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6 Surprising Ways to Use Your Vitamix Blender for Boosting Energy and Well-Being

Add a Vitamix Blender to your kitchen arsenal for an instant upgrade to snacks, meals, beverages, *and* a boost to your family's nutrition!

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With its powerful motor base and stainless-steel blades, the Vitamix Blender is the sous chef that'll have you creating better-for-you recipes with ease.

The Vitamix Blender is popular because it does everything, and it does it really, really well. From a creamy smoothie or delicious mocktail, Vitamix Machines can achieve a range of textures while processing through tough ingredients. Think nut butters, fresh-ground flour, and more. Vitamix Machines are backed by an industry leading, full coverage warranty for up to 10 years, but only two percent of owners need to use it. So, yours will likely last until harvest gold appliances come back into style.

Read on to learn all the different ways you can use your Vitamix Blender to incorporate even more nutritious whole foods into your everyday meals and snacks.

Purée and Heat Freshly Made Soups

Nothing is more comforting than a warm bowl of soup, and it doesn't have to come from a can ever again. Add freshly cooked or raw ingredients into your Vitamix Blender, and blend until velvety smooth. Think lentils with caramelized onions and cumin, carrots with a swirl of nonfat Greek yogurt and a dash of nutmeg, russet potatoes with leeks and just-roasted garlic. The choices are endless, and your Vitamix Machine will not only blend your healthy soup — the friction of the blades will heat it up in six minutes!

Grind Fresh Flour for Homemade Dough

Imagine upping your sourdough game with fresh flour you've ground yourself. A Vitamix Blender makes this possible by having the power to grind wheat into flour. Whole-grain fresh flour is better for you because the store-bought variety doesn't contain *all* the parts of the grain since they're not shelf-stable. When you grind it at home and use it ASAP, you get all the benefits *and* a tastier, fresher loaf. Even the dough can be made in the Vitamix Blender with just a few more ingredients, in under five minutes, it's ready to rise. You can also use your Vitamix Machine to make chickpea flour (and dough), or even almond flour.

Make DIY Non-Dairy Milks

Almonds, cashews, coconut and even rice can be used to make non-dairy milk in your Vitamix Blender. These have fewer calories, less sugar, and are a healthy substitute for cow's milk or store-bought alternatives. All you need are raw ingredients, 45 seconds for blending in the Vitamix Blender BPA-free container, and you can filter with a cheesecloth if desired. Breakfast is served!

Create DIY Spice Blends and Health-Boosting Juices

The Vitamix Blender is powerful enough to help you pulverize fresh spices in seconds, so you can use them for flavorful, antioxidant-rich cooking. Even better, increase your overall well-being by creating health-boosting juices: Try blending fresh ginger and carrots with turmeric and pineapple juice. A green-juice option is filled with antioxidants while ones made with oranges and other citrus fruits are loaded with vitamin C.

Incorporate Veggie Noodles Easily Into Your Mealtimes

Veggie noodles are a simple way to serve up some "spaghetti" while cutting down on carbs and gluten. Vitamix offers a Food Processor Attachment for the Ascent Series Machines, with a selection of shredding disks that lets you julienne zucchini into zoodles, sweet potatoes into swoodles, and beets into boodles (you get the picture!). They're ridiculously low in calories, high in vitamins, all natural, and you can use your Vitamix Blender to make a fresh, homemade sauce in minutes. (Think fresh pesto, a robust marinara, or red-pepper Alfredo.)

Blend Nut Butters, Hummus, and Thick Dips

No preservatives or spendy gourmet labels — Vitamix Blenders empower you to make it fresh yourself. These machines are engineered to be durable and powerful enough to blend peanuts, cashews, and even almonds into delicious nut butters. Creamy, all-natural, with no salt required.

Churning up some fresh hummus is another great use for your Vitamix Blender, as well as other kinds of thick dips—white bean with rosemary, anyone? Zesty tzatziki? Chunky spinach and artichoke? Tip: The Vitamix Food Processor Attachment makes fast work of slicing carrots, celery, peppers, and cucumbers for a quick and easy crudité platter.

The superior performance of a Vitamix Machine can help bring more nutrition — and great food! — into your home.