



## BOOST YOUR BLENDING IQ

Whether you're new to Vitamix or have been blending with us for years, here are a few simple tips and tricks every Vitamix owner should know.

### LOADING YOUR CONTAINER

1. Liquids (water, juice, yogurt)
2. Dry Goods (grains, seasonings, powders)
3. Leafy Greens
4. Fruits & Veggies
5. Ice & Frozen Ingredients

Placing heavier, frozen items on top of lighter ingredients helps weigh them down and gets the blend moving faster. This can help prevent the blend from stalling, also called cavitation, which happens when air pockets form around the blades.



### BLENDING ON HIGH

Whether you're making smoothies, soups, or even thicker blends like hummus or sorbet, you'll almost always get the best results by starting the blender on low and quickly ramping up to the highest speed.

Blending on high not only reduces blend time, it also helps keep the motor cool. There are a few exceptions, so always follow the recipe instructions – but when in doubt, turn it to high or 10.



## FULL-CONTAINER BLENDING

Whether you're making smoothies, soups, or even cooking for a crowd? Vitamix blenders are powerful enough to pulverize a full container of ingredients. Then, when they start to blend down, you can add even more through the lid plug opening while the machine is running.



## SAVE TIME ON FOOD PREP

Vitamix blenders are powerful enough to quickly break down large chunks of fruit and veggies, so you don't have to chop anything smaller than a quarter of an apple. Plus, long, skinny ingredients like carrots and celery can be added whole through the lid while the blender is running.

## COVER THE BLADES

Vitamix blenders need a minimum volume of ingredients in order to blend well. A good guide is to make sure you use enough ingredients to cover the blades while blending.





## MASTER THE TAMPER

For thick, challenging blends, the tamper can help get the mixture moving while breaking up air pockets that form around the blade. Simply rotate the tamper around the four corners of the container until a vortex begins to form and your blend is moving freely.



## DROP CHOPPING

For a quick dice, drop ingredients like onion, garlic, or carrot through the lid plug opening into the spinning blades.

## WET CHOPPING

Here's a way to quickly mince or "rice" large amounts of veggies like cauliflower (perfect for our cauliflower pizza crust). Break the veggie into large chunks, place them in the blending container, and fill it with enough water so that the veggies are floating above the blades. Then simply pulse the blender until the desired texture is reached, strain the water out, and you're ready to go.





#### THE LID PLUG TRICK

Did you know that the lid plug of your Vitamix container doubles as a small measuring cup? Look closely and you'll see half-ounce and one-ounce fill lines. These are perfect for cocktails recipes, or if you need to thin a blend by adding a small amount of liquid.

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#### SELF-CLEANING CONTAINER

All Vitamix blenders are self-cleaning: just add a few drops of dish soap, fill halfway with warm water and run on high for 30-60 seconds. Also, check which model you own – all newer containers are dishwasher safe.

