Pumpkin Spice

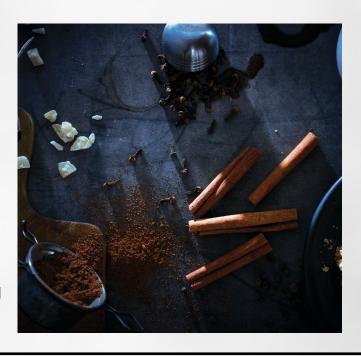
A blend of cinnamon, ginger, nutmeg, allspice and cloves for holiday baking or festive smoothies.

Ingredients

- 24 cinnamon sticks
- 4½ Tablespoon crystalized ginger
- 1 Tablespoon ground nutmeg
- 3 Tablespoons whole allspice
- 6 Tablespoons whole cloves

Directions

- 1. Place ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Select Variable1.
- 3. Turn machine on and slowly increase speed to Variable 10, then to High.
- 4. Blend for 15 seconds.



Whipped Cream

Create your own traditional whipped cream for fruit or pie topping. Make it your own by substituting other flavorings for vanilla, or using 1 tbsp of flavored coffee creamer.

Ingredients

- 2 cups (480 ml) heavy cream
- 3 Tablespoons granulated sugar
- 1 teaspoon vanilla extract

Directions

- 1. Place all ingredients 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.
- 4. Blend for 12 seconds for soft peaks. Do not over mix. Serve within two hours.



Pumpkin Pie Smoothie

Ingredients

- ½ cup (120 g) pumpkin purée
- 1 cup (240 ml) milk
- ⅓ cup (80 ml) sweetened condensed milk (or sub 1/3 cup non diary milk and 2 Tbsp sweetener)
- 1 Tablespoon vanilla yogurt
- 1 teaspoon pumpkin pie spice
- 1 cup (130 g) ice cubes

Directions

- 1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Start the blender on its lowest speed, then quickly increase to its highest speed.
- 3. Blend for 45 seconds or until desired consistency is reached, using the tamper to push ingredients toward the blades.



Chocolate Espresso Fondue

Ingredients

- 1 cup (240 ml) water
- 2 cups (480 ml) heavy cream
- 2 Tablespoons espresso
- 6 Tablespoons powdered sugar
- 4 cups (700 g) semi-sweet chocolate chips
- 2 fluidounces (60 ml) brandy

Directions

- 1. Place water, cream, coffee, sugar, and chocolate 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 3 minutes or until melted and
- 5. Pour into fondue pot and if desired, stir in brandy.



Butternut Squash Soup

A rustic soup with creamy butternut squash, fresh vegetables, and the warming flavor of cinnamon.

Ingredients

- 1¾ cup (250 g) butternut squash, peeled, seeded, roasted
- 1 (100 g) apple, seeded, quartered
- 1 (45 g) celery stalk
- 2 (150 g) carrot, halved
- 1½ cup (360 ml) water, or vegetable stock
- 1 pinch cinnamon
- 1 pinch salt, optional

Directions

- 1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Start the blender on its lowest speed, then quickly increase to its highest speed.
- 3. Blend for 5 minutes 45 seconds or until heavy steam escapes from vented lid.



Chocolate Fondue Ice Cream

Ingredients

- 1 cup of Chocolate Espresso Fondue left over in the 48-oz container
- 4 cups of ice

Directions

- 1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
- 2. Start the machine and increase to its highest speed. Blend for 45 seconds or until four mounds have formed, using the tamper to push ingredients into the blades.
- 3. Serve immediately
- 4. Garnish with whipped cream and fresh pump-kin spice

