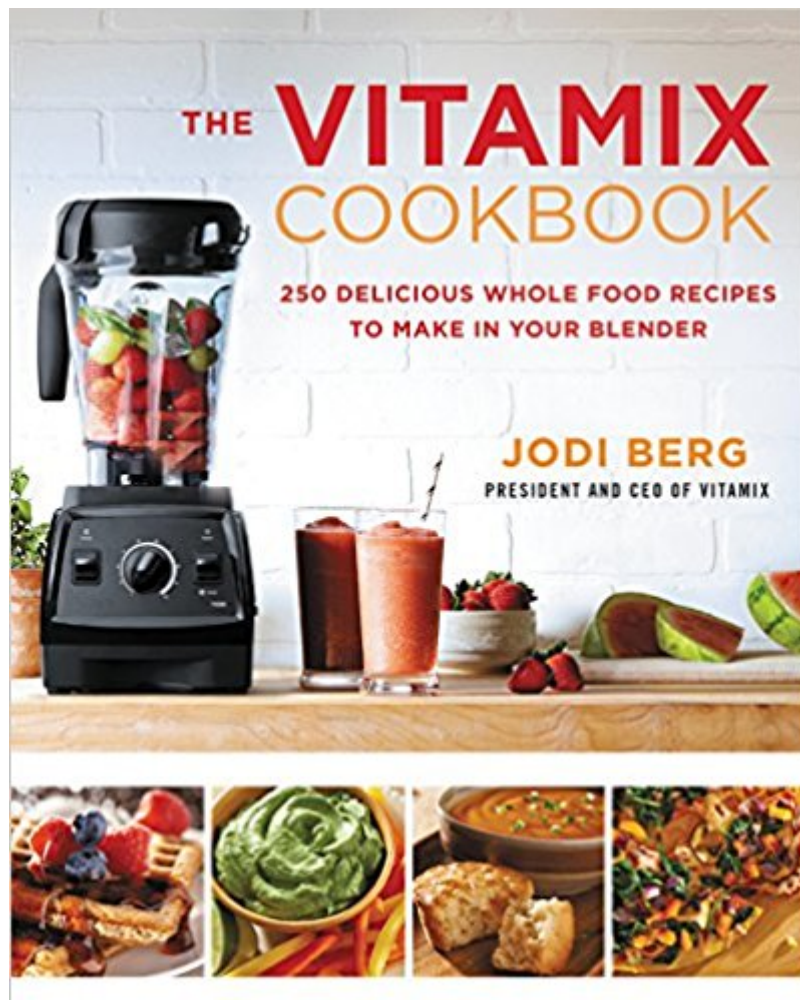




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# The Vitamix Cookbook: 250 Delicious Whole Food Recipes To Make In Your Blender



## 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

Hardcover: 400 pages

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Product Dimensions: 7.4 x 1.2 x 9.1 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 180 customer reviews

Best Sellers Rank: #6,231 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #31 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #203 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

The must-have cookbook from the chefs at Vitamix For the nearly one-hundred-year-old, family-run

Vitamix company, health and vitality are in the name. The Vitamix Cookbook will change the way you think about ingredients by showing you how to incorporate more whole foods into your diet through delicious, easy-to-make recipes using a Vitamix blender. For these dishes, you can really use whole ingredients to make complete, satisfying meals in minutes. Blend the pineapple core, too fibrous to chew, into a refreshing Coconut-Pineapple Sherbet. Puree the whole tomato into Farmers' Market Marinara Sauce and use the sauce on top of homemade Polenta Pizza made from freshly ground cornmeal. Each of these 250 recipes relies on nutrient-dense whole foods, and with decreased prep time from blending, most come together in less than 30 minutes. By using the Vitamix to combine the flavors and nutrients in whole foods, you can improve your diet without sacrificing flavor or convenience. You will discover how to: chop vegetables in seconds for a savory soup that heats itself during the blending process mix your own flours and make bread dough make innovative sauces and dressings grind fresh nut butters whip up fresh juices, smoothies, nut milks, and even cocktails and much more "With health, we have wealth!" Vitamix founder William Grover Barnard declared, and the immeasurable value of good health is reflected in every recipe in this book. Written by Jodi Berg, a fourth-generation member of the Barnard family and the Vitamix president and CEO, The Vitamix Cookbook includes dozens of gluten-free, vegetarian, and vegan recipes, as well as inspiring success stories of a whole foods lifestyle. It is the essential cookbook for longtime Vitamix users or anyone just discovering the marvels of the machine that has transformed the lives of home cooks for generations.

Jodi Berg is the president and CEO of Vitamix. She is the great-granddaughter of William G. Barnard, who founded the company in 1921.

I have had my Vitamix for a week and love it. You can't keep me out of the kitchen! The cookbook that came with my machine is great but I was looking for more gluten-free, egg-free and vegetarian/vegan recipes to fit my dietary restrictions. As I live in Australia, I purchased the Kindle edition first, honestly, because I didn't want to have to wait for the book in the mail (and to check whether the print edition was worth spending the extra money on). I've only had the Kindle edition for a few days and have read it from cover to cover, bookmarking all the recipes I'm going to try in the coming weeks. I've already made a few of the recipes and I've found they're adaptable too for changing and substituting ingredients to meet dietary requirements. Occasionally the recipes make suggestions for substituting ingredients too, which is greatly appreciated. Some standout recipes are: Falafel, Quinoa Black Bean Burgers, Mixed Berry Purée, Peach Soy Sherbet and Banana

Freeze. There are lots of others I can't wait to try! This cookbook is packed full of healthy, easy recipes and clear instructions. There's also an introduction to the Vitamix history and the author's family which is nice to read. Overall, the author in conjunction with her company's dietitians, has done a very nice job of compiling lots of healthy, easy, quick and new recipes for Vitamix owners. I'll be purchasing the print edition too. Thank you. Highly recommended! Note to editor: is the Muhammara (Red Pepper & Walnut Dip) recipe missing walnuts in the ingredient list!?

I just got my copy of "The Vitamix Cookbook" today and I am happy to report it has more than exceeded my expectations. I have been an enthusiastic Vitamix owner for many years but have used it mainly for smoothies, soups and sauces. This cookbook, however, really goes way beyond smoothies and illustrates beautifully the amazing versatility of the Vitamix. I also love the Introduction which gives an interesting history of the Vitamix. I purchased the hard copy rather than the digital copy because I don't like using my Kindle in the kitchen (I am a messy cook). The book is gorgeous and beautifully illustrated. Highly recommended!

I got the book because I purchased the Vitamix blender but I've yet to make anything out of the book yet but they do have several things that I want to try.

Nice recipes. Since I am gluten free some of them I can't use. All in all most are great! Will help me figure things out anyway.

Easy to read with recipes with clear directions. I would actually make. Nice photos too.

Lots of great recipes and instructions for using the Vitamix. Using it has added variety to our meals.

Good book and great addition to Vitamix Blender. Received quickly with great service

Not a bad addition to my Vitamix resources. A lot of family history and some good recipes.

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100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic)  
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Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1)  
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Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1)  
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Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60)  
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