



7 Days of Healthy Eating



with your Vitamix

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7 Days of Recipes

Welcome to "7 Days of Healthy Eating", the ultimate recipe booklet for your Vitamix blender.

We all know that eating healthy can be a challenge, especially when we're busy and on the go. That's why we've created this booklet to make healthy eating simple and delicious.

Inside, you'll find 7 days worth of recipes, to easily fit within your day, all using your Vitamix blender. You'll find 2 recipes for each day to choose from.

From breakfast smoothies to satisfying soups and flavourful sauces, this booklet has got you covered.

We believe that healthy eating should be a joy, not a chore. That's why we've included recipes that are both nutritious and tasty, so you can nourish your body and your taste buds at the same time.

So, plug in your Vitamix and get ready to whip up some tasty and healthy meals in no time. Let's begin our journey towards a healthier lifestyle together!



Day One

Restore Smoothie

Breakfast

Total time 10 minutes

Servings 2 servings

Ingredients

360ml water

1 granny smith apple, halved

50g baby spinach

35g kale

1 celery stalk

1 piece fresh ginger root, unpeeled, washed

5 coriander stalks 1 slice lime, with rind

275g frozen pineapple chunks



1. Place ingredients into the Vitamix container in the order listed and secure the lid.

2. Start the blender on its lowest speed and quickly increase to its highest speed. Blend for 60 seconds.

Red Pepper and Walnut Pesto

Lunch

Prep time 20 minutes

Total time 1 hr 45 minutes

Servings 20 servings

Ingredients

4 red peppers

4 garlic cloves, peeled

150g walnuts

180g sun dried tomatoes, packed in oil, oil drained

30g fresh basil leaves

140g parmesan cheese [or soy parmesan], cubed

1 teaspoon salt, optional

½ teaspoon ground black pepper

240ml extra virgin olive oil

1. Preheat oven or air fryer to 400 °F (200° C).

2. Place the bell peppers onto a sheet tray and lightly brush the peppers with olive oil and place into the oven or air fryer. Roast for 10 - 12 minutes and then add the garlic.



3. Roast for an additional 10 minutes. Once done cooking, place the roasted garlic and bell peppers into a bowl and cover with a lid or plastic wrap. Let steam in the bowl for 15 - 20 minutes.

4. When slightly cool, remove the peppers from the bowl and remove the stems, skins and seeds and discard.

5. Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, and increase speed to Variable 6. Blend for 45 seconds, using the tamper to press ingredients towards the blades, or until desired consistency is reached. For a smooth pesto blend on the highest speed.

Day Two

Pumpkin Turmeric Oat Pancakes

Breakfast

Prep time 10 minutes

Total time 21 minutes

Servings 4 servings

Ingredients

1360ml almond milk ½ cup
120g pumpkin purée
1 medium banana, peeled
2 large eggs
2 tablespoon maple syrup,
Optional 2 cups (215 g) rolled
oats [or gluten-free oats]
1 tablespoon baking powder
1 tablespoon fresh turmeric (or
1 tsp. ground)
1 tsp. ground cinnamon
½ teaspoon kosher salt



1. 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.

2. Blend for 60 seconds, using the tamper to press ingredients toward the blades. Scoop 1/4 cup (60ml) of pancake batter at a time onto a small, preheated and greased griddle.

3. Cook for 2-3 minutes on each side or until golden brown and cooked through.



Mushroom Lentil Veggie Burger

Dinner

Prep time 10 minutes

Total time 52 minutes

Servings 6 servings

Ingredients

225g portobello mushrooms
55g brown onion
1 garlic clove
500g lentils, cooked, split
use 1 tablespoon extra virgin olive
oil
1 large egg
1 tablespoon Dijon mustard
1 sprig fresh rosemary
1 teaspoon fresh thyme leaves
1 teaspoon worcestershire sauce
1 teaspoon salt, optional
50g panko breadcrumbs

1. Place all of the ingredients, except the breadcrumbs and half of the lentils into the Vitamix food processor mixed with the multi-use blade and secure the lid.

2. Pulse the ingredients 6 - 8 secs. Remove the lid and scrape down the sides of the processor.

3. Secure the lid and pulse an additional 6 - 8 seconds or until the mixture is uniform and consistent.

4. Place the mixture into a mixing bowl and add the remaining lentils and bread crumbs. Mix with a spatula. Chill for 30 minutes. Heat a large non stick frying pan over medium high heat.

5. Add 1 tablespoon of olive oil. Scoop out 3.5 ounce portions (½ cup) of the burger mixture into the frying pan and flatten slightly using a spatula. Cook for 2 and a half to 3 minutes on each side, flipping carefully, until golden brown and crispy.



Day Three

Hint of Mint Smoothie

Breakfast

Total time 10 minutes

Servings 4 servings

Ingredients

240ml coconut water

240g green grapes

100g fresh spinach

loosely packed 6 each fresh mint leaves

4 slices / 400g pineapple, peeled

200g frozen mango chunks



1. Place all ingredients into the Vitamix container in the order listed and secure the lid.

2. Start the blender on its lowest speed and quickly increase to its highest speed.

3. Blend for 45 seconds or until desired consistency is reached.

Mushroom and Cashew Soup

Lunch

Prep time 10 minutes

Total time 45 minutes

Servings 4 servings

Ingredients

1 tablespoon extra virgin olive oil
400g portobello mushrooms (or mixed mushrooms), cleaned, cut into large chunks

750ml vegetable stock

15g dried mixed mushrooms

140g roasted cashews

1 sliced brown onion, peeled

1 small garlic clove, peeled

1. Preheat a large skillet over medium-high heat.

2. Add olive oil and heat, then add mushrooms and sauté for 10 minutes or until mushrooms begin to caramelize.

3. Place mushrooms and other remaining ingredients into the Vitamix container in the order listed and secure the lid.

4. Start the blender on its lowest speed, then quickly increase to its highest speed.

5. Blend for 5 minutes 45 seconds, or select the Hot Soup program and allow the machine to complete the programmed cycle.

Nutrition Note: Cashews lend not only a creamy quality to this bisque, but also provide a boost of protein and healthy fats.



Day Four

Strawberry Apple Citrus Ginger Smoothie

Breakfast

Prep time 10 minutes

Total time 12 minutes

Servings 4 servings

Ingredients

2 medium 175g orange, peeled and halved
2 medium apples quartered
1 slice lime,
¼" thick 1 piece fresh ginger root
450g frozen strawberries



1. 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.

2. Blend for 60 seconds, using the tamper to press ingredients toward the blades, or select the Smoothie Program and allow the machine to complete the programmed cycle.



Thai Basil Stir Fry Sauce

Dinner

Total time 10 minutes

Servings 1 serving

Ingredients

15g fresh basil leaf
2 tablespoon soy sauce
2 tablespoon distilled white vinegar
2 teaspoon vegan fish sauce
1 tablespoon honey
1 tablespoon black bean sauce



1. Place all ingredients into the Vitamix container in the order listed and secure the blade base.

2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds. Reserve for use or refrigerate.

Day Five

Frozen Kombucha Berry Smoothie

Breakfast

Total time 11 minutes

Servings 3 servings

Ingredients

2240ml kombucha, your favourite brand and flavour
240ml almond yogurt
150g red grapes
150g frozen strawberries
160g frozen blueberries
140g frozen raspberries

1. 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.

2. Blend for 60 seconds, using the tamper to press ingredients toward the blades, or select the Smoothie Program and allow the machine to complete the programmed cycle



Vegan Vegetable Tortilla

Lunch / Dinner

Prep time 10 minutes

Total time 45 minutes

Servings 4 servings

Ingredients

2 tablespoon extra virgin olive oil
340g seasonal mixed vegetables, chopped
480ml vegetable stock
165g dried chickpeas
70g roasted cashews [or raw]
½ teaspoon ground turmeric ½ teaspoon onion powder ½ teaspoon garlic powder
½ teaspoon kosher salt, optional ¼ teaspoon ground black pepper

1. Preheat your oven to 375°F (190°C).

2. Spread the olive oil evenly over the bottom of a 10" (25cm) round, oven-safe dish, and place into the oven to heat (try using a heavy-bottom cast iron skillet or an enamel pie dish.)

3. Place all vegetables into a bowl and toss to combine evenly. Set aside.

4. Place vegetable stock, chickpeas, cashews, and spices 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 60 seconds.

5. Stop the machine, remove lid and add half the vegetables, stirring in with a rubber spatula. Carefully remove preheated dish from the oven. Pour the batter and vegetable mixture into the dish, being clean as you pour into the centre. Spread the batter evenly in the pan with your spatula, then sprinkle remaining vegetables over the top of the batter, pressing down slightly so they adhere.

6. Place prepared dish back into the preheated oven for 25-35 minutes, depending on the size of the pan and ingredients used. Pulling the dish when the chickpea batter is just barely set will mimic the texture and feel of eggs, similar to a frittata - if a firmer texture is desired, simply bake slightly longer.



Day Six

Strawberry & Banana Smoothie

Breakfast

Prep time 10 minutes

Total time 12 minutes

Servings 2 servings

Ingredients

600ml coconut water
2 each dates, pitted (or 1
tablespoon of honey),
2 medium banana, peeled
200g frozen strawberries

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.

2. Start the blender on its lowest speed and quickly increase to its highest speed. Blend for 40- 50 seconds.



Green Pea Pasta Sauce

Dinner

Prep time 15 minutes

Total time 46 minutes

Servings 8 servings

Ingredients

3 tablespoon extra virgin olive oil
2 garlic cloves, peeled, smashed
1 small brown onion, peeled, cut
into large chunks
70g pine nuts 3 cup
465g frozen sweet peas, thawed 2
cup
480ml vegetable stock
½ lemon, juiced ¼ teaspoon red
pepper flakes salt and pepper, to
taste

1. Heat a medium stock pot over medium heat. Once hot, add olive oil and heat.

2. Add garlic and onion and sauté for 5 - 6 minutes until onions are translucent.

3. Add pine nuts and sauté for an additional 3 - 4 minutes until pine nuts are lightly toasted.

4. Add peas and sauté briefly, then add stock, lemon juice, and red pepper flakes. Bring to a simmer and simmer for 15 - 20 minutes.

5. Let cool slightly. Transfer the mixture from the stock pot to the Vitamix blending container and secure the lid.

6. Start the blender on its lowest speed, then quickly increase to its highest speed and blend for 45 to 60 seconds.



Day Seven

White Chocolate Peanut Butter Energy Balls

Breakfast

Total time 45 minutes

Servings 25 balls

Ingredients

225g raw cashews
100g hemp seeds
120ml unsalted crunchy peanut butter
120ml cacao butter
120ml coconut butter
60ml maple syrup
1 teaspoon ground cinnamon
½ teaspoon Himalayan sea salt, optional

1. Melt cacao butter and coconut butter in a saucepan on low heat until the mixture turns into liquid.

2. Place all ingredients into the Vitamix container and secure the lid.

3. Select Variable 1. Start the machine and increase to Variable 5. Blend for 45 seconds.

4. Place dough into a large bowl and chill in the refrigerator for 20 to 30 minutes, until it thickens.

5. Using a scoop, scoop the dough and form 1-inch balls. Place in an airtight container and store in the fridge.



Chickpea Waffles

Lunch

Prep time 10 minutes

Total time 31 minutes

Servings 8 servings

Ingredients

210g chickpea flour, ground in Vitamix wet / dry container
1 teaspoon baking powder
1 teaspoon sea salt
1 pinch ground black pepper
½ small courgette, diced
2 tablespoon fresh basil leaf, chopped ¾ cup
180ml aquafaba
¼ teaspoon cream of tartar
180ml almond milk 2 tablespoon light olive oil

1. Preheat waffle iron to its highest setting.

2. Place chickpea flour, baking powder, salt, pepper, zucchini, and basil into a medium size bowl and stir to incorporate

3. Place aquafaba and cream of tartar into the Vitamix Aer Disc container in the order listed and secure the lid.

4. Start the machine on its lowest speed and slowly increase to Variable 7.

5. Blend for 1 minute or until aquafaba liquid is about tripled in size and stiff. Set aside.

6. Stir the almond milk and olive oil into the chickpea zucchini mixture. Spoon whipped aquafaba into the chickpea batter and gently fold in. Let mixture stand for 10 minutes.





Enjoy!



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