

# 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 Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 15 seconds.



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# 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 dairy 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.



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# 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 smooth.
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.



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# 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 pumpkin spice

