



ENGLISH

OWNER'S MANUAL AND
GETTING STARTED GUIDE

LET'S GET STARTED!

Congratulations!

You are about to see how quick, easy and delicious healthy eating can be! We hope you will find the information in this step by step guide to be useful and beneficial. The possibilities are endless, and we know you will enjoy your new Vitamix lifestyle!

Please read all the safety information, warnings and instructional material found in this booklet before getting started. Set your Vitamix® machine on a dry level surface. Make sure the power switch is set to “OFF” and plug into a grounded electrical outlet. Then follow the cleaning instructions on page 9 to prepare your machine for use. Always clean your machine before the first use.

We suggest that you try our recipes first. We have spent years testing them for delicious results. Start with the recipes in this guide. We hope you will be delighted with the recipes—and the results.

Finally, use the recipe book as a guideline to create your own recipes. Start by substituting “like” ingredients. Then as you become comfortable with your machine, you will find endless ways to create your own nutritious and delicious meals the Vitamix way.



Vita-Mix® Corporation

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www.vitamix.ca • (800) 848-2649 • +1 (440) 235-4840 • service@vitamix.com • fr.service@vitamix.com

If you did not purchase your machine directly from Vitamix, please contact your local dealer.

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VITAMIX® SERVICE

Record the model number and serial number of this appliance in the spaces provided below for future reference. These numbers can be found on the back of the motor base.

Model Number _____

Serial Number _____

Date of Purchase _____

Purchased From _____

Before returning this product for any reason, including repair, first contact the Vitamix Customer Service Department at +1-440-235-4840, service@vitamix.com, or contact your local dealer.

PRODUCT REGISTRATION

If you purchased your Vitamix® machine directly from the Vita-Mix® Corporation via the company's website or call center by phone, your product was registered at the time of purchase and your Vitamix machine's Warranty has been activated.

If you purchased your Vitamix machine from an International Distributor or Dealer in countries other than the United States, Canada, United Kingdom or Ireland, your product is warranted through the International Distributor or Dealer and need not be registered with the Vita-Mix Corporation.

Your machine is not yet registered with Vitamix if you:

1. Purchased from a Dealer in the United States, Canada, United Kingdom or Ireland
2. Purchased from a military base
3. Purchased from a retail or wholesale store
4. Received your Vitamix machine as a gift
5. Are not the original owner of the machine

Enjoy faster and easier service in the future by taking a few minutes to register your Vitamix machine today.

Choose one of these easy ways to register your machine:

1. Online at www.vitamix.com/warranty
2. Email service@vitamix.com
3. Complete and mail the enclosed product registration card (USA and Canada only)
4. Call +1-440-235-4840, press option 2

Your warranty may be honored by Vita-Mix® Corporation or an authorized dealer. Failure to register your machine will not diminish your warranty rights.

IMPORTANT SAFEGUARDS

⚠️ WARNING: To avoid the risk of serious injury when using your Vitamix® Blender, basic safety precautions should be followed including the following.



READ ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE OPERATING BLENDER.

1. Read all instructions.
2. Not intended for use by or near children or persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge. Close supervision is necessary when any appliance is used by or near children or incapacitated persons.
3. To protect against risk of electrical shock do not put blender base in water or other liquid.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Call Vitamix Customer Service +1-440-235-4840 or 800-848-2649 or email service@vitamix.com at once for examination, repair, replacement, or electrical or mechanical adjustment. If purchased outside the U.S.A. or Canada, contact your local Vitamix dealer.
7. Alteration or modification of any part of the blender base or container including the use of any part or parts that are not genuine authorized Vitamix parts may cause fire, electric shock or injury.
8. The use of attachments not expressly authorized or sold by Vitamix for use with this blender, including canning jars, may cause fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter.
11. Do not let cord contact hot surface, including the stove.
12. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A rubber scraper or spatula may be used but only when the Vitamix blender is not running.
13. The tamper provided must be used only when the main part of the lid is in place.
14. Blades are sharp. Handle or remove blade and blade assembly from the container with extreme care to avoid injury. To reduce the risk of injury, never place a blade assembly on the motor base unless assembled to the Vitamix container.
15. Do not leave foreign objects in container such as spoons, forks, knives or the lid plug as this will damage the blades and other components when starting the machine and may cause injury.
16. Never attempt to operate with damaged blades.

IMPORTANT SAFEGUARDS

17. Always operate blender with lid and lid plug firmly in place. The lid plug should only be removed when adding ingredients and when using the tamper.
18. When blending hot liquids or ingredients use caution, spray or escaping steam may cause scalding and burns. Do not fill container to the maximum capacity. Always begin processing on the lowest speed setting - Variable speed 1. Keep hands and other exposed skin away from the lid opening to prevent possible burns.
19. When making nut butters or oil based foods, do not process for more than one minute after the mixture starts to circulate in the container. Processing for longer periods can cause dangerous overheating.

SAVE THESE INSTRUCTIONS


⚠️ WARNING		
	<p>To Avoid Injury. Read and understand instruction manual before servicing this machine.</p>	

IMPORTANT INSTRUCTIONS FOR SAFE USE

This product is intended for HOUSEHOLD USE ONLY and is not intended to be used for commercial purposes.

Do not leave your Vitamix® Blender unattended when operating.

Any repair, servicing or the replacement of parts, must be performed by Vitamix or an authorized service representative.

⚠️ WARNING	
	<p>Electrical Shock Hazard. Use grounded outlet only. DO NOT remove ground. DO NOT use an adapter. DO NOT use an extension cord. Failure to follow instructions can cause death or electrical shock.</p>

NOTICE: FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFEGUARDS AND THE IMPORTANT INSTRUCTIONS FOR SAFE USE IS A MISUSE OF YOUR VITAMIX BLENDER THAT CAN VOID YOUR WARRANTY AND CREATE THE RISK OF SERIOUS INJURY.

PARTS AND FEATURES

2-Part Lid: Your new machine has our latest lid design. It is easy to put on and take off, and easy to clean. Always use the lid and the lid plug when the machine is in operation.

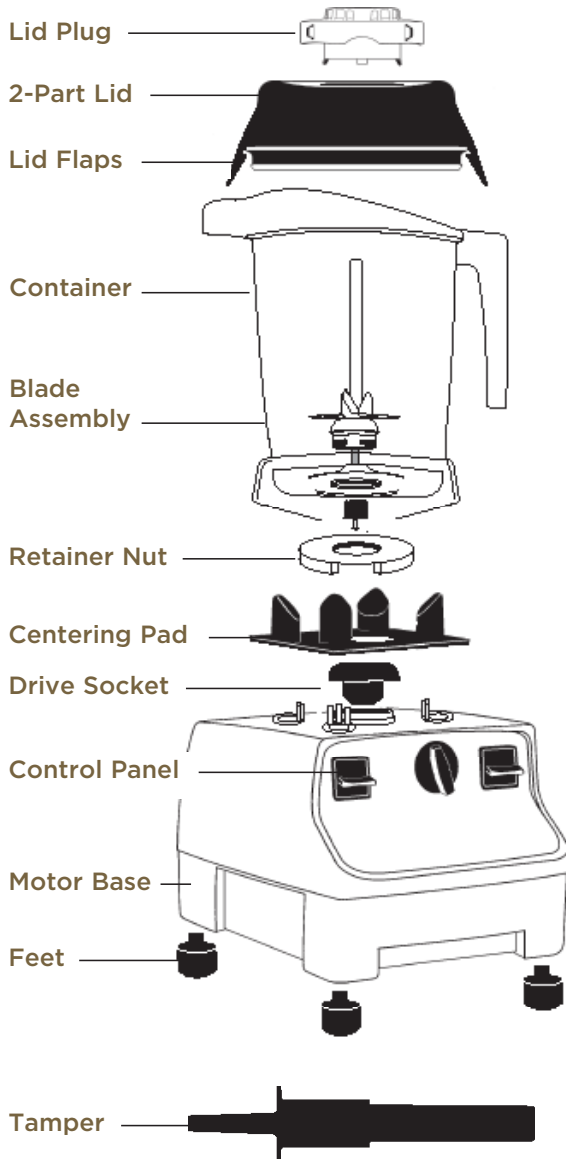
⚠CAUTION: Lids are not inter-changeable between different container styles, types and sizes.

New lids should not be forced into place. For ease in using a new lid, lightly coat the rim and seal below the rim with vegetable oil. Wipe away excess. Snap the lid onto the container and leave in place for a few minutes. Once the lid has been left on the container it will be much easier to lock or remove, and will not require the use of vegetable oil.



Lid Plug: Insert through the lid and secure by turning clockwise. Remove the lid plug to use the tamper or add ingredients.

To Lock the Lid in Place:

1. Position lid on container with lid flaps midway between the spout and the handle.
2. Push the lid onto the container until it locks in place.
3. The lid must always be secured when processing, especially hot liquids that may scald.



PARTS AND FEATURES

⚠ WARNING		
	Rotating Blades Can Cause Severe Injury. DO NOT reach into container while machine is running.	

⚠ WARNING: Never put hands, spatulas, etc. in the container while the machine is running or while the container is still on the base.

To Remove the Lid: Lift up on one lid flap while holding the container securely.

To Remove the Lid Plug: Rotate the lid plug counterclockwise from the “locked” to “unlocked” position and lift out.

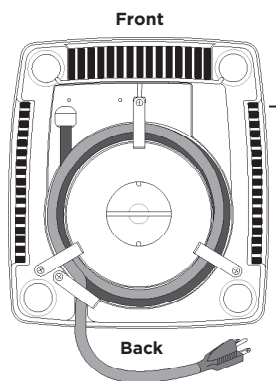
Container: Ounces, cups and milliliters are clearly marked. A second dry blade container is available for purchase to grind grain and knead bread dough. The blade is marked “D”. Grinding grains will cloud the lower three inches (8 cm) of the container.

Automatic Overload Protection: Your Vitamix® motor is designed to protect itself from overheating. If the motor shuts off, follow these instructions:

- **120 Volt machines:** Turn the power switch off for up to 45 minutes to reset. Reset time will be extended if high room temperatures exist. To reduce the reset time, unplug the machine, remove the container and blow air into the center section of the bottom with a hair dryer on the cool setting.
- **220 Volt machines:** 220/240 motors are equipped with a reset button. If the motor shuts off, press the black reset button on the bottom of the machine.

Power Cord: Your machine is equipped with a long power cord. Store the unused portion neatly underneath.



Bottom View / Cord Wrap: Plastic cord retainers hold the cord securely. There is no need to unscrew the cord retainers to let out more cord. They are flexible, and return to position after the cord is lifted out.

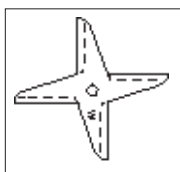


Reset Button:
On 220/240 volt machines only.

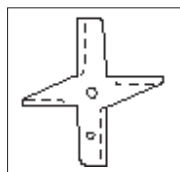
ABOUT THE BLADES

The Vitamix® machine comes standard with the wet blade container. The blade is identified by a “W” for wet. This blade is used for most of your recipes. Additional containers with wet or dry blades may be purchased separately.

⚠ WARNING		
	<p>Rotating Blades Can Cause Severe Injury. DO NOT reach into container while machine is running.</p>	





Wet Blade Container: Designed for processing liquids including juice, frozen mixtures, sauces, soups, purees, batters, and for wet chopping. The wet blades can also grind grain and knead dough, but they are not quite as efficient as the dry blades in this application. If used for grinding, your container will mar and become cloudy; see instructions for dry container use.



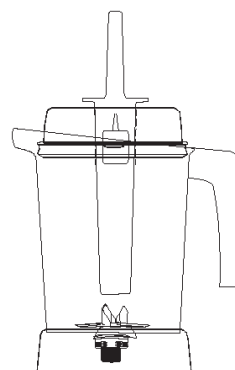
Dry Blade Container: These blades are clearly marked “D” and are designed specifically for grinding dry materials such as grains, cereal and coffee and are also used for kneading bread dough. The dry blades can NOT process liquids efficiently. *If you grind herbs on a regular basis, you may wish to purchase a separate dry blade container and replace blades as needed.*

HOW TO USE THE TAMPER

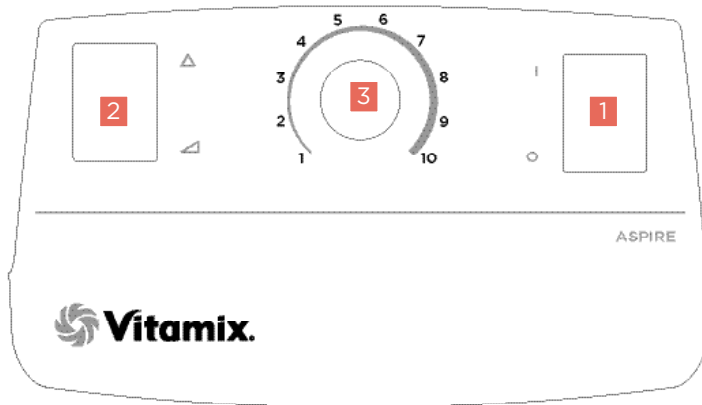
The tamper allows you to accelerate the process of very thick and/or frozen mixtures that cannot be processed in a regular blender. Using the tamper maintains circulation by preventing air pockets from forming. While the machine is running, and only through the lid plug opening, use the tamper to press ingredients into the blades as you make frozen ice creams and nut butters, or purée fruits and vegetables.

⚠ WARNING		
	<p>Rotating Blades Can Cause Severe Injury. DO NOT reach into container while machine is running.</p>	

- The splash disk (near the top of the tamper) and lid prevent the tamper from hitting the blades when the lid is secured properly in the locked position.
- The container should not be more than 2/3 full when the tamper is used during blending.
- Do not use the tamper for more than 30 consecutive seconds (to avoid overheating).
- If the food does not circulate, the machine may have trapped an air bubble. Carefully remove the lid plug while making sure the lid stays firmly in place. Release the air bubble by inserting the tamper through the lid plug opening.
- Holding the tamper straight down may not always help the ingredients circulate. If need be, point the tamper toward the side or corner of the container.





CONTROL PANEL



1. **On/Off Switch (I)/(O):** Push up to turn On. Push down to turn Off.
2. **High/Variable Switch (Δ)/(∇):** High is the fastest speed available. Switch to Variable to activate all of the lower variable speeds.

Always make sure that the High/Variable switch is set to Variable before pushing the On/Off switch to the On position. Do not start your machine on High speed.

3. **Variable Speed Dial:** Selects many speed settings. It is active only when the High/Variable switch is set in the Variable position.

⚠ CAUTION		
	<p>Never Start On High Speed With Hot Liquids to Avoid Possible Burns.</p> <p>Use caution; escaping steam or splashes may scald.</p> <p>Lock the lid. This will prevent expansion from blowing it off when the machine is turned on.</p> <p>Start on Variable 1, slowly increase to 10, then switch to High speed.</p>	

HINTS FOR SETTING SPEEDS

Always start the machine with the left switch down in the Variable (⏸) position and with the center Variable Speed Dial on 1. Slowly turn the Variable Speed Dial to the desired speed depending on the recipe used. If a recipe calls for processing on High (⏸), slowly rotate the Variable Speed Dial to 10 and then push the High/Variable (⏸)/(⏸) Switch up into the High (⏸) position. Do not begin processing on Variable 10 or directly on the High (⏸) setting.

Use High (⏸) speed as much as possible to make whole food juices, soups, shakes, frozen mixtures, purées, nut butters and for grinding grains. Processing times will generally be less than one minute (most take less than 30 seconds). High (⏸) speed provides the best quality of refinement, breaking down ice, frozen fruit, whole fruits or vegetables, and grains to a smooth lump-free consistency.

Use the Variable Speed Dial to start the blending process. This is always important but is especially important when starting thick mixtures, hot mixtures, stirring, chopping, grinding meat, and preparing single servings. It is also used to provide slower and more controlled blending for short periods of time.

TIP: Blending too long at too low a speed setting will overheat the machine and cause the Automatic Overload Protection to turn the machine off. Use the High (⏸) speed as often as possible to achieve the most uniform consistency. Blending on High (⏸) speed also maximizes the motor's cooling fan to avoid overheating.



When on the highest speed, if the food does not circulate, the machine may be overloaded or may have trapped an air bubble. Carefully remove the lid plug while making sure the lid stays firmly in place. Release the air bubble by inserting the tamper through the lid plug opening. If circulation problems continue, reduce the machine speed. A lower speed may allow food to circulate when a higher speed does not. Once the food is circulating freely, increase the speed back to High (⏸) and continue processing.

OPERATING INSTRUCTIONS

WET BLADE CONTAINER

Designed for processing liquids including juice, frozen mixtures, sauces, soups, purees, batters, and for wet chopping.

1. Make sure that the Variable speed is set to 1.
2. Load the container before placing it on the motor base. Place liquids and soft foods in the container first, solid items and ice last. Although not necessary for blending, you may want to cut or break food into smaller pieces for more precise measuring of ingredients.
3. Securely fasten the 2-part lid. Always use the complete 2-part lid when blending (unless the tamper is inserted through the lid plug opening). Especially when blending hot ingredients, make sure the lid is securely latched.
4. With the motor off, set the wet blade container on the motor base by aligning it over the centering pad. Do not ever attempt to put a container on an operating motor base or to operate a motor base without a container properly in place.
5. Start with the High/Variable (Δ)/(∇) Switch in the Variable (∇) position. Always start your machine on Variable 1. Activate the machine by turning the On/Off (I)/(O) switch to On (I) then slowly increase to the desired speed. Your container will shift and get into an aligned position.
6. **Take proper care when handling and processing hot ingredients and making hot soups and sauces.**

⚠ CAUTION		
	<p>Never Start On High Speed With Hot Liquids to Avoid Possible Burns.</p> <p>Use caution; escaping steam or splashes may scald.</p> <p>Lock the lid. This will prevent expansion from blowing it off when the machine is turned on.</p> <p>Start on Variable 1, slowly increase to 10, then switch to High speed.</p>	

7. Due to the machine's speed, processing times are much quicker than standard appliances. Until you are accustomed to the machine, count your time carefully to avoid over processing.
8. After turning the machine off, wait until the blades completely stop before removing the lid or container from the motor base.

OPERATING INSTRUCTIONS

DRY BLADE CONTAINER

If purchased, your dry blade container should only be used for hard, dry materials such as grain and for kneading dough.

1. Make sure that the Variable speed is set to 1.
2. Securely fasten the 2-part lid. Always use the complete 2-part lid when blending (unless the tamper is inserted through the lid plug opening). Especially when blending hot ingredients, make sure the lid is securely latched.
3. With the motor off, set the dry blade container on the motor base by aligning it over the centering pad. Do not ever attempt to put a container on an operating motor base or to operate a motor base without a container properly in place.
4. Start with the High/Variable (Δ)/(∇) Switch in the Variable (∇) position. Always start your machine on Variable 1. Activate the machine by turning the On/Off (I)/(O) switch to On (I) then slowly increase to the desired speed. Your container will shift and get into an aligned position.
5. After turning the machine off, wait until the blades completely stop before removing the lid or container from the motor base.
6. Due to the machine's speed, and the sometimes short processing times, count your time carefully to avoid over processing.
7. Grinding dry material for more than 2 minutes could damage your machine. Regular use may result in cosmetic marring of the container and cause the blades to become dull over time.
8. Grinding some herbs may release volatile oils, causing the container to discolor permanently. Others have strong odors that may linger in the container, affecting the flavor of other foods. The grinding of some herbs and spices may also cause the blade to dull over time, or the container to crack.

CARE AND CLEANING

CONTAINER

To prepare your new machine for initial use, follow the steps under Normal Cleaning below. This will clean the unit, and break-in the motor.

Normal Cleaning:

1. Fill the container half full with warm water and add a couple drops of liquid dish washing detergent to the container.
2. Snap or push the complete 2-part lid into locked position.
3. Select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Run the machine on High speed for 30 to 60 seconds.
5. Turn the machine off, rinse and drain the container.

To Sanitize:

1. Follow Normal Cleaning Instructions above.
2. Fill the container half full with water and 1 1/2 teaspoons liquid bleach.
3. Snap or push the complete 2-part lid into locked position.
4. Select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High.
5. Run the machine on High speed for 30 to 60 seconds.
6. Turn machine off, and allow mixture to stand in the container for an additional 1 1/2 minutes.
7. Pour bleach mixture out. Allow container to air dry.
8. Do not rinse after sanitizing.

LID AND LID PLUG


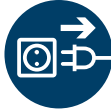
Separate the lid and lid plug. Wash in warm soapy water. Rinse clean under running water, and dry. Reassemble before use.

IMPORTANT: To ensure continued and effective performance, do not put the container, lid or lid plug in the dishwasher.

CARE AND CLEANING

MOTOR BASE

1. Unplug the power cord.

⚠ WARNING		
	<p>Electrical Shock Hazard. Disconnect power before cleaning machine.</p> <p>Failure to follow instructions can cause death or electrical shock.</p>	

2. Wash the outside surface with a damp soft cloth or sponge, which has been rinsed in a mild solution of liquid detergent and warm water.
3. The centering pad can be removed for more thorough cleaning.
4. Thoroughly clean the switches so they work freely. They may become sticky from use. Use a moistened cotton swab to clean the grooves around the water shielded switches. Immediately dry any excess water.
5. Polish with a soft cloth.

TROUBLE SHOOTING

Your Vitamix® machine is equipped with a special feature: Automatic Overload Protection. This built-in feature is designed to protect the motor and prevent your machine from overheating. That means peace of mind for you as a Vitamix owner. When engaged, this Automatic Overload Protection will cause the motor to shut off and possibly emit a light odor.

If your Automatic Overload Protection should ever be activated, refer to page 9 in this manual to easily reset your machine.

Tips to prevent “overloading” your Vitamix machine:

- Process only Vitamix recipes when learning to use the machine
- Do not process recipes at lower speeds than recommended
- Do not process recipes at higher speeds than recommended
- Do not process recipes longer than recommended
- Use your tamper to process thicker mixtures and keep ingredients moving around and through the blades

Retainer Nut Loosening

In the event that the retainer nut at the bottom of your container loosens and no longer securely holds the blade assembly in place, **DO NOT CONTINUE TO USE THE CONTAINER.** Call Vitamix Customer Service or your local dealer immediately for instructions.

WARRANTY

5-YEAR FULL MACHINE WARRANTY

1. PRODUCT REGISTRATION.

Vita-Mix Corporation (“Vitamix”) strongly encourages you to register your purchase by completing and returning the product registration card that came with this Machine. You can register online at www.vitamix.com/warranty; or by calling our Customer Service Department at +1-440-235-4840. Failure to register your product purchase will not diminish your warranty rights. However, registering your purchase will allow Vitamix to better serve you with any of your customer service needs.

2. WHO CAN SEEK WARRANTY COVERAGE.

This Warranty is extended by Vitamix to the owner of this Machine for personal household use only. This Warranty does not apply to products used for commercial, rental or re-sale purposes. Should ownership of the machine change during the 5-year period, please update the Machine’s owner information at www.vitamix.com/warranty.

3. WHAT IS COVERED.

Vitamix warrants to the owner that if this Machine (*a “Machine” consists of a motor blender base and any containers purchased together*) fails within 5 years from the date of purchase due to a defect in material or workmanship or as a result of normal wear and tear from ordinary household use, Vitamix will, within 30 days of receipt of the returned product, repair the failed Machine or component part of the Machine free of charge.

If, in Vitamix’s sole discretion, the failed Machine or component part of the Machine cannot be repaired, Vitamix will elect to either (A) replace the Machine free of charge or (B) refund the full purchase price to the owner, unless Vitamix receives prior written notice of the owner’s preference.

WARRANTY (CONTINUED)

4. WHAT IS NOT COVERED.

This Warranty does not apply to Machines that have been used commercially or in non-household applications. This Warranty does not cover cosmetic changes that do not affect performance, such as discoloration or the effects of the use of abrasives or cleaners or food build up. This Warranty is only valid if the Machine is used and maintained in accordance with the instructions, warnings and safeguards contained in the owner's manual.

Vitamix® will not be responsible for the cost of any unauthorized warranty repairs.

REPAIR, REPLACEMENT OR REFUND OF THE PURCHASE PRICE ARE THE EXCLUSIVE REMEDIES OF PURCHASER AND THE SOLE LIABILITY OF VITAMIX UNDER THIS WARRANTY. NO EMPLOYEE OR REPRESENTATIVE OF VITAMIX IS AUTHORIZED TO MAKE ANY ADDITIONAL WARRANTY OR ANY MODIFICATION TO THIS WARRANTY WHICH MAY BE BINDING UPON VITAMIX. ACCORDINGLY, PURCHASER SHOULD NOT RELY UPON ANY ADDITIONAL STATEMENTS MADE BY ANY EMPLOYEE OR REPRESENTATIVE OF VITAMIX. IN NO EVENT, WHETHER BASED ON CONTRACT, INDEMNITY, WARRANTY, TORT (INCLUDING NEGLIGENCE), STRICT LIABILITY OR OTHERWISE, SHALL VITAMIX BE LIABLE FOR ANY SPECIAL, INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES, INCLUDING, WITHOUT LIMITATION, LOSS OF PROFIT OR REVENUE.

Some states do not allow limits on warranties. In such states, the above limitations may not apply to you. Outside the U.S.A. and Canada, other warranties may apply.

5. WHAT VOIDS THIS WARRANTY.

Abuse, misuse, negligent use, alteration of the Machine, exposure to abnormal or extreme conditions, or failure to follow the operating instructions will void this Warranty.

The Warranty is also void if repairs to the Machine or any component part of the Machine are performed by someone other than either Vitamix or an authorized Vitamix Service Provider or if any component part of a Machine subject to this Warranty is used in combination with a motor base or container that is not expressly authorized by Vitamix.

6. HOW TO OBTAIN RETURN AUTHORIZATION UNDER THIS WARRANTY.

In the event that the Machine or any component part of the Machine needs service or repair, please call Vitamix Customer Service at +1-440-235-4840. You will be asked to provide a date of purchase and proof of purchase for any product that has not been registered with Vitamix. For product subject to this Warranty you will be provided with a return authorization number, up-to-date shipping instructions and a pre-paid return pick up label. Vitamix will pay standard shipping costs on the return of a Machine or component part for warranty service and repair and for return shipment of the product to you after the warranty repair or replacement. Purchaser is responsible for the costs of special shipping requests.

Within the U.S.A. and Canada, this Warranty is honored directly through the Vita-Mix Corporation.

United States

Vita-Mix Corporation
8615 Usher Road
Cleveland, Ohio 44138-2199
1-800-848-2649
service@vitamix.com

Canada

Vita-Mix Corporation
200-1701 Shepherd Street East
Windsor, Ontario N8Y 4Y5
1-800-848-2649
service@vitamix.com

You will be deemed to have accepted the returned product "as is" upon delivery unless you notify Vitamix of any problem, including shipment damage, within 48 hours of delivery.

SPECIAL INTERNATIONAL INSTRUCTIONS

If a machine was purchased within the U.S.A. or Canada, but is currently outside the U.S.A. or Canada, all shipping and resulting taxes and duties are at the owner's expense.
Call +1-440-235-4840 or email service@vitamix.com for more details.

JUICING WHOLE FOODS

When you juice, a process unique to the Vitamix® machine is initiated and the cell walls of whole fruits and vegetables are pulverized. Unlike juice from a juice extractor, Vitamix whole food juice delivers the delicious juice yet also retains all of the nutritious whole food fiber. The Vitamix machine has the motor power, torque, speed, container and blade design to smash the whole food fiber, breaking it into microscopic pieces that are easy to digest, and you get to enjoy a creamy, smooth juice.

JUICING WHOLE FOODS

▶ STEP-BY-STEP

GARDEN FRESH COCKTAIL

Preparation: 5 minutes

Processing: 1 minute

Yield: 1 3/4 cups (420 ml)

**1 1/2 medium tomatoes or 1 cup (240 ml)
canned tomatoes**

1/2 cup (15 g) fresh spinach

1/2 medium carrot

1 tablespoon onion, diced

1 sprig parsley

1/2 small sweet red or green bell pepper

1/8 teaspoon hot sauce (optional)

**1/2 teaspoon Worcestershire
sauce (optional)**

dash of salt (optional)

1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.



simple juicing recipes to get you started

PINEAPPLE JUICE



Preparation: 5 minutes
Processing: 1 minute
Yield: 1 1/2 cups (360 ml)

**2 1/2 cups (400 g) fresh
 pineapple chunks,
 core included**
1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.

BANANA, ORANGE AND CARROT DRINK



Preparation: 5 minutes
Processing: 1 minute
Yield: 2 cups (480 ml)

1/2 banana, peeled
1 orange, peeled, halved
1 baby carrot
**1/4 cup (30 g)
 celery, chopped**
**1/2 cup (120 ml)
 cranberry juice**
1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.

BLENDING

This may be the most enjoyable feature of your Vitamix®. The precision engineering of the Vitamix machine makes it possible to achieve the best blended recipes. Whether you're making creamy smoothies, emulsifying a tangy salad dressing, whipping delicious creams, creating milk substitutes, mixing drinks or blending butters and batters, the Vitamix machine makes it all so easy. The secret's in the Variable Speed Dial. It allows you to control the blades and therefore provides versatility at various blending speeds. You can now prepare foods in a totally new and inventive way.

BLENDING

▶ STEP-BY-STEP

FRUIT SMOOTHIE

Preparation: 5 minutes

Processing: 1 minute

Yield: 2 1/2 cups (600 ml)

1 cup (150 g) red or green grapes

1 cup (150 g) fresh strawberries

1 small banana, peeled

1 cup (240 ml) ice cubes

Hint: If using frozen strawberries, do not add ice.

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached.

Chef's Tip: Always load the container in the order listed in the recipe: liquids and soft foods first with dry ingredients and/or ice last. Following this procedure will give you the best machine performance and result in the best taste. The high performance Vitamix machine will produce creamy combinations blended to perfection.



simple blending recipes to get you started

WHOLE FRUIT MARGARITA



Preparation: 7 minutes
Processing: 45 seconds
Yield: 8 cups (1.9 L)

- 1 medium orange, peeled, halved**
- 1 lemon, peeled, halved, seeded**
- 1 lime, peeled, halved**
- 3 tablespoons (37 g) sugar**
- 1 oz (30 ml) water**
- 3 oz (90 ml) tequila**
- 1 oz (30 ml) Grand Marnier**
- 3 cups (720 ml) ice cubes**

Note: *This drink contains alcohol. This recipe may be reduced for smaller quantities.*

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.
5. Pour into salt-rimmed margarita glasses.

RICE MILK



Preparation: 5 minutes
Processing: 2-3 minutes
Yield: 2 cups (480 ml)

- 1/2 cup (100 g) brown rice, cooked**
- 2 cups (480 ml) water**
- 1/2 to 1 tablespoon brown sugar or other sweetener to taste (optional)**

Note: *Add 1/2 teaspoon vanilla if desired.*

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 2-3 minutes or until the desired consistency is reached.
5. Store in refrigerator. Shake well before serving.

simple blending recipes to get you started

FROZEN CAPPUCCINO



Preparation: 5 minutes
Processing: 30 seconds
Yield: 1 1/4 cups (300 ml)

1 cup (240 ml) skim milk
1 tablespoon white chocolate chips
2 teaspoons instant coffee
1 teaspoon vanilla extract
sugar to taste (optional)
1/2 cup (120 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 30 seconds or until the desired consistency is reached.

Variation: For a non-dairy alternative, use soy milk instead of skim milk.

HUMMUS



Preparation: 5 minutes
Processing: 1 minute
Yield: 3 3/4 cups (900 ml)

2 (15 ounce/425 g) cans chick peas (garbanzos), one drained, one with liquid
1/4 cup (35 g) raw sesame seeds
1 tablespoon olive oil
1/4 cup (60 ml) lemon juice
1 garlic clove, peeled
1 teaspoon cumin
salt to taste

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.
5. Season to taste with salt.

DRY CHOPPING

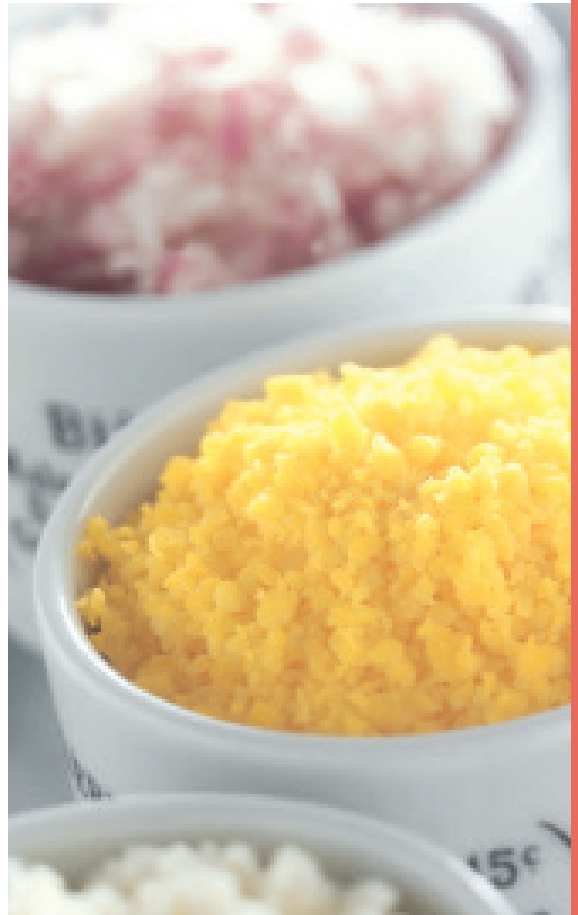
Here's another tedious chore that is so easy with the Vitamix® machine. Dry chopping is used for such things as carrots, olives, nuts, coconut, onions, eggs and cheese. With the Vitamix machine, these tasks are quick, easy and require little cleanup. For best results, chop only one cup at a time. You decide how coarse or fine you want the finished product just by adjusting the Variable Speed Dial. The faster the speed, the finer the chop. Remember, the customized hammermill and cutting blades do all the work, so you don't have to. You can even combine some items used in the same recipe and save even more time.

DRY CHOPPING

▶ STEP-BY-STEP

MINCING ONIONS AND EGGS

1. Secure lid onto the Vitamix container and remove the lid plug.
2. Select Variable 3.
3. Turn machine on and drop hard boiled eggs or quartered onion onto the blades through the lid plug opening. Continue processing until the desired texture or coarseness is reached. Mince in small batches for best results.



simple dry chopping recipes to get you started

GRATING CHEESE



1. Cut cold cheese into 1 1/2-inch (4 cm) pieces. Measure 1 cup (130 g).
2. Secure lid onto the Vitamix container and remove the lid plug.
3. Select Variable 5 or 6.
4. Turn machine on and drop pieces of cold cheese through the lid plug opening onto the blades. Continue processing until desired texture or coarseness is reached. Slowly increase speed as needed to obtain desired level of fineness.
5. Remove grated cheese by turning container over and gently tapping against a cutting board or a flat surface.

CHOPPING CARROTS



1. Secure lid onto the Vitamix container and remove the lid plug.
2. Cut 3 carrots into 1-2-inch (2.5-5 cm) pieces or use baby carrots.
3. Select Variable speed 5 or 6.
4. Turn machine on and drop one carrot piece at a time through the lid plug opening and process until chopped.
5. Remove chopped carrots by turning container over and gently tapping against a cutting board or a flat surface.

WET CHOPPING

The difference between wet chopping and dry chopping is that this method uses water or another liquid as the medium that circulates the items being chopped. Wet chopping is recommended only for uncooked fruits or vegetables. Water draws the item into the blades resulting in a uniform chop. The type of chop, whether coarse or fine, is determined by the speed selected on the Variable Speed Dial. With wet chopping you can easily prepare vegetables for soups, salads, stir-frying, side dishes and coleslaw. Wet chopping is also the recommended preparation for all raw vegetables where a uniform chop is required (e.g. salsa). However, when wet chopping ingredients for salsa, the moisture released by the vegetables allows the vegetables to circulate into the blades, so no additional liquid is needed. Plus there is no need to discard the liquid used in this process—save and use it in sauces and soups.

WET CHOPPING

▶ STEP-BY-STEP

CHOPPING CABBAGE

1. Cut cabbage (green, red or both) in 1 1/2-inch (4 cm) wedges and place into the Vitamix container. Cover with enough water to float cabbage off the blades.
2. Secure lid.
3. Select High. Turn machine on for 1 second and stop. If necessary, repeat two to three more times. Do not over process.
4. Drain cabbage and remove to a bowl.



simple wet chopping recipes to get you started

CRUSHING ICE



It's easy, it's effortless and the job's done in just three seconds! Pour off the water and you'll be amazed at how uniformly the ice is crushed. Use it for party-perfect drinks, with flavored syrups for the kids' dessert or as a way to keep picnic foods cold.

1. Fill the Vitamix container with ice cubes. Add water until ice floats over blades. (Do not use anything except water to crush ice.)
2. Secure lid.
3. Select High. Turn machine on for 3 seconds.
4. Pour off water and use immediately.

SALSA MEXICANO



Preparation: 5 minutes
Processing: 3-5 seconds
Yield: 2 cups (480 ml)

- 2 large fresh tomatoes, quartered**
- 4 ounces (100 g) jalapeño peppers**
- 4 ounces (100 g) canned mild green chilies**
- 2 tablespoons (30 ml) tomato paste**
- 1/2 cup (10 g) fresh cilantro**
- 1/2 teaspoon salt (optional)**

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and increase speed to Variable 4 or 5.
4. Blend for 3-5 seconds or until the desired consistency is reached, using the tamper to press the ingredients into the blades. Do not over mix. You may add corn or black beans before serving for an interesting taste variation.
5. Serve with tortilla chips.

simple wet chopping recipes to get you started

MARINARA SAUCE



Preparation: 10 minutes

Processing: 30 seconds

Yield: 4 cups (960 ml)

- 1 medium carrot, halved**
- 1 tablespoon olive oil (optional)**
- 3 garlic cloves, peeled**
- 2 small onions, peeled and quartered**
- 2 pounds (910 g) fresh tomatoes, peeled and quartered**
- 1/2 teaspoon dried crushed oregano**
- 1 teaspoon dried crushed basil**
- 1/4 teaspoon black pepper**
- 1 bay leaf**

1. Place all ingredients, except bay leaf, into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 30 seconds.
5. Transfer to sauce pan, add the bay leaf, and simmer over medium heat for 30 minutes, stirring occasionally.
6. Serve with fish, broiled chicken, or any pasta.

DICED POTATOES FOR HASH BROWNS



Preparation: 10 minutes

Processing: 10 seconds

Yield: 4 cups (960 ml)

- 5 medium potatoes, cut into 1 1/2-inch chunks**
- Water, enough to cover the potatoes**

Chef's Tip: *This recipe may be reduced for smaller quantities.*

1. Place potatoes and water into the Vitamix container and secure lid.
2. Select Variable 5 or 6.
3. Slower speed produces a coarser chop. Turn on for about 10 seconds, using the tamper if necessary.
4. Drain well. Rinse away excess starch under cold running water. Press water out and fry in hot oil until golden.

MAKING FROZEN TREATS

The most amazing dessert you'll make in your Vitamix® machine is a delicious frozen treat. And what's even more amazing is that you'll make it in under a minute! The real secret is the high performance hammermill and cutting blades that crush and cut up frozen ingredients in seconds. The blade action produces a larger frozen surface area that releases coldness. The Vitamix machine works so fast that it all happens in about 30 seconds, so there's no time for the mixture to melt. It actually refreezes itself instantly and creates a smooth and scrumptious soft-serve frozen treat.

MAKING FROZEN TREATS

► STEP-BY-STEP

STRAWBERRY YOGURT FREEZE

Preparation: 5 minutes

Processing: 30-60 seconds

Yield: 3 cups (720 ml)

**1 cup (245 g) nonfat yogurt (plain,
vanilla or strawberry)**

**1 pound (454 g) frozen
unsweetened strawberries**

**1/3 cup (65 g) sugar or other sweetener,
to taste.**

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and increase speed to Variable 10, then to High.
4. Use tamper to press ingredients into the blades.
5. In about 30-60 seconds, the sound of the motor will change and four mounds should form in the mixture.
6. Stop machine. Do not over mix or melting will occur. Serve immediately.



Chef's Tip: *If using flavored yogurt, omit the sugar.*

simple frozen treat recipes to get you started

PEACH SOY SHERBET



*Preparation: 5 minutes
Processing: 30-60 seconds
Yield: 3 cups (720 ml)*

1 cup (240 ml) soy milk
1 pound (454 g) frozen unsweetened peach slices
1/4 cup (50 g) sugar or other sweetener to taste

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and increase speed to Variable 10, then to High.
4. Use the tamper to help press the ingredients into the blades.
5. In about 30 - 60 seconds, the sound of the motor will change and four mounds should form.
6. Stop machine. Do not over mix or melting will occur. Serve immediately.

ORANGE SORBET



*Preparation: 5 minutes
Processing: 30-60 seconds
Yield: 5 cups (1.2 L)*

2 oranges, peeled, halved
2 tablespoons (30 g) sugar or other sweetener, to taste
4 cups (960 ml) ice cubes

***Chef's Tip:** This recipe may be reduced for smaller quantities.*

1. Place all ingredients into the Vitamix container in the order listed, and secure lid.
2. Select Variable 1.
3. Turn machine on and increase speed to Variable 10, then to High.
4. Use the tamper to help push the ingredients into the blades.
5. In about 30 - 60 seconds, the sound of the motor will change and four mounds should form.
6. Stop machine. Do not over mix or melting will occur. Serve immediately.

HEATING

It's simple science—and simply amazing with Vitamix®! Heating with the Vitamix machine starts with fresh, whole produce and in four to six minutes you'll get a fresh, hot soup complete with all the nutrients. The Vitamix blades turn so fast they generate enough friction to create cooking heat. Simply toss in the ingredients identified in the recipe, blend for the appropriate time and you'll experience a delicious, whole vegetable soup with no peeling or seeding required. And the Vitamix machine doesn't stop at soup—you will be making lump-free gravies and puddings almost effortlessly. Plus, fresh, canned or frozen fruits can be turned into delicious fruit syrups to use on ice cream, pancakes or waffles.

HEATING

▶ STEP-BY-STEP

CHICKEN POTATO SPINACH SOUP

Preparation: 5 minutes

Processing: 4-5 minutes

Yield: 4 cups (960 ml)

**1 cup (240 ml) low sodium chicken,
beef or vegetable broth**

1 1/2 cups (360 ml) skim milk

1/2 small onion, peeled

**3 medium potatoes, baked or boiled,
with skin (reserve 1 potato), halved**

1/8 teaspoon dried rosemary

**1 tablespoon (10 g) spinach, cooked
or frozen**

**5 ounces (140 g) chicken breast,
skinned and boned, cooked and diced**

Salt to taste

1. Place broth, milk, onion, two potatoes and rosemary into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 4-5 minutes or until steaming hot. Reduce speed to Variable 3.
5. Remove the lid plug, add the spinach and remaining potato. Blend until potato is chopped, about 15 seconds. Drop in chicken and blend for an additional 5 seconds.
6. Serve immediately.



simple cooking recipes to get you started

PESTO SAUCE



Preparation: 5 minutes
Processing: 1 minute
Yield: 1 1/2 cups (360 ml)

1/2 cup (120 ml) olive oil
1/2 cup (50 g) grated Parmesan cheese
3 medium garlic cloves, peeled
2 cups (80 g) fresh basil leaves
3 tablespoons (25 g) pine nuts
salt and pepper, to taste

1. Place all ingredients, except salt and pepper, into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase to Variable 7.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Chef's Tip: *Recipe yields enough to coat 1 pound (454 g) of pasta.*

BLACKBERRY FIVE-SPICE SAUCE



Preparation: 5 minutes
Processing: 5-6 minutes
Yield: 2 1/2 cups (600 ml)

1/4 cup (60 ml) apple cider vinegar
3 cups (430 g) fresh or frozen blackberries
1/2 teaspoon ground cinnamon
1 teaspoon Chinese five spice powder
6 black peppercorns
1/4 cup (50 g) sugar
1/2 cup (120 ml) olive oil

1. Place all ingredients, except olive oil, into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 5 - 6 minutes or until heavy steam escapes from the vented lid.
5. Reduce speed to Variable 5 and remove the lid plug.
6. Pour olive oil through the lid plug opening. Blend an additional 20 seconds.

Chef's Tip: *Recommended for grilled pork tenderloin, chicken or duck.*

GRINDING IN THE WET BLADE CONTAINER

Our wet blade container is best suited for grinding foods that contain moisture, such as nuts and meat. The wet blades draw the mixture down and into the blender for proper processing and the customized hammermill and cutting blades do all the work for you. Raw or cooked meats and nut-butters are best done with the wet blades and can be used in many delicious recipes.

GRINDING IN THE WET BLADE CONTAINER

▶ STEP-BY-STEP

PEANUT BUTTER

Preparation: 2 minutes

Processing: 1-2 minutes

Yield: 1 3/4 cups (420 g)

3 cups (440 g) unsalted, roasted peanuts

NOTICE: Over-processing will cause overheating to your machine and can damage your container.

1. Place peanuts into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High, using the tamper to press the ingredients into the blades.
4. In 1 minute you will hear a high-pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change to a low, laboring sound. Stop machine.
5. Store in an airtight container or freeze for longer storage.



simple wet blade container recipes to get you started

COOKED OR RAW MEATS



Chef's Tip: Be sure to follow safe handling procedures when processing raw meats. Raw meat is perfect for making patties, meatballs or meat loaves. Cooked meat can be used in salads spreads or added to chunky soups.

1. Prepare meat for processing.
 - a. Cooked: cut into 2-inch (5 cm) cubes
 - b. Raw: partially frozen, cut into 1-inch (5 cm) cubes.

2. Secure lid onto the Vitamix container and remove the lid plug.
3. Select Variable 4.
4. Turn machine on, and drop meat onto the blades through the lid plug opening.
5. Increase speed to Variable 6 and continue processing until desired texture/coarseness is reached.

Grind in 1 cup (240 g) batches for best results.

GRINDING IN THE DRY BLADE CONTAINER

A dry blade container, specifically designed for grinding whole wheat and grains, rice and coffee, may be purchased separately. While the wet blade container is able to accomplish these tasks, the dry blade container will complete these processes more efficiently and is therefore recommended. The container with the blades marked “D” for dry is used to grind whole grains into flours and takes only one minute in your new Vitamix® machine. Take whole wheat berries and turn them into wonderful fresh breads, rolls and hot cereals. Even beans, rice and tapioca are easily ground into flours for use in gluten-free recipes. Grinding your own grains will give you all the nutritional benefits of preservative-free, homemade bread.

GRINDING IN THE DRY BLADE CONTAINER

▶ STEP-BY-STEP

GRIND YOUR OWN COFFEE

1. Place 2 cups (400 g) of coffee beans into the Vitamix container and secure lid.
2. Select Variable 3.
3. Turn machine on and allow to run for 10 to 15 seconds. The longer you process the beans, the finer the grind and the stronger your coffee!



simple dry blade container recipes to get you started

POWDER YOUR OWN SUGAR



1. Place 2 cups (400 g) of sugar into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and increase speed to Variable 10, then to High.
4. Blend for 30 seconds. Let powder settle before removing lid.

CRACK WHOLE GRAINS FOR CEREALS



1. Place up to 2 cups (400 g) of whole kernel grain into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and gradually increase speed Variable 7 or 8.
4. Grind until desired degree of fineness. The longer the machine runs, the finer the consistency of the cereal, up to the point that it becomes flour.

simple dry blade container recipes to get you started

WHOLE WHEAT FLOUR



Processing: 1 minute

Yield: 2 cups (240 g)

1 3/4 cup (350 g) whole kernel wheat berries

1 teaspoon salt (optional)

Chef's Tip: For best results, store grain in freezer. Grind frozen grain to avoid overheating. Do not grind more than 2 cups (400 g) at a time.

1. Place all ingredients into the Vitamix container, in the order listed, and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Grind for 1 minute.

MAKE FRESH BREAD CRUMBS



Preparation: 1 minute

Processing: 10 seconds

Yield: 1 cup (120 g)

1. Squeeze 3 slices of bread into a ball. Place into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 8.
4. Process for 10 seconds.

ABOUT HERB GRINDING

Certain leaves, stems, seeds, pods and roots can be ground in the Vitamix® machine's dry blade container without difficulty. Degree of hardness, moisture, oil content, flavor and odor should be considered when deciding whether to grind in the machine. Use your best judgment when grinding these items. Some spices have volatile oils that attack the container (such as cloves). Others have strong odors that linger in the container long after the herb has been ground, ultimately affecting the flavor of subsequent foods prepared in the container.

Grinding certain herbs and spices in the dry blade container will result in cosmetic marring of the container and may cause the blades to wear and become dull.

Wash seaweed and plant roots to remove all traces of sand. Chinese herbs are coarse, gritty and abrasive, and will cause the blades to wear down.

Chef's Tip: The best process for grinding varies with each plant. Experiment to get desired results. Small seeds such as poppy seeds, teff, and quinoa grind best in larger quantities (1 1/2-2 cups) on High speed, because they are light and blow around in the container. We have found that dried garbanzo beans do not fully grind up and must be sifted before use. For best results, peel horseradish and cut into 1-inch (2.5 cm) chunks and chop on Variable 5.



KNEADING

Start with fresh whole grains packed with nutrients and turn them into healthy homemade bread in one smooth operation. Yes, the Vitamix® machine grinds the grain and even kneads the dough so you will never need to touch it. Most recipes can be made in the dry blade container with little effort. Making bread from start to finish is so quick and easy, you can make healthy, preservative-free bread fresh daily. Bread made the Vitamix way is superior to commercially produced white bread in many different ways...more dietary fiber, more vitamins and fabulous, fresh, home-baked taste!

KNEADING

▶ STEP-BY-STEP

WHOLE WHEAT BREAD

1 1/4 cups (300 ml) warm water (110°F; 44°C)

1 package active dry yeast (1 tablespoon)

1 tablespoon honey (optional)

1 3/4 cups (350 g) whole kernel wheat or 2 1/2 cups (300 g) whole wheat flour

1 teaspoon salt (optional)

1 tablespoon light olive or grapeseed oil (optional)

1 teaspoon lemon juice (optional)

Note: If you grind flour from room temperature wheat berries, use cold water. This will reduce the overall dough temperature. Then add all remaining ingredients at once. Mix and knead as directed in the recipe.



a simple kneading recipe to get you started

1. Combine yeast, honey and 1 1/4 cups (300 ml) warm water. Set aside to proof, about 5 minutes.
2. **When starting with whole kernel wheat:** Place wheat and, if desired, salt into the Vitamix container and secure lid. Select Variable 1. Turn the machine on and quickly increase speed to Variable 10, then to High. Grind wheat for 1 minute. (Do not over process.) Stop the machine to allow the flour to cool for a few minutes.

When starting with whole wheat flour: Place flour and, if desired, salt into the Vitamix container and secure lid. Select Variable 1. Turn machine on and quickly increase speed to Variable 6. Blend until a hole forms in the center of the mixture, about 5 seconds.

3. Pour oil, lemon juice and yeast mixture into the hole in the flour. Replace the lid. To mix the dough, turn the machine on High for 1 second. Stop machine. Remove lid.
4. While the dough rests, lightly coat a 8 1/2 x 4 1/2-inch (21.25 x 11.25 cm) loaf pan with vegetable cooking spray or shortening.
5. Use a nylon spatula to scrape the sides of the Vitamix container. Pull the dough away from the container sides and into the center of the mixture.
6. With the switch on High, quickly turn the machine on and off five times.
7. Repeat steps 5 and 6 five times, or until the dough binds together into a soft elastic mixture.
8. To remove the dough from the container, turn the machine on and off five times (to lift the dough up and away from the blades). Invert the container over the prepared pan and let the dough fall into the pan. Use a wet nylon spatula to remove any remaining dough.
9. Use a wet (or oiled) nylon spatula to shape the loaf. Allow the dough to rise until the top of it reaches the top of the bread pan, about 15-20 minutes.
10. Bake at 350°F (180°C) for 35 minutes.



