



# VITAMIX RECIPES

For K-12



## THE EQUIPMENT



### VITA-PREP® 3

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MAXIMUM BATCH: **64 OUNCES**

The power and high-speed processing of the Vita-Prep 3 quickly pulverize every ingredient, providing flawless texture and an exceptional range of technique and application.



### VITAMIX XL®

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MAXIMUM BATCH: **1.5 GALLONS**

With our largest capacity container and most powerful motor, the XL drastically reduces prep times and seamlessly powers through up to 1.5 gallons of even the heaviest blends.

TO SEE THE FULL LINE OF COMMERCIAL PRODUCTS, VISIT **VITAMIX.COM**

# Healthy Lunchrooms Make **Productive Classrooms™**

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Whether you're looking for creative ways to utilize commodities or offer profitable à la carte items, a Vitamix machine enhances your school menu with delicious, healthy options, makes it easy to incorporate new standards, and allows small staffs to create more food in less time. Transform ingredients into a variety of healthy, crowd-pleasing recipes, including smoothies, dips, sauces, dressings, and more.



## THE RECIPES

### CHERRY FRUIT SMOOTHIE

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**Preparation:** 10 minutes

**Processing:** 45 seconds

**Yield:** 24 cups (5.7 L)(16 servings)

4 pounds vanilla yogurt

4 pounds canned fruit  
cocktail in juice, drained

4 pounds unsweetened,  
frozen sweet cherries

1. Place all ingredients into the Vitamix XL container in the order listed and secure lid.
2. Press Start and slowly increase speed to Variable 10.
3. Blend for 45 seconds or until desired consistency is reached.

*Made in the Vitamix XL*

### FRESH TOMATO VINAIGRETTE

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**Preparation:** 10 minutes

**Processing:** 35 seconds

**Yield:** 8 cups (1.9 L)(64 servings)

1 cup red wine vinegar

2  $\frac{3}{4}$  cups olive oil or  
vegetable oil

3 Tablespoons honey

3 Tablespoons chopped  
shallot or onion

8 large Roma tomatoes,

2  $\frac{1}{2}$  pounds, cut into eighths

salt and ground black pepper,  
to taste

1. Place vinegar, oil, honey, shallot and tomatoes into the Vita-Prep 3 container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High.
3. Blend for 35 seconds or until desired consistency is reached.
4. Season to taste with salt and pepper.

*Made in the Vita-Prep 3*

## TOMATO SALSA

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**Preparation:** 15 minutes

**Processing:** 1 minute

**Yield:** 12 cups (2.8 L)(96 servings)

25 Roma tomatoes, halved, divided use	3 jalapeños, seeded, halved
1 red onion	1 lemon, peeled, halved, seeded
2 handfuls fresh cilantro	
1 Tablespoon sea salt	



1. Place 12 tomato halves, onion, cilantro, salt, jalapeños, and lemon into the Vitamix XL container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and slowly increase speed to Variable 6.
3. Blend for 30 seconds, using the tamper to press the ingredients into the blades.
4. Stop the machine, remove lid, and scrape down sides of the container with a spatula if needed.
5. Place the remaining tomato halves into the container and secure lid.
6. Select Variable 1. Turn machine on and slowly increase speed to Variable 8.
7. Blend for 30 seconds or until desired consistency is reached, using the tamper to press the ingredients into the blades.

*Made in the Vitamix XL*