

Healthy Vitamix Appetizer and Dip Recipes

Healthy “Mashed Potatoes” (Mashed Cauliflower)

Ingredients:

- 1 bunch of cauliflower
- 1/4 cup fat free Greek yogurt
- 1/8 cup reduced fat buttermilk
- 1/2 cup reduced fat white cheddar cheese
- 1/2 tsp. kosher salt
- Black pepper (to taste)

Instructions:

1. Boil cauliflower for 6-8 minutes.
2. Transfer cauliflower and all remaining ingredients to the Vitamix.
3. Turn the variable setting to low and flip the Vitamix on.
4. Turn up to 6 or 7 and blend for about 30 seconds. You may need to use the tamper to push the cauliflower down.

Here's the entire recipe: [Mashed Cauliflower Recipe](#)

Healthy Yogurt Dip

Ingredients:

- 1/4 cup reduced fat sour cream
- 1/2 cup fat free yogurt
- 1/4 cup reduced fat cream cheese
- 1/2 cup pico de gallo
- 2 T fresh chives
- 2 T Frank's Red Hot (optional)
- 4 oz. blue corn chips (preferably salt-free)
- Fresh parsley for presentation (optional)

Instructions:

1. Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 5 and blend for about 45 seconds. Use the tamper to ensure the dip mixes to a nice smooth consistency.

Here's the entire recipe including the nutrition facts: [Healthy Yogurt Dip Recipe](#)

Roasted Red Pepper Hummus

Ingredients:

- 1 can salt-free Garbanzo beans
- 1 red pepper
- 1 T tahini
- 3 T lemon juice
- 1 tsp. kosher salt
- 1/2 tsp. garlic powder or 1 clove fresh garlic
- 2 T olive oil
- 2 T water (or to taste)

Instructions:

1. Pre-heat broiler to low setting. Rinse and core the red pepper and cut into 2-inch thick strips. Cook for 8-10 minutes.
2. Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 6 or 7 and blend for about 45 seconds. Use the tamper to ensure the hummus mixes to a nice smooth consistency.

Here's the entire recipe: [Roasted Red Pepper Hummus Recipe](#)

Healthy Vitamix Sauce and Dressing Recipes

Chimichurri Sauce

Ingredients:

- 1/2 cup Parsley
- 1/4 cup Cilantro
- 1 T Oregano
- 1 T Garlic
- 1/4 cup Carrot
- 1/2 cup Onion
- 1/4 cup Low Sodium Chicken Broth
- 1 T Extra Virgin Olive Oil
- 2 T Vinegar
- 1/4 tsp. Sea Salt
- Fresh Ground Pepper (to taste)

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 5 and blend for about 30 seconds. Use the tamper to ensure the sauce blends evenly.

Here's a recipe for [Flank Steak with Chimichurri Sauce](#)

Easy Cheddar Pesto Sauce

Ingredients:

- 2 cloves of garlic
- 1/2 cup basil
- 2 oz. reduced fat cheddar cheese
- 3 T olive oil
- 1 T fresh lemon juice
- 1/2 tsp. kosher salt
- Black pepper (to taste)

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 7 and blend for about 30 seconds. Use the tamper to ensure the sauce blends evenly.

Here's a recipe for [Sauteed Shrimp with Easy Cheddar Pesto Sauce](#)

Japanese Ginger Dressing / Sauce

Ingredients:

- 2 T extra virgin olive oil
- 2 tsp. [Bragg Liquid Aminos](#) or low sodium soy sauce
- 2 tsp. rice wine vinegar
- 1 T lemon juice
- 1 tsp. fresh ginger (minced)

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 5 and blend for about 20 seconds. Use the tamper to ensure the dressing blends evenly.

Here's a recipe for a [Blood Orange Salad with Japanese Ginger Dressing](#)

Simple Mexican Mole Sauce

Ingredients:

- 1 T raw cocoa powder
- 1 tsp. salt
- 1 T sugar
- 1 T garlic powder
- 1 small dried chile pepper (or 1 T dried crushed red pepper)
- 1 T sesame seeds
- 2 T pepitas (pumpkin seeds)

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to 7 and blend for about 30 seconds. Use the tamper to ensure the sauce blends evenly.

Here's a [recipe for Pan Seared Chicken with Mole Sauce](#)

Healthy Vitamix Soup Recipes

Carrot Soup with Fennel

Ingredients:

- 1/2 cup orange lentils
- 1 bulb fennel
- 1 carrot
- 1 T olive oil
- 1/2 onion
- 1/2 cup low sodium chicken or vegetable broth
- 1/2 lemon
- 1/2 tsp. salt
- 1 T yogurt
- 1 T parsley
- Water (to taste)

Instructions:

1. Bring 3/4 cups of water to a boil in a pot. Rinse lentils, add them to the pot, and reduce heat. Simmer for 20 minutes.
2. Cut the ends off the onion, carrot and fennel and dice each of them. Heat a non-stick pan over medium heat, and cook for 8-10 minutes with the olive oil, stirring frequently.
3. Combine the onion, carrot, and fennel mixture with the broth, juice from half a lemon, drained lentils, and salt in the Vitamix. Blend on medium-high setting for about 30 seconds.

4. Add water until soup reaches your desired thickness. Pour soup into sauce pan and simmer for 15-20 minutes. Garnish with a bit of yogurt and parsley before serving.

Here's the recipe complete with nutrition facts: [Carrot Soup Recipe](#)

Lentil Soup

Ingredients:

- 1 cup brown lentils
- 1 medium onion
- 1 carrot
- 3 stalks celery
- 1/4 cup tomato sauce
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. cumin
- 1 tsp. coriander
- 3 T lemon juice
- 1 tsp. sherry vinegar
- 2 cups low sodium chicken broth
- 3 cups of water
- 2 bay leaves
- 1 T olive oil

Instructions:

1. Heat a stock pot to medium heat and coat with olive oil. Dice onions, carrots, and celery and cook for 5-7 minutes.
2. Remove vegetables and add water to pan. Bring to a boil. Add lentils, reduce heat, and simmer for 30 minutes. Drain lentils.
3. Add lentils, vegetables, lemon juice, tomato sauce, salt, pepper, coriander, cumin, and sherry vinegar to the Vitamix and blend for 20-30 seconds.
4. Transfer back to pot and simmer for another 15 minutes with bay leaves. Remove bay leaves. Transfer to four separate bowls and top with black pepper to taste.

Here's the recipe complete with nutrition facts: [Healthy Lentil Soup Recipe](#)

Lima Bean Soup

Ingredients:

- 1 cup fresh lima beans (canned works too)

- 1 leek
- 2 cloves of garlic
- 1 T olive oil
- 1 lemon
- 1/4 cup of dill
- 1/2 tsp. salt
- 1/2 cup low sodium vegetable broth
- 1/2 cup water

Instructions:

1. Shuck the lima beans and set aside. Trim, clean, and chop the leeks. Heat a pan to medium and saute the beans and leeks for 15 minutes in the olive oil. Add the garlic and continue to cook for another couple minutes.
2. Remove the veggies and add to the Vitamix. Add juice from the lemon, vegetable broth, water, and dill. Puree for about 30 seconds.
3. Transfer mixture to a pot and simmer for 10-15 minutes before serving.

Here's the recipe complete with nutrition facts: [Lima Bean Soup Recipe](#)

Summer Squash Soup

Ingredients:

- 3-4 summer squashes
- 2 cloves of garlic
- 1 bunch of basil (about half a cup worth ... reserve 1/4 cup for garnish)
- 1 T olive oil
- 2 T coconut oil
- 3 cups low sodium chicken broth
- 3/4 tsp. salt
- 1/2 tsp. pepper

Instructions:

1. Peel and chop the squash and mince the garlic.
2. Saute the squash in a pan over medium heat with the coconut oil for about 10 minutes. Add the garlic the last couple minutes of cooking.
3. Transfer squash and garlic to the Vitamix. Add remaining ingredients and blend together for about 20-30 seconds until it reaches your desired consistency.
4. Transfer to four bowls and serve.

Here's the recipe complete with nutrition facts: [Summer Squash Soup Recipe with Fresh Basil](#)

Healthy Vitamix Smoothie Recipes

Green Smoothies

Apple Cinnamon Cucumber Smoothie

Ingredients:

- 1 apple
- 1/2 cucumber
- 1 tsp. Truvia (a natural sugar substitute)
- 2 tsp. cinnamon
- 6 ice cubes
- 1 handful greens like spinach, kale, beet greens, or collards
- 3 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Apple Cinnamon Cucumber Smoothie](#)

Apple Peach Smoothie

Ingredients:

- 1 green apple
- 1 cup frozen peaches
- 1 cup of spinach
- 5 ice cubes
- 2 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Green Apple Smoothie with Peaches](#)

Banana Zucchini Smoothie

Ingredients:

- 1 organic apple
- 1 banana
- 1 cup spinach
- 1/2 zucchini
- 1 cup skim milk or unsweetened almond milk
- 8 ice cubes

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Green Banana Smoothie](#)

Mango Smoothie**Ingredients:**

- 2 cups frozen mango
- 1/2 banana
- 1 tsp. Truvia (a natural sugar substitute)
- 6 ice cubes
- 1 handful greens like spinach, kale, beet greens, or collards
- 3 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Green Mango Smoothie](#)

Pear and Kiwi Smoothie**Ingredients:**

- 1 pear
- 1 kiwi
- 2 T flax seeds
- 1-2 cups spinach or other greens (optional)
- 4 ice cubes
- 2 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Pear Smoothie w/ Kiwi & Flax Seed](#)

Fruit Smoothies

Carrot and Peach Smoothie

Ingredients:

- 1.5 cups frozen peaches
- 2 carrots
- 3 cups of water
- 3 ice cubes

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Carrot and Peach Smoothie](#)

Cherry Banana Smoothie

Ingredients:

- 1 banana
- 1 cup frozen cherries
- 5 ice cubes
- 2 cups of unsweetened almond milk

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Cherry Banana Smoothie](#)

Mixed Berry Smoothie

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1/2 cup frozen blueberries

- 2 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Mixed Berry Smoothie](#)

Strawberry Banana Smoothie**Ingredients:**

- 1.5 cups frozen strawberries
- 1 banana
- 2 cups skim milk or unsweetened almond milk

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Strawberry Banana Smoothie](#)

Tropical Fruit Smoothie**Ingredients:**

- 1 cup frozen mango
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 banana
- 6 ice cubes
- 1 handful greens like spinach, kale, beet greens, or collards (optional)
- 3 cups of water

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Tropical Fruit Smoothie](#)

Healthy Chocolate Drinks**Chocolate Protein Shake**

Ingredients:

- 1 banana
- 3 T raw cocoa powder
- 1/2 scoop pea protein powder
- 1.5 cup low fat milk
- 1 T Truvia
- 5 ice cubes

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Chocolate Protein Shake](#)

Healthy Chocolate Milkshake**Ingredients:**

- 1/4 cup raw, organic cocoa powder
- 1 cup whole milk (use unsweetened almond milk to reduce calories even more)
- 1/4 cup fat free plain Greek yogurt
- 1 tsp. Stevia
- 1 handful of ice (or more depending on how thick you want it)

Instructions:

Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

Here's the full recipe with nutrition facts: [Healthy Milkshake Recipe](#)

Hope you enjoy the recipes! If you're ready to pull the trigger and are looking for the best deal on a Vitamix, I highly recommend getting one on Amazon (that's where I got mine for under \$400). [Research the different models on Amazon here](#). Note: I get a small commission if you buy one through the link, which allows me to keep giving you free recipes like these.