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7 Vitamix Recipes to Make First



*by Shalva and
Lenny Gale*

3 Steps to Using This Book



Thanks so much for ordering this book! We hope you enjoy it.
Here are three steps to getting the most out of it.

1. Check the boxes!

This book is a mini challenge. There's no rush, but see if you can make them all.

- Carolyne's Green Smoothie
- Morning Green Juice
- Fancy Tomato Soup
- Sweet Vitamix Peanut Butter
- Dark Chocolate Ice Cream (Wendy's-Style Frosty)
- Cashew Queso
- Cinnamon Oatmeal Pancakes

2. Share what you made!

Even a little taste or sip can really make someone's day. And it's so easy.

"Hey, try this!"

3. Gift a copy!

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PS. Don't hesitate to reach out! We love hearing from you.

Shalva and Lenny Gale

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Carolynne's Green Smoothie

3 Servings
Total time: 10 minutes

Ingredients

- 1 cup (240 mL) unsweetened almond milk (or other milk of choice)
- 1 cup (67 g) kale
- 1 Tablespoon (10 g) flaxseed (optional)
- ½ medium banana (60 g), peeled
- ½ large orange (85 g), peeled
- 1 ½ cup (140 g) frozen mango

Instructions

- 1-Add ingredients to the container (in the order listed).
- 2-Secure the lid.
- 3-Start your Vitamix on its lowest speed
- 4-Slowly ramp up to its highest speed.
- 5-(If necessary, use the tamper to gently push the ingredients down into the blade.)
- 6-Blend for 45 seconds or until desired consistency.



*“So simple but SO GOOD. Thank you for restoring my love of smoothies;
I guess sometimes you just have to simplify things.”*

Morning Green Juice

8 servings
Total time: 10 minutes

Ingredients

- 4 cups (960 ml) water
- 1 apple (225 g), seeded
- 1 banana (120 g), peeled
- 1 large orange (170 g), peeled
- 3 cups (90 g) green (kale or collard greens or spinach or all)
- 1 (2-inch thick) slice fresh ginger (25 g)
- ½ lemon
- 1 Tablespoon seeds (chia or flax or hemp or all)
- 3 cups (390 g) ice cubes
- small slice of hot pepper (optional)

Instructions

- 1-Add ingredients to the container (in the order listed).
- 2-Secure the lid.
- 3-Start your Vitamix on its lowest speed.
- 4-Quickly increase to its highest speed.
- 5-Blend for 90 seconds at the highest speed.
- 6-Blend for 30 seconds at lowest speed (to get some of the air bubbles out).



“After losing his gallbladder privileges (Cholecystectomy) at age 63, my father drinks a glass of this green juice every day. He’s lost a ton of weight and looks completely revitalized.”

Fancy Vitamix Tomato Soup

3 servings
Total time: 15 minutes

Ingredients

- 1 ½ cups (360 ml) water
- 1 can diced tomatoes (410 g)
- 2 roma tomatoes (280 g), halved
- 1 medium carrot (100 g), halved (or 8 baby carrots)
- ½ of an 8.5 oz jar (70 g) sun-dried tomatoes, drained
- 1 small slice (15 g) onion
- 1 garlic clove, peeled
- 1 sprig fresh thyme
- 1 Tablespoon tomato paste
- 1 teaspoon flax seed
- ½ cup unsweetened almond milk (or other milk of choice)
- ¼ teaspoon salt (optional)

Instructions

- 1-Add ingredients to the container (in the order listed).
- 2-Secure the lid.
- 3-Start your Vitamix on its lowest speed.
- 4-Quickly increase to its highest speed.
- 5-Blend on high for 5 minutes and 30 seconds (or until steam escapes from vented lid).



*“Need it less acidic?
Try adding a tiny bit of lemon juice or baking soda or sweetener.”*

Sweet Vitamix Peanut Butter

24 servings
Total time: 5 minutes

Ingredients

- 4 cups (600 g) roasted unsalted peanuts
- 2 dates, pitted

Instructions

- 1-Add nuts to the container.
- 2-Secure the lid.
- 3-Place tamper through lid hole.
- 4-Start your Vitamix on its lowest speed.
- 5-Quickly increase to its highest speed.
- 6-Use the tamper to push the ingredients down into the blades.
- 7-(Note: After about 1 minute, you should hear a high-pitch chugging sound.)
- 8-Keep using the tamper until the peanut butter flows freely through the blades.
- 9-Blend until the sound of the motor changes (becomes low and laboring) or the peanut butter is the consistency you like.



“Store in an airtight container in the refrigerator. Lasts at least one week!”

Dark Chocolate Ice Cream (Wendy's-Style Frosty)

6 servings
Total time: 4 hours



Ingredients

- ½ cup (120 ml) brewed coffee (decaf is okay)
- ½ cup (60 g) dark chocolate chips
- 2 Tablespoons cocoa powder
- ¼ teaspoon salt
- ½ teaspoon vanilla
- ¼ cup (25 g) pitted dates
- ½ cup (75 g) raw cashews
- 1 cup (240ml) coconut milk (canned, full-fat)
- 4 cups (520 g) ice cubes

Instructions

PREP: Pour coconut milk into ice cube tray and freeze until solid, at least 3 hours

WARM CHOCOLATE: In a small saucepan, stir the coffee and chocolate chips on low heat until almost smooth. Remove from heat and stir in cocoa powder, salt, and vanilla.

BLEND: Add warm chocolate mixture, dates, and cashews to container. Secure the lid and start your Vitamix on its lowest speed. Quickly increase to its highest speed, and blend on high for 60 seconds or until smooth. Let cool for 10-20 minutes.

ICE CREAM: Add coconut milk cubes and ice cubes to the container with chocolate mixture. Secure the lid, put the tamper in, start your Vitamix on its lowest speed, and quickly increase to its highest speed. Use the tamper to push the ingredients down into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form. Stop the Vitamix and serve right away. For soft-serve texture, blend for an additional 15-30 seconds.

Note for Wendy's Frosty aficionados: Serve with fries!

Tip: "Use full-fat, from-an-aluminum-can coconut milk from the Asian food aisle."

Cashew Queso

24 servings
Total time: 10 minutes

Ingredients

- 1 cup (240 ml) unsweetened almond milk (or other milk of choice)
- ¼ cup (60 g) nutritional yeast
- ½ cup (70 g) raw almonds
- ½ cup (65 g) raw cashews
- 1 large red bell pepper, seeded
- 1 ½ teaspoons (8 g) salt
- ½ teaspoon (1.5 g) garlic powder
- 1 teaspoon (2.5 g) onion powder
- ¼ teaspoon crushed red pepper (optional, to taste)

Instructions

- 1-Add ingredients to the container (in the order listed).
- 2-Secure the lid.
- 3-Start your Vitamix on its lowest speed.
- 4-Quickly increase to its highest speed.
- 5-Blend on high for 5 minutes and 30 seconds (or until steam escapes from vented lid).
- 6-Serve with chips or veggies or anything that could use a little cheese in its life.



*"We are not vegan, but are trying to get away from dairy and eat healthy.
Wow! Super Bowl worthy!"*

Cinnamon Oatmeal Pancakes

3 servings
Total time: 15 minutes



Ingredients

- 1 ½ cups (135 g) rolled oats
- 1 banana, peeled
- 1 cup (240 ml) almond milk
- ¼ cup (60 ml) aquafaba
- ¼ teaspoon (2 g) baking powder
- ½ teaspoon (4 g) ground cinnamon (optional)
- 1 teaspoon pure vanilla extract (optional)
- ¼ cup dark chocolate chips (optional)
- 2 dates, pitted

Instructions

- 1-Heat and lightly grease a large pan or skillet to medium/low heat.
- 2-Add ingredients in order listed to Vitamix container.
- 3-Blend on high speed for 30 seconds.
- 4-Add 1/4 cup of pancake batter to pan.
- 5-Spread batter out in circular motion.
- 6-Gently flip after small bubbles appear on pancake surface (a couple minutes).
- 7-Cook another couple minutes until cooked through.
- 8-Repeat steps 4-7
- 9-Serve with fresh fruit, caramelized berries, or real maple syrup.

Tip: Aquafaba, translated as “bean water,” is simply the water from a can of chickpeas. It’s a super popular egg substitute!