



# Get your Vita-Mix® 5000 today and try these four delicious recipes!



## Total Juice

### Ingredients

250 g green grapes  
1 thin slice honey dew-melon (rind removed)  
1 thin slice cantaloupe melon (rind removed)  
350 g fresh pineapple (rind removed)  
1 thin slice lemon (with rind)

1 whole orange (rind removed)  
1/2 banana (peeled)  
6 to 8 strawberries  
3 Tbsp honey  
ice to chill

### Directions:

Place all ingredients in Vita-Mix container in order listed. Secure 2-part lid. Select **VARIABLE, speed #1**. Turn on machine and quickly increase speed to **#10**; then to **HIGH**. Run for **1 minute** or until smooth. Serve immediately.



## Chili-Lime Soup

### Ingredients

1 litre water  
1 slice of onion (peeled)  
1 small slice of lime  
1 small slice of red chili pepper – (approx. 1/8 tsp)  
1/2 celery stalk

1/3 clove of garlic  
1-1/2 vegetable stock cube  
2 tomatoes  
1/2 carrot  
1 slice of bell pepper

### Directions:

Place all ingredients in Vita-Mix container in order listed. Secure 2-part lid. Select **VARIABLE, speed #1**. Turn on machine and quickly increase speed to **#10**; then to **HIGH**. Run machine for **3 to 4 minutes** or until steam rises from the plug opening or container feels warm to touch.

To add optional ingredients, reduce speed to **LOW 1 or 2**, remove lid plug and drop in ingredients. Allow machine to run for **only 5 to 10 seconds**. Serve immediately.

**Optional variations:** Add cooked chicken or other meat, potato, tortilla crisps or cheese.



## Peanut Butter

### Ingredients

1 litre raw peanuts

**Caution:** Over-processing will cause serious overheating to your machine! Do not process for more than **1 minute** after mixture starts circulating.

### Directions:

Pour nuts into Vita-Mix container. Secure 2-part lid. Select **VARIABLE SPEED #1**. Insert tamper through lid opening. Turn on machine and quickly increase speed to **#10**; then to **HIGH**. Use the tamper to push the nuts into the blades. In approximately **1 minute** you will hear a high pitched chugging sound. Once the butter begins to flow freely through the blades the motor sound will change from a high pitch to a low laboring sound. Turn machine off and serve immediately or pour into a container to be served later.



## Healthy Ice Cream

### Ingredients

120 ml strawberry purée  
1 slice of lime  
1/2 banana (peeled)  
2 strawberries

30 g cabbage  
1/4 carrot  
1-3 ratio of liquid to ice

### Directions:

Place all ingredients in Vita-Mix container in order listed. Secure 2-part lid. Select **VARIABLE SPEED #1**. Turn on machine and quickly increase speed to **#10**; then to **HIGH**. Use tamper to press ingredients into the blades while processing. In about **30 to 60 seconds**, the sound of the motor will change and four mounds should form in the mixture. Turn machine off. Do not overmix or melting will occur. Serve immediately or freeze for more solid ice cream to be served later.

**Variations:** For a creamier texture, try adding skimmed powder milk or yogurt.

# It's not a blender—it's a Vita-Mix® 5000!

- Makes juice, ice cream & hot soup packed with taste and nutrition
- Unparalleled power and performance
- Restaurant quality and durability
- Releases more phytonutrients than juicers and blenders
- The most versatile kitchen appliance on the planet
- Manufactured in the USA
- WEEE compliant



## Contact us today!

Monday - Friday  
13:00 to 03:00

Saturday  
14:00 to 01:00

Sunday  
17:00 to 22:00

For more information or to purchase, please visit us online at [www.vitamixuk.co.uk](http://www.vitamixuk.co.uk) or email us at [household@vitamix.com](mailto:household@vitamix.com).

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Making healthy eating easy for over 85 years!

# What you eat and how you prepare it really can improve your life.



Juices & smoothies from whole fruits and vegetables.



Cook steaming hot soup from fresh produce.



Purée fresh, natural baby foods, sauces and coulis.



Churn herb butters from fresh cream.



Dry chop onions, cheese and boiled eggs perfectly.



Make low-fat frozen treats in seconds.

## Research Proves It!

- Most nutrients are **trapped inside** the cell walls of whole foods.
- Your **body cannot absorb** them.
- Certain nutrients are released only when **cell walls are ruptured**.
- Simply **chewing or extracting juice** from whole foods **does not rupture** cell walls.
- The **Vita-Mix 5000** ruptures cell walls and **releases these nutrients**.

## Vita-Mix® 5000 = More Nutrition!

The Vita-Mix 5000 has the power to rupture the cell walls of whole foods and release trapped nutrients so they can be quickly and easily absorbed by your body. A recent study showed that tomatoes processed in the Vita-Mix actually delivered over 3 times more cancer-preventive lycopene than tomatoes prepared in a juicer or eaten whole. That's because lycopene is found mainly in tomato peels and seeds – and only the Vita-Mix makes all of those nutritious parts of the tomato available for digestion.

If you are only eating part of the fruits and vegetables you buy, you are only getting part of nature's preventative medicine. You are also wasting money because you are throwing all those valuable nutrients out with the rubbish! The Vita-Mix 5000 helps you get everything possible from fresh whole foods – all the fibre, all the flavour, and the good health that comes from total nutrition. And the best part is, the Vita-Mix 5000 makes nutritious, healthy eating so easy!

### Stop throwing nutrition away!

Vita-Mix preparation delivers OVER 3 TIMES the nutrition!		
JUICER	WHOLE FOOD	VITA-MIX



The Vita-Mix 5000 is the most versatile Vita-Mix machine ever! The powerful motor handles the toughest tasks – like chopping eggs and crushing ice – with ease. Just turn it on and watch that Vita-Mix power turn the patented stainless-steel blades and pulverise whole foods in seconds. Cell walls are broken down releasing valuable phytonutrients that can't be captured any other way.

The Vita-Mix 5000 delivers all the power and performance of the Vita-Mix brand equipment found in many of the best restaurants around the world. The Vita-Mix variable speed feature is the secret to award-winning soups, dressings and sauces and impeccably processed smoothies, juices and frozen drinks. This variable speed flexibility is also the key to ultimate versatility in your home kitchen.

Blade tip speeds that range from 18 km/hour up to 398 km/hour put you in complete control. Set the speed on low and the Vita-Mix gently chops and dices fresh whole foods. Turn it up to "HIGH" and this amazing machine cooks hot soup from scratch and makes smooth sauces and gravies by friction heat – right in the container. There's no need to use your stove. With a motor that's built to withstand the demands of a busy restaurant, the Vita-Mix will perform trouble-free meal after meal, year after year in your own kitchen. Healthy, delicious meals have never been so easy!

## Here's what you get with your Vita-Mix 5000:

- High-performance motor for fast, efficient operation
- Variable speed control for versatility
- Spill-proof vented lid with removable plug for adding ingredients
- Tamper for difficult-to-process ingredients
- "Wet blade" polycarbonate container for making juice, soup, ice cream and more

**PLUS** bonus gifts that make using your Vita-Mix easy and enjoyable!

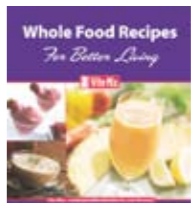
- **Vita-Mix 5000 Instructional DVD**  
See how easy it is to prepare healthy delicious whole food meals in the Vita-Mix 5000!



- **Handy "Getting Started" Guide**  
This colour-coded, step-by-step instruction guide includes "how-to" hints and quick and easy recipes to get you started. 47 pages of valuable information!



- **Over 300 Recipes**  
Our 240-page "Whole Food Recipes for Better Living" cookbook comes in a hard-bound, 3-ring format with convenient tabs, a helpful index, and full-colour photographs. Every recipe also includes a complete nutritional analysis. The Vita-Mix Owner's Manual fits into this binder for safekeeping.



## Treat your family to the terrific taste and health benefits of WHOLE GRAINS!

A special "Dry Blade" container designed for grinding whole grains, rice and beans is available for purchase. This second polycarbonate container can also knead oven-ready bread dough for you. You'll be amazed at how easy it is to make healthy homemade bread!

**Whole Grain Cookbook Free with purchase of "Dry Blade" Container!** 41 fabulous recipes tailored to your "Dry Blade" container.



Wet chop nutrient-dense slaw that's rich in vitamin C.



Crush 2 litres of ice in 3 seconds.



Fondue is quick and easy to make.



Create lump-free sauces and gravies without stirring.



Grind meats, saving money and nutrition.



Grate cheeses perfectly in seconds.