



The Vitamix Cookbook: 250 Delicious Whole Food Recipes to Make in Your Blender

By Jodi Berg

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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.

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Bibliography

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Editorial Review

From the Back Cover

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.

About the Author

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

Users Review

From reader reviews:

Effie Morris:

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each reserve has different aim or even goal; it means that e-book has different type. Some people feel enjoy to spend their a chance to read a book. These are reading whatever

they consider because their hobby will be reading a book. What about the person who don't like looking at a book? Sometime, person feel need book when they found difficult problem or maybe exercise. Well, probably you'll have this The Vitamix Cookbook: 250 Delicious Whole Food Recipes to Make in Your Blender.

Pat Tran:

What do you concentrate on book? It is just for students since they're still students or the idea for all people in the world, what best subject for that? Just simply you can be answered for that query above. Every person has diverse personality and hobby for each and every other. Don't to be forced someone or something that they don't need do that. You must know how great and important the book The Vitamix Cookbook: 250 Delicious Whole Food Recipes to Make in Your Blender. All type of book are you able to see on many resources. You can look for the internet methods or other social media.

Brandon Seymour:

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Joseph Mesta:

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