Creamy Cashew Butter Coffee	
<i>Shared by:</i> Dr. Mark Hyman	63

Vietnamese Dressing	
<i>Shared by:</i> Bobby Berk	86

CHEFS & BARTENDERS

Fra Diavolo Sauce	
<i>Shared by:</i> Chris Cosentino	109
Hearts of Palm Ceviche	
<i>Shared by:</i> Alejandra Schrader	106
Sesame Zucchini with Parmesan Basil Ganache	
<i>Shared by:</i> Jehangir Mehta	108
Spotted Owl Piña Colada	
<i>Shared by:</i> Will Hollingsworth	56

FROM THE VITAMIX ARCHIVES

Applesauce Cookies	132
Cashew Ice Cream	143
Chocolate Avocado Pudding	155
Chocolate Pudding	148
Citrus Sangria	55
Classic Vitamix Rainbow Smoothie	47
Grandpa's Pancakes	132
Lime Mint Agua Fresca	59
Mix & Match Purée	161
Pumpkin Cat Food Topper	169

Raw Applesauce	95
Sesame Dressing	86
Simple Dog Biscuits	173
Soft Ginger Cookies	131
Strawberry Yogurt Freeze	139
Tahini	97
Tomato Salsa	69
Vegetable Dressing	85
Vegetable Soup	113
Vita Mixer	37
Whole Fruit Cherry Margarita	60
Whole Wheat Bread	129
Zucchini Pancakes	131

PASSIONATE FANS

Bright Beet Smoothie	
<i>Shared by:</i> Donna Doyen	44
Brownie Truffles	
<i>Shared by:</i> Sean Bowyer	151
Cashew Milk	
<i>Shared by:</i> Brenda Crawford	64
Cherry Oatmeal Bites	
<i>Shared by:</i> Leslie Tauro	155
Creamy Mushroom Soup	
<i>Shared by:</i> Lance Roetling	119

Dahlia's Green Smoothie	
<i>Shared by:</i> Heidi Barron	39
Dairy-Free Açaí Bowl	
<i>Shared by:</i> Debra Kaplan	140
Dog Kibble Topper	
<i>Shared by:</i> James Orth	173
Flourless Blueberry Banana Muffins	
<i>Shared by:</i> TLP120	135
Flourless Pumpkin Muffins	
<i>Shared by:</i> Kiran Dodeja Smith	135
Garlicky Mashed Cauliflower	
<i>Shared by:</i> Larry L.	102
Hazelnut Spread	
<i>Shared by:</i> Petra Scott	81
Iced Coffee Protein Drink	
<i>Shared by:</i> Liz Enyon	63
Kale, Banana & Berry Smoothie	
<i>Shared by:</i> Diane Mascitelli	39
Mango Nice Cream	
<i>Shared by:</i> Tami Cockrell	140
Morning Wonder Drink	
<i>Shared by:</i> Terry Echols	40
No-Bake Vegan Cheesecake	
<i>Shared by:</i> Leeyel Diamond	152
Orange Sunrise Blender Drink	
<i>Shared by:</i> Gina Fontana	48
Papaya Vanilla Smoothie	
<i>Shared by:</i> Santiago Ortiz	40

Piña Colada Ice Cream	
<i>Shared by:</i> Cindy Chandler	144
Plant-Based Mozzarella	
<i>Shared by:</i> Joanne Gerrard Young	78
Protein Shake	
<i>Shared by:</i> Debra Brock	43
Super Green Smoothie	
<i>Shared by:</i> Cindy Molnar	51
Sweet Potato Poblano Soup	
<i>Shared by:</i> Laine Pickrel	116
Tofu Dip	
<i>Shared by:</i> Norma Gustafson	77
Tomato Sauce for Canning or Freezing	
<i>Shared by:</i> Chris Applegate	98
Vegan Cheese Sauce	
<i>Shared by:</i> Breanna Pyrda	97
Vegan Garlic Alfredo Sauce	
<i>Shared by:</i> John Alexander McFarlane	101
Vegan Ricotta Cheese	
<i>Shared by:</i> Cameron Szatala	77
VITAMIX EMPLOYEES	
Ally's Asparagus Soup	
<i>Shared by:</i> Ally Fazzalaro	125
Almond Butter Twist	
<i>Shared by:</i> Eliot Martir	78
Beet Borani	
<i>Shared by:</i> Karen Hicks	74

Wellness AT WORK

CORPORATE WELLNESS PROGRAM

Partnering with companies to support wellness initiatives and offer exclusive deals for employees like you.

As a Vitamix Corporate Wellness partner, your workplace can:

- SUPPORT healthy habits by offering access to a Vitamix at work.
- ENCOURAGE employee wellness at home with tips, tricks, and special promotions.
- REWARD employees by using an exclusive corporate code for awards and gifting.



For more information, contact
corpwellness@vitamix.com



Berry Frozen Yogurt
Shared by: Kristie Jarrett 156

Black Bean Dip
Shared by: Laresa Waller 73

Caipirinha
Shared by: John Olsen 59

Cashew Sour Cream
Shared by: Brooke Nedrich 102

Creamy Vegan Soup Base
Shared by: Rhonda Legge 116

Frosty Strawberry Dog Treats
Shared by: Cindy Rybarczyk 170

Fruit Scrolls
Shared by: Suzanne Gagne 151

Green Lemon Sorbet
Shared by: Terrina Kramer 144

John Barnard’s Green Smoothie
Shared by: John Barnard 44

Liver Treats
Shared by: Cindy Rybarczyk 170

Marinara Sauce
Shared by: Andrew Shaffer 98

Pear-Prune Purée
Shared by: Christine Carlson 165

Semisweet Green Smoothie
Shared by: Scott Tennant 48

Super Herbed Falafel
Shared by: Tamara DeGrasse 105

Super Porridge Baby Food
Shared by: Christine Carlson 162

Tomato Bell Pepper Soup
Shared by: Janae Jensen 124

Vegan Walnut & Date Pesto
Shared by: Alan Rudolph 101

VITAMIX ESSENTIALS

Almond Butter 174

Almond Milk 175

Cashew Cream 175

Coconut Milk 175

Cornmeal 177

Date Syrup 176

Oat Milk 175

Orange Juice 176

Peanut Butter 174

Peanut Cashew Butter 174

Soy Milk 176

Whole Wheat Flour 177

LEARN. EARN.
Redeem!



Step up your blending game with exclusive videos, recipes, tips, and tricks ... and earn some awesome rewards along the way!

VITAMIX®
Rewards
100.Vitamix.com/rewards