

# Vitamix Workshop



Fresh Fork Market is proud to work with Vitamix on this collaborative workshop, featuring recipes using local, seasonal ingredients prepared in the powerful and versatile Vitamix machine.

The focus of this event is to demonstrate how to utilize some of the more abundant and sometimes mystifying ingredients of the summer, such as kale, chard, beets, and zucchini.

In contrast to many recipes on the web or found in the Vitamix cookbooks, we avoided using citrus fruits, bananas, and other non-local ingredients as a base for green smoothies and other recipes.

Our thanks to Becky Prince of Vitamix for all her hard work on developing these recipes.

## **Kale Smoothie**

Ingredients:

1 tbsp honey  
1 cup milk  
1 cup grape juice  
1 cup blackberries, fresh or frozen  
½ apple, seeded and halved  
1 cup kale  
3 basil leaves  
1 cup ice (or water if using frozen berries)

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high.
- 4) Blend for 60 seconds or until desired consistency is reached. Serve immediately.

## **Vegetable Cocktail**

Ingredients:

0.5 cups water  
2 cups tomatoes, quartered  
0.5 cups chard or beet tops, thick center vein removed  
1 tbsp basil  
0.5 tsp oregano  
0.5 tsp thyme  
1 clove garlic  
1 tbsp honey  
0.5 to 0.25 of a jalapeño, to taste  
0.5 tsp salt  
0.5 cup ice

- 1) Place all the ingredients, except salt, into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high.
- 4) Blend for 60 seconds or until desired consistency is reached. Use tamper to push all ingredients into blades.
- 5) Season to taste with salt.

## **Peach Ice Cream**

Ingredients:

1 cup whole milk, half and half, or whipping cream  
1 lb frozen peaches, skins on or off, pit removed, quartered  
0.5 cup honey or sweetener (sugar)  
0.5 tsp vanilla

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high. Use tamper to push ingredients into blades.
- 4) Blend for 30 to 60 seconds or until product thickens and starts to form mounds. Do not over-blend as it will get hot and start to melt. Serve immediately.

Note: If the mixture has the consistency of a milkshake, add small amounts of ice until the mixture thickens.

## **Zucchini Pancakes**

Ingredients:

1/3 cup milk  
2 cups chopped zucchini  
3 eggs  
0.25 tsp salt  
0.25 cup honey or sugar  
1 tsp ground cinnamon  
0.25 tsp ground allspice  
1.5 cups whole wheat flour  
2 tsp baking powder

- 1) Place milk, zucchini, egg, salt, sugar, cinnamon, and allspice into the Vitamix container and secure the lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 4 or 5.
- 4) Blend for 15 to 20 seconds. Remove the lid plug. Add flour and baking powder through the lid plug opening. Replace the lid plug.
- 5) Blend for 15 to 20 seconds or until mixed.

Note: Pour ¼ cup batter onto a hot, prepared girdle and bake. To reduced the “green-ness” of the pancakes, peel the zucchini first.

Variations: Use 1 cup + 2 tablespoons of wheat berries or spelt berries instead of flour. Grind berries in dry container first.

## Strawberry Syrup

Ingredients:

2 cups fresh or frozen strawberries

3 cups sugar

1 package pectin

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high. Use tamper to push ingredients into the blades.
- 4) Blend for 6 or 7 minutes or until heavy steam escapes from the container. Pour over pancakes, cake, or place in container and refrigerate for later use.

## California Salsa

Ingredients:

Half an onion, peeled and cut into chunks

1 jalapeno pepper, seeds and stem removed

0.25 cup fresh cilantro

1 tsp lemon juice

1 tsp salt

6 roma tomatoes, quartered, or any tomato available

- 1) Place all the ingredients (except salt) into the Vitamix container in the order listed and secure lid. You may want to start with only half the tomatoes.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 5.
- 4) Blend for 15 to 20 seconds or pulse on high and off. Use tamper to push product into blades.
- 5) Remove the lid plug, add the remaining tomatoes, and blend at variable 3 for about 10 seconds or until desired consistency is achieved. Serve with tortilla chips.

## Beet/Melon Soup

Ingredients:

1 cup water

1 lemon halved, peeled, and a small piece of lemon zest

2 cups cantaloupe pieces

1 ginger piece (about 2 tsp)

0.5 cup roasted or raw beets, chopped

1 tsp mint leaves

1 cup ice

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high.
- 4) Blend until smooth. Serve cold. Top with a dollop of sour cream, yogurt, or herbed butter (melted). Serve with a mint leave as garnish (optional).

## **Peanut Butter**

Ingredients:

3 cups unsalted, roasted peanuts (no more than that)

- 1) Place all the nuts into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 10, then to high. Use the tamper to push the ingredients into the blades.
- 4) In 1 minute you will hear a high pitched, chugging sound. That is normal. Once the butter begins to flow freely through the blades the sound will change to that of a lower laboring sound. Stop the machine or add salt (as desired) and blend briefly.
- 5) Store in an airtight container either at room temperature or refrigerated.

Caution: Using too many nuts or over-processing can cause damage to the machine. Do not process for more than 1 minute after mixture starts circulating freely.

Variations: Cashew Butter

Substitute dry roasted cashews. If using dry roasted nuts, you may need to add some canola, vegetable, or olive oil. Begin with 3 tablespoons and add more if necessary.

Variations: Almond Butter

Substitute dry roasted whole almonds. Add 0.5 cups light flavored oil, such as extra virgin olive oil. Process and refrigerate. On the following day, pour off the oil that rises to the top.

## **Peach Blueberry Sorbet**

Ingredients:

3 cups (about 6) very ripe, fresh peaches

About 1.5 cups frozen blueberries

0.5 tsp vanilla (optional)

Quarter cup to half cup honey (to taste)

Quarter cup to half cup water (to consistency)

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.

- 3) Turn machine on and slowly increase the speed to variable 10, then to high.
- 4) Blend until smooth and flowing freely. Taste. Adjust honey and fruit as needed. Reblend as needed.
- 5) Transfer to bowl, metal preferred, and transfer to freezer. Stir about every half hour to hour until fully frozen. Serve.

Variations: substitute any berry as desired (raspberries, blackberries, strawberries, etc)

## **Italian Dressing**

Ingredients:

5 tablespoons red wine vinegar  
0.25 cup water  
0.5 cup olive oil  
0.25 tsp sugar  
0.5 tsp salt  
1/8 tsp black pepper, ground  
1 tsp Dijon mustard  
1 garlic clove, peeled  
1/8 tsp dried basil  
1/8 tsp dried thyme  
1/8 tsp dried oregano

- 1) Place all the ingredients into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.
- 3) Turn machine on and slowly increase the speed to variable 5.
- 4) Blend for 10 to 15 seconds until desired consistency is met.

## **Poppy Seed Dressing**

Ingredients:

1 cup cold water  
1/3 cup apple cider vinegar  
1 thin slice of onion  
0.75 cup sugar  
1 tsp dry mustard  
1 tsp salt  
2 tablespoons corn starch  
1 tablespoon poppy seeds

- 1) Place all the ingredients except poppy seeds into the Vitamix container in the order listed and secure lid.
- 2) Select variable 1.

- 3) Turn machine on and slowly increase the speed to variable 10, then high.
- 4) Blend for 1 minute, then reduce speed to Variable 3. Remove the lid plug.
- 5) Add the poppy seeds through the lid plug opening. Continue to blend for 5 more seconds.
- 6) Pour into microwavable container and microwave for 2 minutes or bring to a steam on the stove. Whisk to keep it smooth.