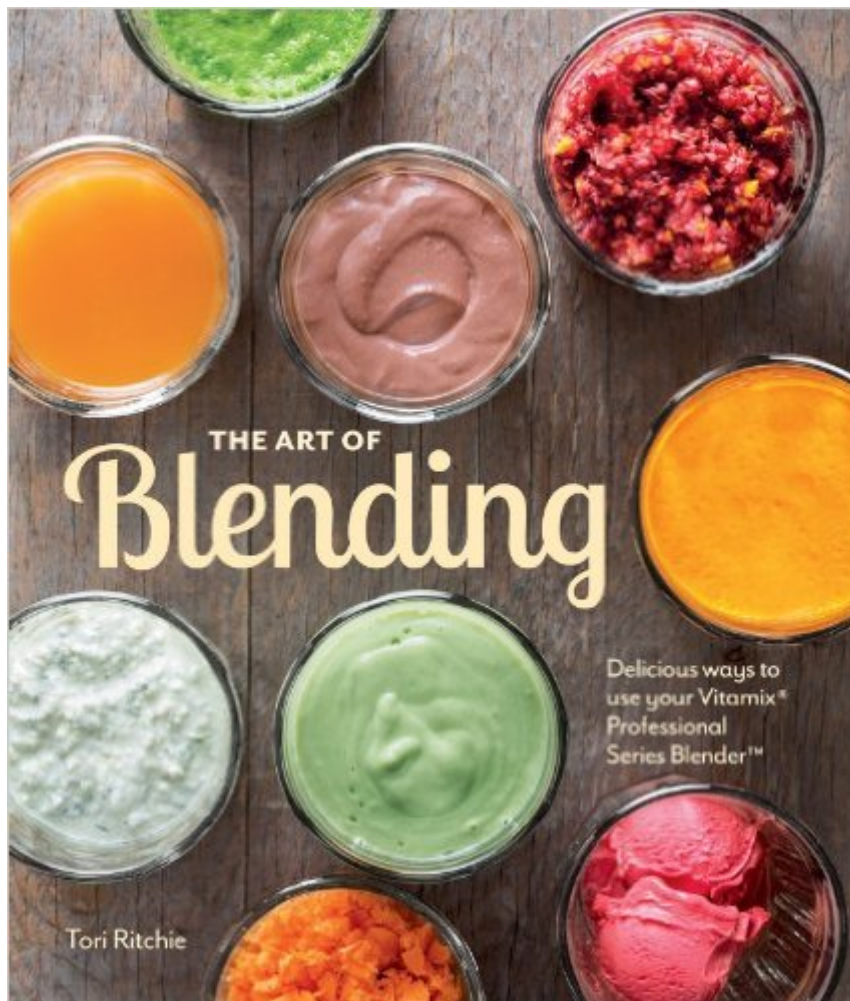


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# The Art Of Blending: Delicious Ways To Use Your Vitamix® Professional Series™ Blender



## Synopsis

A comprehensive collection of recipes to make the most of your pro-blender, featuring 40 foolproof recipes for every meal of the day, beautiful full-color photos, and essential tips and tricks. Pro-blenders are renowned for making smoothies, and this book offers three basic recipes with hundreds of mix-and-match ingredient add-ins to personalize your own healthy drinks. But pro-blenders are also great for nut milks, juices, purées, dips, butters, spreads, hot and cold soups, sweet and savory sauces, dressings, batters, creams, foams, and even frozen desserts. Preparing recipes in a pro-blender is a quick and easy way to cook, but the benefits don't stop there. A pro-blender is really several appliances in one: blender, food processor, ice cream machine, electric beaters, and stove (for heating soups and sauces). Using a pro-blender cuts down on prep time: You don't have to get out bowls and whisks and ladles and sieves, just layer roughly chopped ingredients in the container and you're good to go. There is no need to strain puréed mixtures to help improve the texture of the dish, so you preserve maximum nutrients from the foods. And finally, a pro-blender is extremely easy to clean and doesn't retain food odors, even strong ones like garlic or spices.

**Sample Recipes**

- Breakfast: Perfect Green Smoothie, Chilaquiles & Eggs with Roasted Chipotle Salsa, Puffed Oven Pancake with Peaches
- Lunch: Trio of Mediterranean Dips with Flatbread, Avocado Gazpacho with Spicy Bread Crumbs, Turkey Panini with Cranberry Relish
- Dinner: Thai-Style Curried Squash Soup, Meatballs in Tomato-Cream Sauce, Grilled Lamb Chops with Chimichurri
- Dessert: Silken Chocolate Mousse, Peach-Raspberry Ice Cream, Tiramisu Semifreddo

## Book Information

Hardcover: 96 pages

Publisher: Weldon Owen; Proprietary edition (March 11, 2014)

Language: English

ISBN-10: 1616286695

ISBN-13: 978-1616286699

Product Dimensions: 9.1 x 6.6 x 1.1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #124,273 in Books (See Top 100 in Books) #32 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) #543 in [Books > Cookbooks, Food & Wine > Beverages & Wine](#)

## Customer Reviews

Very nice book- lovely recipes. We eat lots of salads and I'm always looking for home made salad dressing recipes! This is it--great book This book is great for any blender owner you don't have to have a Vita Mix!

Great recipes. It does require some guesswork if you own the higher end vitamix models, but overall pretty good.

Some really great recipes

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