



WHOLE  
begins here.



# 100 WAYS

to start your whole story.

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## 100 Ways and Counting

To celebrate our 100th anniversary, we shared 100 ways to start your whole-food journey. We included blending tips, challenges, live virtual events, and, of course, incredible recipes. Some of our favorites are collected here for you to browse whenever you're searching for a spark of whole-food inspiration.

Enjoy!





# CITRUS CARROT JUICE

INGREDIENTS	INSTRUCTIONS
<p>1 cup (240 ml) water</p> <p>6 slices (600 g) pineapple, peeled, with core</p> <p>4 medium (220 g) carrots, washed, halved</p> <p>2 slices lemon, ¼" (with peel on)</p> <p>2 cups (270 g) ice cubes</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute or until desired consistency is achieved, using the tamper to press ingredients toward the blades.</p> <p><i><b>Chef Notes:</b> Leaving the core on your pineapple when blending is a great way to up your fiber intake and reduce waste. Try blending carrots with the fronds on as well for even more nutritional benefits!</i></p>
<p>Serves: 6</p>	<p><i><b>Amount Per Serving:</b></i> Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrate 17g, Dietary Fiber 2g, Sugars 12g, Protein 1g</p>





## AVOCOLADA SMOOTHIE

INGREDIENTS	INSTRUCTIONS
9 oz (270 ml) soy milk 3 oz (90 ml) pineapple juice 1½ cups (225 g) green grapes ¼ teaspoon matcha green tea powder 2½ cups (60 g) kale 2½ cups (90 g) fresh spinach 1 each (160 g) gala apple, cored, quartered ¼ medium (35 g) avocado 1½ cups (195 g) ice cubes	Place all ingredients into the Vitamix container in the order listed and secure the lid.  Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds, using the tamper to press ingredients toward the blades.
Serves: 3	<b>Amount Per Serving:</b> Calories 200, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 90mg, Total Carbohydrate 39g, Dietary Fiber 5g, Sugars 28g, Protein 6g





## GINGER KOMBUCHA SMOOTHIE

INGREDIENTS	INSTRUCTIONS
<p>2½ cups (600 ml) ginger kombucha</p> <p>1 each lemon, peeled</p> <p>¼ cup (84 g) honey</p> <p>2 cups (300 g) frozen mango chunks</p> <p>1 medium (110 g) banana, peeled</p> <p>2 cups (280 g) frozen blackberries</p>	<p>With a peeler or paring knife, remove the peel and white pith from the fruit, leaving just the flesh.</p> <p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.</p> <p><i><b>Chef Notes:</b> The blending power of Vitamix can even pulverize blackberry seeds, resulting in a smooth, sippable consistency.</i></p>
<p>Serves: 3</p>	<p><i><b>Amount Per Serving:</b></i> Calories 260, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 66g, Dietary Fiber 0g, Sugars 51g, Protein 1g</p>





## DRAGONFRUIT SMOOTHIE

INGREDIENTS	INSTRUCTIONS
<p>1⅓ cups (400 ml) coconut water, chilled</p> <p>2¼ each limes, thin slice with skin on</p> <p>3⅓ each fresh mint leaves</p> <p>1 package (100 g) Pitaya Dragonfruit, frozen, broken into pieces</p> <p>¾ cup (105 g) frozen pineapple chunks</p> <p>⅓ cup (45 g) frozen mango chunks</p> <p>⅓ cup (45 g) frozen strawberries</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 60 seconds or until desired consistency is achieved.</p>
Serves: 2	<p><b>Amount Per Serving:</b> Calories 150, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 230mg, Total Carbohydrate 35g, Dietary Fiber 6g, Sugars 21g, Protein 3g</p>





# ROASTED CARROT, FENNEL, AND CHIVE HUMMUS

INGREDIENTS	INSTRUCTIONS
<p>1 cup (210 g) dried chickpeas</p> <p>¼ teaspoon baking soda</p> <p>water, enough to cover chickpeas by 2" (5cm)</p> <p>1½ cups (225 g) carrots, cut into large chunks</p> <p>2 teaspoons extra virgin olive oil</p> <p>2 each garlic cloves, peeled</p> <p>½ teaspoon fennel seed</p> <p>2 teaspoons sesame seeds</p> <p>¼ teaspoon kosher salt, optional</p> <p>¾ cup (180 ml) aquafaba</p> <p>¼ cup (60 ml) sherry vinegar</p> <p>½ each lemon, peeled</p> <p>2 Tablespoons honey, optional</p> <p>½ cup fresh chives, finely chopped</p>	<p>For the chickpeas, follow a 2-2-2 cooking method. In a large pot add the dried chickpeas, baking soda and enough water to cover the beans by 2" (5 cm). Soak the chickpeas for 2 hours, then simmer on the stovetop for 2 hours, starting timer once the simmering starts. Then, allow to cool at room temperature in the cooking pot for 2 hours. Set aside 2 cups (360 g) of the chickpeas and ¾ cup of the aquafaba for the blend once cooked and chilled.</p> <p>Preheat oven to 300°F (150°C). Line a small sheet tray with parchment paper and set aside. In a medium-sized bowl, combine the carrots, garlic, fennel seed, sesame seed, kosher salt and olive oil, and toss ingredients to combine. Spread onto the sheet tray and place into preheated oven.</p> <p>Roast for 35 to 40 minutes or until carrots are lightly browned and seeds are toasted. Remove from oven and allow to cool for 15 to 20 minutes.</p> <p>Place aquafaba, sherry vinegar, lemon, honey, chickpeas and roasted carrot mixture into the Vitamix container and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 to 60 seconds, using the tamper to press ingredients toward the blades.</p> <p>Remove hummus to a bowl and stir in the finely chopped chives. Place into a serving dish and garnish with olive oil and flake sea salt if desired.</p> <p><i><b>Chef Notes:</b> Aquafaba is the thickened liquid that chickpeas cook in and are typically stored in. In this recipe, it can be substituted for water if desired.</i></p>
<p>Serves: 15</p>	<p><b>Amount Per Serving:</b> Calories 50, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 75mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 4g, Protein 1g</p>





## RED PEPPER CASHEW QUESO

INGREDIENTS	INSTRUCTIONS
<p>1¾ cups (420 ml) water</p> <p>¾ cup (120 g) raw almonds</p> <p>¼ cup (15 g) nutritional yeast</p> <p>½ cup (65 g) cashews</p> <p>1 each (150 g) red bell pepper, stemmed</p> <p>½ teaspoon garlic powder</p> <p>1 teaspoon onion powder</p> <p>1½ teaspoon kosher salt, optional</p> <p>¼ teaspoon red pepper flakes</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the machine on its lowest speed, then quickly increase to its highest speed and blend for 5 minutes 45 seconds; or start the machine and allow the Hot Soups program to complete.</p> <p><i><b>Chef Notes:</b> Your Vitamix blender is powerful enough to pulverize the nuts in this recipe, so you can enjoy your favorite restaurant-style queso at home (without the dairy). Adapted from Life is NOYOKE.</i></p>
Serves: 10	<p><i><b>Amount Per Serving:</b></i> Calories 120, Total Fat 9g, Saturated Fat 0g, Cholesterol 0mg, Sodium 290mg, Total Carbohydrate 6g, Dietary Fiber 3g, Sugars 1g, Protein 5g</p>





## AVOCADO CHOCOLATE MOUSSE

INGREDIENTS	INSTRUCTIONS
<p>1 each (135 g) avocado, peeled, seeded</p> <p>1 cup (240 ml) almond milk</p> <p><math>\frac{3}{4}</math> cup (100 g) dates, pitted, soaked</p> <p><math>\frac{1}{2}</math> cup (60 g) cacao powder</p> <p>2 Tablespoons (30 g) coconut butter</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 to 45 seconds, using the tamper to press ingredients toward the blade. Chill and serve.</p>
<p>Serves: 2</p>	<p><b>Amount Per Serving:</b> Calories 530, Total Fat 30g, Saturated Fat 17g, Cholesterol 0mg, Sodium 110mg, Total Carbohydrate 61g, Dietary Fiber 18g, Sugars 29g, Protein 10g</p>





## CHIPOTLE PEANUT SAUCE

INGREDIENTS	INSTRUCTIONS
<p>¾ cup (180 ml) water</p> <p>1 cup (255 g) peanut butter</p> <p>1 Tablespoon chipotle pepper in adobo sauce</p> <p>⅛ teaspoon kosher salt, optional</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed, using the tamper to press ingredients toward the blades.</p> <p>Blend for 10 seconds, or until desired consistency is reached.</p>
<p>Serves: 12</p>	<p><b>Amount Per Serving:</b> Calories 130, Total Fat 11g, Saturated Fat 2g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugars 2g, Protein 5g</p>





# ROASTED CARROT AND TOMATO SAUCE

INGREDIENTS	INSTRUCTIONS
2 Tablespoons extra virgin olive oil	Preheat oven to 350°F (175 °C). Line a sheet tray with parchment paper and set aside.
6 each (425 g) roma tomatoes, halved	In a medium bowl, toss together all ingredients except for basil and vegetable stock. Spread ingredients evenly onto prepared sheet tray and place into preheated oven. Roast for 45 to 60 minutes or until the mixture is caramelized and carrots are fork tender.
1 small (100 g) white onion, peeled, quartered	Remove from oven and let cool for 10 minutes. Place the mixture into the Vitamix container, along with the basil leaves and vegetable stock, and secure the lid.
2 medium (100 g) carrots, cut into large chunks	Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds. Serve immediately.
2 each garlic cloves, peeled	
1 teaspoon fresh oregano (or ½ teaspoon dried)	
1 teaspoon kosher salt, optional	
4 each fresh basil leaves	
¾ cup (180 ml) vegetable stock	
Serves: 4	<b>Amount Per Serving:</b> Calories 110, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 620mg, Total Carbohydrate 12g, Dietary Fiber 3g, Sugars 6g, Protein 2g





## CORN CHOWDER

INGREDIENTS	INSTRUCTIONS
<p>1 Tablespoon extra virgin olive oil</p> <p>1 small (120 g) yellow onion, peeled, chopped</p> <p>2 medium (520 g) russet potatoes, cut into large chunks</p> <p>2 cups (480 ml) vegetable stock</p> <p>3 each (500 g) ear of corn (or 3 cup corn kernels, divided use), shucked, kernels removed</p> <p>½ cup (120 ml) soy milk (or milk)</p> <p>½ teaspoon kosher salt, optional</p> <p>½ teaspoon ground black pepper</p> <p>fresh chopped parsley, for garnish</p>	<p>Heat a medium saucepan over medium low heat. Sauté onion in olive oil until soft, about 5 minutes. Add potatoes, stock, and 1 cup of corn. Cover and simmer until potatoes are tender, about 15 to 20 minutes.</p> <p>Carefully pour mixture and milk into the Vitamix container and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to Variable 7. Blend for 10 to 15 seconds.</p> <p>Return mixture to saucepan over low heat. Stir in remaining corn and season with salt and pepper. Serve immediately, garnished with fresh chopped parsley if desired.</p> <p><b>Chef Notes:</b> Our Berbere Spice Blend is delicious with this soup, both sprinkled on top as a garnish or blended in to suit your taste.</p> <p><i>This is a textured soup, however if you desire something more smooth, simply turn your machine to its highest speed during blending and allow to process until desired consistency is reached.</i></p>
Serves: 6	<p><b>Amount Per Serving:</b> Calories 160, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 380mg, Total Carbohydrate 31g, Dietary Fiber 3g, Sugars 6g, Protein 5g</p>





## VEGAN PEA & KALE SOUP

INGREDIENTS	INSTRUCTIONS
2½ cups (600 ml) vegetable broth 2 cups (325 g) frozen sweet peas, thawed 3 cups (90 g) kale ½ cup (5 g) fresh Italian flat leaf parsley 1 slice (10 g) onion, peeled ½ medium garlic cloves, peeled 1 teaspoon salt, optional	Place all ingredients into the Vitamix container in the order listed and secure the lid.  Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 5 minutes and 45 seconds; or select the Hot Soup program and allow the machine to complete the programmed cycle.  Garnish with snap peas if desired. Serve immediately.
Serves: 3	<b>Amount Per Serving:</b> Calories 100, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 860mg, Total Carbohydrate 17g, Dietary Fiber 6g, Sugars 7g, Protein 6g





# PUMPKIN MISO SOUP

INGREDIENTS	INSTRUCTIONS
1 small (425 g) sugar pumpkin (or 1 canned pumpkin) 1 Tablespoon extra virgin olive oil 2 Tablespoons maple syrup ½ medium (60 g) yellow onion, peeled, sliced 2 teaspoons garlic cloves, peeled, sliced 1 piece fresh ginger root, 1", sliced 1 teaspoon ground turmeric 2 cups (480 ml) water ¼ cup (70 g) white miso paste ½ cup (120 ml) soy milk	<p>Preheat the oven to 400°F (205°C).</p> <p>Cut the pumpkin in half, removing stringy flesh and seeds. Coat the flesh with a drizzle of olive oil and maple syrup. Place cut-side down on a baking sheet and roast for 35 to 45 minutes.</p> <p>Heat olive oil in medium-sized saucepot over medium heat. Add onion and cook until soft and translucent, 5 to 7 minutes, then add garlic and ginger, cooking for another 2 minutes.</p> <p>Add pumpkin flesh or pumpkin purée, turmeric, and water. Bring to a boil and simmer, covered, for 10 minutes</p> <p>Carefully pour the contents of the saucepot into the Vitamix container, then add miso and soy milk. Secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds or until desired consistency is reached. Serve immediately.</p> <p><i><b>Chef Notes:</b> If a thinner soup is desired, add ½ to 1 cup of additional liquid of choice. Try rinsing and patting your pumpkin seeds dry, then tossing them with olive oil, salt, pepper, turmeric, and cumin before roasting for 20 minutes to create a tasty garnish for your soup. Recipe adapted from Desiree Nielsen.</i></p>
Serves: 3	<p><b>Amount Per Serving:</b> Calories 240, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 740mg, Total Carbohydrate 38g, Dietary Fiber 5g, Sugars 23g, Protein 5g</p>





## SWEET POTATO SOUP

INGREDIENTS	INSTRUCTIONS
<p>⅓ small (25 g) onion, peeled</p> <p>1 each (270 g) sweet potato, cooked</p> <p>½ medium (100 g) apple, seeded</p> <p>1 medium (100 g) carrot</p> <p>1½ cups (360 ml) vegetable broth</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed.</p> <p>Blend for 7 minutes 30 seconds, or until heavy steam escapes from the vented lid. Serve immediately.</p> <p><i><b>Chef Notes:</b> Raw onion can be overpowering; if you would like a richer flavor, sauté the onion before blending.</i></p>
<p>Serves: 3</p>	<p><i><b>Amount Per Serving:</b></i> Calories 100, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 340mg, Total Carbohydrate 25g, Dietary Fiber 4g, Sugars 8g, Protein 2g</p>





# TOASTED HAZELNUT AND PEAR DRESSING

INGREDIENTS	INSTRUCTIONS
<div><div>¼ cup (60 ml) sherry vinegar</div><div>1 cup (240 ml) cold water</div><div>1 each (200 g) ripe pear, quartered, seeded</div><div>½ medium (15 g) shallot, peeled</div><div>1 each garlic clove, peeled</div><div>6 each (40 g) dates, pitted</div><div>1 teaspoon Dijon mustard</div><div>½ each lemon, peeled</div><div>1 teaspoon pumpkin pie spice</div><div>2 teaspoons kosher salt, optional</div><div>½ cup (65 g) toasted hazelnuts</div></div>	<div><div>Place all ingredients into the Vitamix container in the order listed and secure the lid.</div><div>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute. Refrigerate until chilled before serving.</div></div>
Serves: 22	<b>Amount Per Serving:</b> Calories 35, Total Fat 2g, Saturated Fat 0g, Cholesterol 3mg, Sodium 95mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugars 2g, Protein 1g





# SWEET POTATO BREAKFAST BOWL

INGREDIENTS	INSTRUCTIONS
<p>½ cup (120 ml) oat milk</p> <p>¼ cup (60 ml) vanilla almond yogurt</p> <p>½ cup (75 g) sweet potato, cooked</p> <p>¼ cup (35 g) cashews</p> <p>1 Tablespoon chia seeds</p> <p>1 Tablespoon hemp seeds</p> <p>2½ cups (375 g) sliced frozen banana</p>	<p>Place all ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 35 to 45 seconds, using the tamper to press ingredients toward the blades. Scoop into a bowl and top as desired.</p> <p><i><b>Chef Notes:</b> Chopped cashews, homemade granola, fresh or dried fruit, hemp seeds, and chia seeds all make great toppings.</i></p>
<p>Serves: 7</p>	<p><i><b>Amount Per Serving:</b></i> Calories 120, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 20mg, Total Carbohydrate 20g, Dietary Fiber 1g, Sugars 11g, Protein 2g</p>





# “FRESH GREENS” GODDESS DRESSING

INGREDIENTS	INSTRUCTIONS
1 each garlic clove, peeled 1 cup (20 g) fresh basil leaf, loosely packed 1 cup (20 g) baby kale 1 cup (30 g) dandelion greens ½ cup (10 g) fresh chives 1 each lemon, peeled 2 teaspoons maple syrup, optional 1½ cups (360 ml) almond yogurt (or nonfat Greek yogurt) 2 Tablespoons (30 ml) extra virgin olive oil, optional ½ teaspoon salt, optional	With a peeler or paring knife, remove the peel and white pith from the lemon, leaving just the flesh.  Place all ingredients into the Vitamix container in the order listed and secure the lid.  Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 35 to 45 seconds, using the tamper to press ingredients toward the blades.  <i><b>Chef Notes:</b> Swapping out the Greek yogurt for cashew cream can easily make this recipe vegan.</i>
Serves: 16	<i><b>Amount Per Serving:</b> Calories 45, Total Fat 3g, Saturated Fat 0g, Cholesterol 5mg, Sodium 85mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugars 1g, Protein 2g</i>



