



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

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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Author : Jodi Berg

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From Reader Review The Vitamix Cookbook: 250 Delicious Whole Food Recipes to Make in Your Blender for online ebook

Lydia says

I expected recipes that were uniquely possible with a Vitamix or other high speed blender, and was disappointed that they simply substitute it for other kitchen devices.

Not worth the money. What else did I expect from a vendor cookbook.

Alicia says

A Ton of Recipes

An interesting overview of Vitamix history. The family that created the blender lived their whole food philosophy. A ton of recipes, some petty utilitarian, but it illustrates good technique for making flours and other specialty products.

Sharon Fisk says

Plenty of recipes

Huge selection room of recipes. Not all ingredients are easy to find in my local grocery store. And some are pretty pricey.

Shannon Andrews says

I can't fathom that there's a lot of getting from what whole foods can actually provide great benefits for our body and this recipe book just can't get any better, the wide varieties of its recipe collection ranging from entrees, desserts, drinks, salads and a lot more is so mouthful I don't know which meal or recipe to start with. What ever so great are the nutritional content of each and every ingredients and how it was keenly explained with step by step instruction is just so amazing. This recipe book should be on your kitchen I recommend it.

Bookish says

I'm always glad to find more recipes for the Vitamix.

Valerie says

Lots of solid recipes which inspire me about different ways I can use my new toy. Excited to make my own horchata following the success of almond milk and super-fast quiche!

Linda says

The samples made in Costco during demonstrations are so awesome, that I expected this book to be amazing too. Some interesting recipes but my expectation was high and it didn't meet up.
