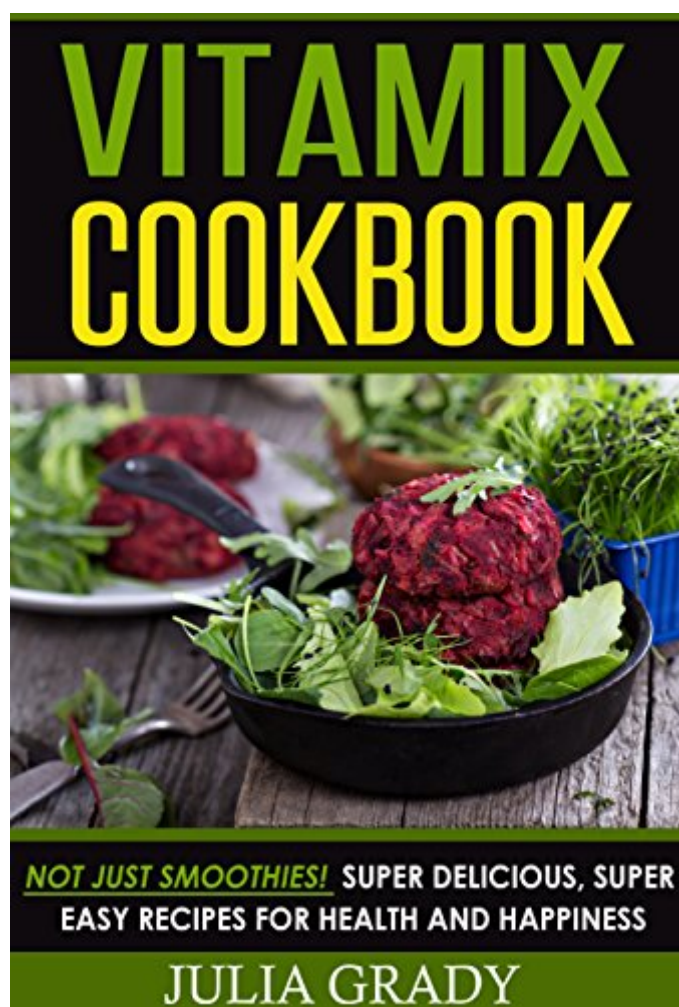


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# Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Blender Recipes For Health And Happiness



## Synopsis

Make the most of your Vitamix! Whether your new to the world of high-speed blenders or have been using a Vitamix for years, the Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness is going to help you make amazingly healthy and delicious soups, dips, sauces, smoothies, desserts, and more. Many people are excited when they first purchase a Vitamix but aren't really sure what to do with it besides make smoothies. While the Vitamix is great for making smoothies it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your Vitamix. So what are you waiting for? Healthy and Delicious Vitamix Recipes Including: Nuts Milks Nut Butters Blender Burgers Super Soups Delicious Dips and Dressings Sensational Sauces Superfood Smoothies Frozen Concoctions... And More! Get your copy today! Happy blending!

## Book Information

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## Customer Reviews

This is a great book! I have had a Vitamix for 3 or 4 years, and we have used it, but not to its fullest potential. We have always made a few of our favorite things, but have never really explored all the

possibilities. When I saw this book, I thought that it would be worth the small investment (compared to the big price of buying the Vitamix). This is a high quality book. The presentation is fantastic with lots of images and the recipes are laid out well. The first thing that impressed me about the book was the amount of recipes. There are 8 chapters or different sections, with each having 10 to 15 different recipes. The Soups section and Burgers section will be the place that I will start first, but it will take a long time to try all of these recipes. I am excited to really start using my Vitamix again. Thanks!

It has beautiful, full-page photos with most of its recipes, and the photos also provide food presentation ideas. My wife says these recipes are entirely different from the other cookbook we have from Vitamix and, in fact, different from anything she has ever seen such as the "cherry smoothie" and the "peanut butter/banana smoothie." We like smoothies, obviously, but there are other recipes here, too, such as blender burgers, soups, dips, dressings, sauces and frozen concoctions. Fresh and unusual.

"Not just smoothies" sums it up. It seems that most people never get beyond fruit smoothies, but there's so much more you can do with this versatile machine, as this great collection of delicious recipes explains. I especially liked the section on dips and dressings, as I spend a small fortune on shop bought hummus and tapenade; not any more! I'll be making my own from here on in. Great book for every kind of kitchen.

If you own a Vitamix high speed blender, you'll find this Vitamix Cookbook useful for getting the most out of it. The basics of the Vitamix are explained along with several tips for achieving the best results. There are many delicious recipes included in this book from, Maple Pecan Milk to Curried Chickpea Burgers to Spinach Dip to Lemon Sorbet. Very tasty indeed!

The type of blender makes a real difference! Vitamix is an excellent machine. I've found that the texture of smoothies mixed in high speed blender is absolutely different from those mixed in conventional blender. And I also found out that I can really create an awesome dinner almost instantly with the help of Vitamix and this amazing cookbook! With this recipe book and high speed blender you are on a right way to healthy eating.

If you're the proud owner of a Vitamix blender, but feel that you're not using it to its full potential,

then bag yourself a copy of this tasty book. Full of useful information, tips, recipes and mouth-watering illustrations, this book will ensure that you'll never be short on ideas for great, healthy meals again. I, for one, will be making the homemade peanut butter!

I was after a blender cookbook with more main meal recipes but was very disappointed. The soup recipes are a joke because they all recommend ingredients be sauteed in a separate pan, simmered for 20 mins and then blended for 40 seconds. That's not really the idea of having a vitamix now is it. The recipes in this book are what you will find in any blender cook book. Soups, Smoothies, Sauces, dressings and dips with the rest of the book wasted on so many different types of butter and milk. There are lots of different burger recipes which may be good for some people but not really what I was looking for. The sauces and smoothies are nice but overall pretty poor

This cookbook offers an array of recipes to make using your Vitamix. It even starts with a chart comparing Vitamix models in case you're looking to purchase or upgrade. Having only had my Vitamix for a few weeks, I'm still learning everything that it can do. I've used it multiple times a day since purchasing it. This cookbook has some great recipes not found in the cookbook that accompanies the Vitamix. These aren't really main meals, more soups, dips and burger patties - but all original and the photos make a nice finishing touch. I am especially keen to try some of the variations on hummus and the black bean burgers. It's true that a lot of the recipes call for some preparation (chopping, simmering, baking in the oven), but let's face it, the repertoire of Vitamix recipes in general would be pretty small if it was just limited to recipes you can throw in the Vitamix without any kind of prep (as nice as that is!) My only disappointment is that there are no suggestions for replacing common allergens like wheat/gluten, dairy, eggs or nuts. This book does not claim to be allergy-friendly so I can't complain too much. I'll be trying many of the recipes with my own substitutions and a bit of trial and error. I purchased this book in Kindle format and, while not perfectly optimised for Kindle, it's still readable. Looking forward to trying more Vitamix recipes!

Thank you.

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