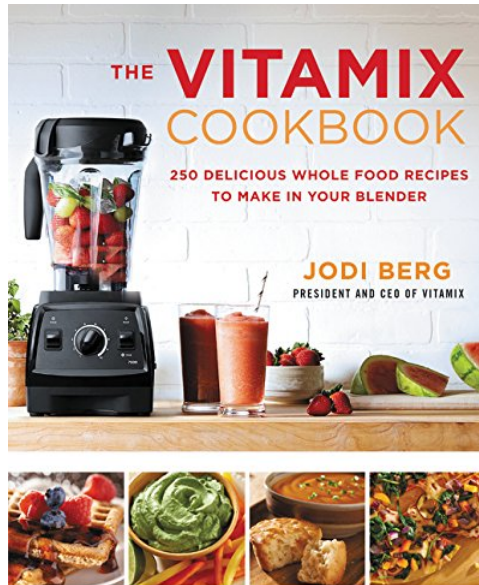


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Discover simple ways to incorporate more whole foods into your daily diet using a blender with this gorgeous cookbook featuring 200 delicious recipes and more than fifty full-color photos the first widely available cookbook from the Vitamix brand. Recently known primarily to professional chefs, over the past decade the Vitamix blender has become one of the most sought after kitchen appliances in home kitchens. Now, Vitamix has created a gorgeous companion cookbook to help you enjoy the benefits of a whole foods diet. Here are more than 200 simple, scrumptious, easy-to-prepare recipes that use a blender most taking less than thirty minutes. The chefs at Vitamix believe that the only way to make lasting, healthy changes to your diet is to enjoy the food you eat. With The Vitamix Cookbook they've created mouthwatering food you'll want everyday. Throughout The Vitamix Cookbook, you'll find helpful sidebars with inspiring stories of people who have improved their health using their Vitamix, as well as tips for a nutritious whole foods diet.

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