

HOLIDAYS WITH VITAMIX®

The Holidays are here! Christmas may look a little different this year but with a little help from Vitamix and Coconut Bowls eco goodies, you can make it extra special with tasty festive treats!







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Happy Holidays!

Welcome to our Holidays with Vitamix® eBook. A collection of healthy and delicious recipes created at home using a Vitamix high-performance blender. More than just smoothies, explore all the possibilities Vitamix inspires.

In collaboration with Coconut Bowls™ and a talented bunch of recipe creators, we've come together to share many of our most-loved meals to help you create the most memorable memories this holiday season.

These recipes are just a glimpse into what life with a Vitamix looks like, where there are endless opportunities for you to create, experiment and turn your meals into masterpieces.





Holiday Season

The Holidays are here! Christmas may look a little different this year but with a little help from Vitamix and Coconut Bowls eco goodies, you can make it extra special with tasty festive treats!

From Vegan Dips to decadent desserts and of course a few traditional favourites in between, we hope that no matter where you are this holiday season, this amazing collection of made-to-share recipes inspires you to celebrate the time spent with family and friends as you welcome in the new year.

Happy blending!



The Endless Possibilities

A Vitamix is so much more than just a smoothie maker, to a dreamer and doer who loves to cook and create, a Vitamix High-Performance Blender is the tool you need to infuse healthy, delicious food into your life. From breakfast through to dessert, and everything in between - explore new ingredients and create classic recipes from dawn to dusk with a Vitamix.



Hot Soups



Baby Food



Flours &
Doughs



Nut Butters



Frozen
Desserts



Batters



Dressings &
Sauces



Non-Dairy
Milks



Smoothies &
Juices



Dips &
Spreads



Food Prep



Smoothie
Bowls



Why You Need a Vitamix

The power and performance of a Vitamix Blender means that it completely redefines what a high-performance blender can do. In fact, it's so much more than a blender.

Whether your goal is to impress guests with perfect homemade mayo, mix a frozen margarita or just get more whole foods into your family's diet, your Vitamix high-performance blender will elevate you to a pro.

When it comes to a Vitamix, there's a high-performance blender that's right for you.

ASCENT® SERIES HIGH-PERFORMANCE BLENDERS

Combining sleek design with power and precision, the Ascent Series with blending cups and bowls delivers the ultimate convenience and versatility both at home and on the go.

EXPLORIAN® SERIES HIGH-PERFORMANCE BLENDERS

Your entry into true high-performance blending with intuitive controls and a simple design.

Learn more at [vitamix.com](https://www.vitamix.com)







Coconut Bowls

Coconut Bowls turn your kitchen creations into tropical vacations. When we take a turn toward all natural, one of a kind, eco friendly products it changes the way we think about food. Coconut Bowls range of eco goodies has helped hundreds of thousands of people build a healthy connection to their food by replacing single use plastic with an all natural solution.

They say it's not a smoothie bowl unless it's served in a Coconut Bowl and we have to agree. There's something magical about blending up healthy, organic, locally sourced smoothie ingredients that fit so perfectly in Coconut Bowls. You're not just nourishing your body, you're helping to make positive change for the planet while supporting farmers and artisans in Vietnam.

Beyond the bowls, Coconut Bowls eco collection includes wooden cutlery, candles, bamboo cups and straws, sustainable shopping bags and much more. Join the Coco Community and turn your meals into masterpieces, with the most sustainable bowl in the world.



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Snack Boards

With festive colours, tasty textures, and delicious creamy dips, nothing says 'Happy Holidays' like a delicious snack board!

Perfect for sharing, grazing, and keeping your guests in the spirit of the season — these plant-based (although you won't even know) cheeses and dips are all wrapped up and ready to enjoy. Dig in!





Cashew “Cherve Cheese”

Contributor: Adam Guthrie | @adamguthrie

This creamy cheese recipe is perfect for spreading on crackers and 100% plant-based (although no one will be able to tell the difference) Crafted to perfection, this Vegan cheese is sure to keep them coming back for more.

Ingredients

- 2 cups raw cashews (soaked with enough water to cover overnight)
- 100 ml filtered water
- 1 tsp non-iodized salt
- 4 capsules vegan probiotic (acidophilus)
- 3 tbsp activated charcoal
- 30 cm of sterilized cheese cloth (square)
- 1 sterilized elastic band

To Serve:

- “chevre cheese”
- an assortment of other nut cheeses
- crackers
- grapes
- dried figs
- a selection of fresh fruits
- walnuts
- pear

Directions

1. Soak the cashews overnight. In a sterilized glass bowl add the cashews and cover with water, then leave to soak overnight. Strain the water from the cashews into a sterilized sieve or colander.
2. In a clean Vitamix container, place the strained cashews, 100ml filtered water and salt. Secure the lid and start the blender on its lowest speed, then quickly increase to its highest speed and blend the cashews to a smooth paste (must be smooth, not grainy). Keep blending until it's smooth around 30 seconds. Add an extra tablespoon or two of water if required through the lid plug.
3. Open the probiotic capsules and add the powder to the cashews through the blender lid plug. Turn the machine on slowly and increase to variable speed 10. Blend for 30 seconds.
4. In a small sterilized colander, line it with a cheese cloth and spoon your nut cheese into it. Wrap the nut cheese in the cheese cloth to form a ball (like you would a Christmas pudding) and then seal the top with the sterilized elastic band and leave the wrapped cheese in the colander. Place a bowl under the colander and then put it in a dark warm place to ferment for 24hrs. The oven (not turned on) is a good place.
5. After 24 hrs, unwrap the cheese from the cheese-cloth and place it on a sterilized board. With clean hands, roll the cheese into a log.
6. Place a piece of greaseproof paper on your counter-top or chopping board, spread the activated charcoal on top of the parchment paper then place the cheese log on top and roll the cheese so it is totally covered in the charcoal. Then wrap the cheese in the greaseproof paper and store in the fridge for a day. After that, it's ready to eat!
7. Serve the cashew “chevre cheese” on a cheese board with other nut cheese and an assortment of fruits and crackers.





Vegan Dips Board

Contributor: Jazmin & Fiona | @bakeateasy

Keep even the hungriest snacker satisfied with this made-to-share dips board! Perfect for grazing as you unwrap gifts or take the time to reminisce with loved ones. Complete with three creamy dips surrounded by the most colourful veggies and seasonal fruit — this spread has a little bit of everything to keep them coming back for more.

Ingredients [serves 6]

Muhammara Dip:

- 2-3 tbsp pomegranate molasses
- 3 large red bell peppers
- 3 tbsp bread crumbs
- 1/2 tsp ground cumin
- 1/2 tsp sea salt
- 2 tsp chilli flakes
- 1 clove garlic
- 1/2 cup raw walnuts
- 1 tbsp olive oil
- 2 tbsp lemon juice

Classic Hummus:

- 3 cups of cooked chickpeas
- 2 Lemons juice to taste
- 2 tbsp tahini
- 2 garlic cloves
- 6 tbsp of olive oil
- 4 tbsp of chopped fresh parsley
- 2 tbsp of ground cumin
- Salt and pepper to taste
- Spices to taste (we used: smoked paprika, dried onion flakes and garlic powder)

Cashew Spread:

- 1/2 cup water (more as needed)
- 2 lemons juice
- 2 cups raw cashews soaked for at least 12 hours or overnight, drained, and rinsed
- 3 chopped spring onions
- 2 tbsp of smoked paprika
- 1/4 cup nutritional yeast
- 1 tsp sea salt
- 1/2 tsp pepper
- 1/2 cup oregano (or any species of your choice)

To Decorate The Board:

- nuts
- almonds
- pistachios
- cashews
- seasonal fruit and vegetables
- tomatoes
- carrots
- mixed olives
- sun dried tomatoes
- crackers
- dark chocolate
- rocket
- parsley
- sourdough bread

Directions

Muhammara dip:

1. Preheat the oven to 450°F/232°C.
2. Place whole bell peppers directly on a baking sheet. Roast for 20-25 minutes or until blackened on the outside. Cover with foil to let steam and cool for 10 minutes. Then peel away the blackened skins and remove the core. Set aside.
3. To your Vitamix, add pomegranate molasses, bread crumbs, cumin, salt, chilli flakes, garlic, walnuts, olive oil, and lemon juice. Secure the lid. Select variable 4 and pulse to combine. Add the roasted peppers and pulse until combined.
4. Taste and adjust the seasonings as needed.

Cashew Spread:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase speed to the highest speed.
3. Blend for 30 seconds. Serve immediately or refrigerate.

Classic Hummus:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase speed to the highest speed.
3. Use the tamper to push the ingredients into the blades and blend until desired consistency is achieved. Serve immediately or refrigerate.





Mains to Share

Keep even those hardest to please smiling this Holiday season with our colourful collection of mains! Use your Vitamix to whip up the base for these traditional favourites, with a tasty plant-based twist.

From Beet & Mushroom Wellington to a hearty Vegan Meatloaf, these shared mains are bound to be a family favourite!

Seconds, anyone?





Roasted Cauliflower with Pesto

Contributor: Jazmin & Fiona | @bakeateasy

This easy plant-based take on the traditional steak will have your whole table's mouth watering as soon as they lay eyes on it. Not to mention how good it smells. Tender yet crispy cauliflower steaks, drizzled with freshly blended pesto is incredibly delicious, and when served on a bed of Mashed Potato (page 46) and Mushy Peas (page 49) this meal will quickly become a family fave!

Ingredients [serves 2]

Cauliflower Steak:

- 1 large head of cauliflower
- 2 tsp salt
- 2 tsp garlic powder
- 1 tsp paprika
- 2 tbsp olive oil

Pesto:

- 2 cups kale (ribs removed)
- 1/2 cup nutritional yeast
- 1/2 cup parsley, stems removed
- 1 cup walnuts
- 2 tbsp lemon juice
- 2 cloves garlic
- 1 tsp salt
- 1/2 cup olive oil

Directions

Pesto:

1. Place all ingredients except the oil into the Vitamix Container in the order listed, and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to Variable 6. Using the tamper, push the ingredients into the blades until finely chopped.
3. Increase variable speed to 10 and slowly pour the olive oil through the lid plug.
4. Transfer into an air-tight container and store in the refrigerator up to two weeks.

Cauliflower Steak:

1. Preheat the oven to 400°F/ 204°C.
2. Remove outer leaves of the cauliflower and cut in half from top to bottom, separating the stem in half. Slice your cauliflower into 1-inch "steaks," leaving the large stem at the bottom so it helps the "steaks" hold together.
3. Place cauliflower steaks on a baking sheet. Drizzle with olive oil and sprinkle with salt, garlic powder and paprika.
4. Roast until stems are tender when pierced with a fork, (about 30 minutes) Serve with walnut-kale pesto and enjoy!





Vegan Wellington

Contributor: Adam Guthrie | @adamguthrie

The conscious centrepiece to surprise and delight the length of the table with each serving. Prepare yourself for a heaping of praise as this parcel of plant-based goodness is served neatly wrapped up in a crispy puff pastry shell. Enjoy!

Ingredients [serves 6]

- 3 beetroots (large and washed)
- 1 cup balsamic vinegar
- 1/2 cup maple syrup
- 2 star anise
- 1/2 tbsp mustard seeds
- 8 cups baby spinach leaves (blanched)
- 500 g mushrooms, chopped in the Vitamix
- 2 garlic cloves, finely chopped
- 2 sprigs fresh thyme, stems removed
- salt and pepper, to taste
- 3 sheets vegan puff pastry
- 1/4 cup plant-based milk

To Serve:

- 2 cups Mushroom and Onion Gravy (page 40)

Directions

Filling:

1. Place washed beetroot in a pot covered with water. Add in the balsamic vinegar, maple syrup, star anise and mustard seeds.
2. Boil then cover and simmer for 35-40 minutes until tender.
3. Remove beetroot from the cooking liquid and peel off the skin while still warm. A clean dish cloth will do the trick! Once cool enough, cut into slices.
4. In your Vitamix container with

the lid on, select variable 1 and turn the machine on, increase the setting to variable 4. Open the lid plug and drop the mushrooms (a few pieces at a time) and garlic cloves. Turn off the machine once all pieces are finely chopped.

5. In a pan, saute mushrooms, garlic and thyme for 5 minutes. Place the mixture in a Vitamix Blending Cup (600 ml) and secure the blade base. Select Variable 1 and start the blender and increase to Variable 10. Blend for 25-30 seconds until smooth and spreadable. Season with salt and pepper to taste.
6. Preheat your oven to 210 °C or 410 °F. Line a baking tray with parchment paper and set aside.

Assembly:

1. On a large table, place three whole sheets of puff pastry.
 2. Evenly distribute the fillings for each puff pastry. In the center of the puff pastry, place the mushroom paste first, then the cooked spinach and lastly, the beetroot slices.
 3. Fold the puff pastry over the fillings and seal the edges using a form or your fingers. Place the pastries in a tray with plenty of space in-between.
 4. Brush the pastry with plant-based milk and lightly score the top part with a knife. This creates a hole where the steam can escape. Be sure not to cut through the pastry.
 5. Bake for 45-50 minutes until the pastry is golden brown.
 6. Each wellington serves two. Slice it into half and serve with a jug of mushroom and onion gravy.
- This recipe makes 3 wellingtons, 2 servings each.





Chickpea Vegan Meatloaf

Contributor: Jazmin & Fiona | @bakeateasy

This hearty chickpea meatloaf is a delicious centerpiece for any vegan Christmas feast! Loved by all for its smokey flavour, classic glaze and hearty texture, this dish is sure to be a favourite at your holiday table. Pair it perfectly with a side of Mashed Potatoes (page 46) and Mushroom Gravy (page 40) for a complete festive feast!

Ingredients [serves 6]

- 1-2 tbsp olive oil
- 1 small onion
- 2 small carrots
- 2 celery stalks
- 3 garlic cloves, minced
- 2 cans chickpeas, drained and rinsed, (3 cups)
- 1-1 ½ cups breadcrumbs
- 2 tbsp ground flaxseed
- 3 tbsp nutritional yeast
- 2 tbsp soy sauce
- 2 tbsp Vegan Worcestershire sauce
- ¼ cup ketchup
- ½ tbsp liquid smoke (opcional)

Sauce:

- ½ cup ketchup
- 1 tbsp vegan worcestershire sauce

Directions

1. Preheat the oven to 375°F or 180°C and lightly spray a 9 inch loaf pan with oil, or line the bottom with parchment paper to prevent sticking.
2. In your Vitamix container with the lid on, select variable 1 and turn the machine on, increase the setting to variable 4. Open

the lid plug and drop quartered onion, whole carrot and celery (one at a time) into the spinning blades through the lid plug opening.

3. Saute the onion, carrots, celery and garlic in the olive oil over medium heat for 5 minutes, until the onions are translucent. Remove from heat and set aside.
4. Add the chickpeas to your Vitamix Blending Container and secure the lid. Pulse a couple of times just until they are well broken up, be careful not to over blend them and make them totally mushy.
5. In a bowl, add the veggies and the rest of the ingredients to the chickpeas. If the mixture seems really moist, add an extra ½ cup of breadcrumbs. Stir with a wooden spoon until very well combined.
6. Press the loaf mixture in the prepared pan, pushing down evenly with your hand. Cover with foil and bake for 30 minutes.
7. In a small bowl, stir together the ketchup and Worcestershire sauce for the topping.
8. After 30 minutes, remove the foil, spread the ketchup topping evenly on top of the loaf and bake for another 15 minutes, uncovered. Remove from the oven.
9. and let cool for at least 15 minutes, it will hold up better. Slice, serve and enjoy.





Sides & Starters

Like every hero, a good meal needs a great sidekick - it's time to create some cheerful sides. But make a lot, rather than a little as these sides are so good - they could be enjoyed alone.

From Smashed Peas, to Mashed Potatoes and Gravy, this chapter is filled with healthy wholesome sides ready to bring a pop of flavour to your feast.





Mushroom & Onion Gravy

Contributor: Adam Guthrie | @adamguthrie

You won't have to skip the gravy this Holiday Season when you whip up this simple and delicious 5 Ingredient Vegan Mushroom Gravy. Flowing with umami-rich mushroom flavours and the sweet-yet-spicy taste of caramelized onions, it's the perfect addition to your pillowy mashed potatoes. Made in less than 5 minutes, nobody will be yelling 'I forgot the gravy!'

Ingredients [makes 4 cups]

- 1 onion, peeled and thinly sliced
- 10 button mushrooms, thinly sliced
- 3 cups liquid vegetable stock
- 2 tbsp wholemeal plain flour (mixed in a little water to form a slurry)
- 1 tbsp dark miso paste (mixed with a little water to form a slurry)

Directions

1. Heat a pan over a high heat. Add the onion and dry saute (no oil) for a few minutes until brown. Add a little stock to deglaze the pan.
2. Add the mushrooms and saute until soft. Remove mushrooms from the pan and set aside.
3. Add stock in the pan and stir. Add the wholemeal flour slurry and stir constantly until boiling. Reduce the heat and simmer for 5 minutes.
4. Remove from the heat and stir in the miso slurry.
5. Transfer the hot gravy in your Vitamix container and secure the lid. Start the blender on its lowest speed, then increase to its highest speed and blend for 20 seconds until smooth.
6. Serve in a jug or gravy pitcher and stir in your cooked mushrooms.
7. To have a more prominent mushroom flavor, include the mushrooms during blending and just leave a few pieces as a garnish.





Chickpea & Roasted Pumpkin Soup

Contributor: Adam Guthrie | @adamguthrie

A family favourite and a winter classic, this creamy pumpkin soup will leave your tummy warm and heart happy. The roasted pumpkin creates a thick, creamy and sweet texture, perfect to calm and soothe you on the colder nights. Made in a flash with pantry staples your entire family will be craving this comforting soup every day of the Holiday Season!

Ingredients [serves 4]

- 1/2 of a pumpkin, peeled and thinly sliced
- 1 onion, chopped
- 1/2 tsp cumin
- 1 tbsp dijon mustard
- 400 ml plant-based milk
- 5 cups liquid vegetable stock
- 1 can cooked chickpeas, drained and rinsed (420 g)
- salt and pepper, to taste

To Serve:

- 1 bunch coriander leaves, chopped
- salt and pepper, to taste

Directions

1. Preheat the oven to 400 °F or 200°C and line a baking tray with a non-stick baking paper.
2. Place the pumpkin slices and onion onto the lined baking tray. Place into the oven and roast for 20 minutes.
3. Once pumpkin and onion is golden brown and cooked through, transfer them in a Vitamix container with plant-based milk, stock, cumin and dijon mustard and secure the lid.
4. Start the blender on its lowest speed, then quickly increase to its highest speed and blend for about 5 minutes until heavy steam escapes from the vented lid. (The speed of the blades create enough friction to heat the ingredients.)
5. Season to taste with salt and pepper and add the chickpeas and stir through. Let the heat of the soup warm the chickpeas.
6. Serve with fresh coriander leaves and enjoy!





Mashed Potato

Contributor: Adam Guthrie | @adamguthrie

The delish seasonal staple sure to satisfy the whole family these holidays. Try this simple recipe and turn a classic into a creamy dairy-free hit that'll have the family saying 'more mash!'

Ingredients

- 4 large russet potatoes
- 1/4 cup plant-based milk
- salt and pepper, to taste

Directions

1. Place the potatoes in a large pot and cover with cold water. Place over medium heat. Simmer until fork tender, about an half hour (do not boil, or the potatoes will fall apart and get water logged).
2. Once the potatoes are fork tender, strain and place back into the large pot. Place it back on the stove and cook over low heat for 1 to 2 minutes (this will help to release any extra moisture in the potatoes from the cooking process).
3. Place the milk then the potatoes into the Vitamix container and secure the lid. Select Variable 3 and begin to pulse. Remove the lid plug and insert the tamper, using it to push ingredients down into the blades. Pulse 18-20 times, or until the mixture is smooth (be careful not to over mix, or the potatoes will get gummy and starchy).
4. Season with salt and pepper to taste.





Mushy Peas

Contributor: Adam Guthrie | @adamguthrie

Heap these quick, healthy mushy peas on every holiday meal to satisfy those green dreams. Don't stop there as these traditional European favourites are delicious as a dip to brighten up every dinner table.

Ingredients

- 250 g frozen peas
- 1 cup plant-based milk
- salt and pepper, to taste

Directions

1. Place the peas and plant-based milk into a saucepan and cook until the peas turn bright green in color.
2. Remove from the heat and transfer in your Vitamix container and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed and blend for 1 minute until mushy.
3. Season with salt and pepper, to taste.
4. Serve and enjoy!





Desserts

There's no need to get your tinsel in a tangle, this decadent desserts chapter is filled with guilt-free treats that are sure to keep you on the nice list.

Wow your guests by blending up a Turmeric Custard or finish your feast with a slice of No-Bake Cheesecake. With amazing recipes like these, there's always room for dessert!





Turmeric Custard

Contributor: Adam Guthrie | @adamguthrie

Heavenly custard for the holidays, perfectly spiced with turmeric and naturally sweetened with comforting flavours of maple and vanilla. This delicious dessert is filled with creamy and healthy anti-inflammatory ingredients - it'll leave you feeling golden! Dig into this cup of sunshine with your friends and family this festive season.

Ingredients

- 1 cup plant-based milk
- 1 tbsp maple syrup
- ¼ tsp vanilla paste
- a pinch of turmeric powder
- ½ tbsp cornstarch

Directions

1. Place all ingredients into the Vita-mix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid. (The speed of the blades create enough friction to heat the ingredients.)
5. Pour hot custard over your Christmas pud or for a cold treat pour into your favourite Coconut Bowls bowl and chill in the fridge for a few hours.





Chocolate Nice Cream

Contributor: Jazmin & Fiona | @bakeateasy

The perfect blend of naughty and nice. Topped with crunchy granola, decadent chocolate spread and cream-filled chocolate eggs, the Christmas Nice Cream is a dreamy, creamy, silky smooth finish to a tasty feast. Dig in!

Ingredients

- 1/2 cup plant-based milk
- 6 bananas (frozen)
- 1 tbsp cacao powder

Toppings:

- granola
- passionfruit
- hazelnut chocolate spread
- vegan cream-filled chocolate eggs

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 to 45 seconds or until smooth and creamy, using the tamper to press ingredients toward the blades.
3. Serve with desired toppings and enjoy.





Rum Balls

Contributor: Jazmin & Fiona | @bakeateasy

Fudgy, chocolatey, and the perfect bite-size treat — these sweet and fragrant Rum balls are a tasty twist on the traditional holiday favourite! Wrap-up as an edible gift for your loved one's, or pair with a glass of Coquito Coconut Eggnog (page 66) for a light dessert after your holiday feast. These mouth-watering Rum Balls are ready and rolling to bring a bit of holiday cheer to your celebration. Enjoy!

Ingredients [makes 20 balls]

- 1 cup almonds
- 2 tbsp maple syrup
- ¼ cup of coconut oil
- 10 medjool dates, pitted
- 2/3 cup shredded or desiccated coconut and extra for coating
- ½ cup cacao powder and extra for coating
- 2 tbsp rum (optional, add more or less to taste)

Directions

1. Place the almonds into your Vitamix container and secure the lid. Select Variable 6 and Pulse 8 times.
2. Remove the lid and add in the maple syrup, coconut oil, pitted dates, coconut and cacao powder.
3. Replace the lid but remove the lid plug. Insert the tamper.
4. Select Variable 6 and Pulse 35 to 40 times, using the tamper to press the ingredients into the blades.
5. Once the mixture looks wet and begins to cake, the mixture is done. It should stick together well when you pinch it between your fingers.
6. Roll into 20 bite-sized balls and coat half of the balls with raw cacao powder and the other half with desiccated coconut if preferred. Chill for at least 1 hour before serving.





No-Bake Cheesecake

Contributor: Jazmin & Fiona | @bakeateasy

Light, fresh, and creamy, this no-bake cheesecake is as beautiful as it is delicious. Perfectly balanced between guilt-free and indulgent, this melt-in-your mouth treat is sure to bring your guests back for another slice. After all, with a recipe this good, there's always room for dessert.

Ingredients

Crust:

- 160g of lotus biscoff cookies (you can use your favourite vegan cookies instead)
- 60g of vegan butter
- 2 tbsp of coconut oil

Cheesecake:

- 180g of cashews (soaked overnight & drained)
- 2 cans of coconut cream (cream only)
- 3 tbsp of lotus biscoff spread (you can use your favourite vegan cookie spread or nut butter. just add in ¼ tsp each of cinnamon, ginger, nutmeg and ⅛ tsp of ground cloves.)
- 1 tbsp of vanilla bean paste
- 2 tbsp of coconut oil

Directions

Crust:

1. Line a 8" Removable Bottom Round Cake tin with baking paper
2. Place the cookies into your Vitamix container and secure the lid. Pulse on variable speed 5 until crumbly, but not too fine.
3. Melt the butter and coconut oil.
4. In a medium size bowl, add in the ground cookies and pour over the melted butter and coconut oil and mix until texture is like wet sand.
5. Press the mixture into the lined mould compacting it using a spoon or clean hands.
6. Place into the freezer until the filling is ready.

Cheesecake:

1. Drain the cashew nuts and place them in your Vitamix container together with the coconut cream, biscoff spread, vanilla bean paste and melted coconut oil.
2. Start the machine on its lowest speed, then quickly increase to its highest speed and blend for around 5 minutes until smooth.
3. Pour the filling into the base, level with a spoon and place back into the freezer to set for a minimum of 4-6 Hours, the more the better.
4. Defrost for a few minutes before serving.





Drinks

These festive drinks are perfect for ringing in the New Year with the ones you love most! Whether in a winter wonderland or sunbathing under a coconut tree, enjoy blending up a refreshing Fruit Punch for the kids or a cheeky spiked Coquito Coconut Eggnog for the big kids.

No matter where the Holidays find you, there's no better way to celebrate than with a festive drink in hand!





Coquito Coconut Eggnog

Contributor: Jazmin & Fiona | @bakeateasy

Gather around the fireplace and surround yourself with the velvety creaminess of this Coquito Coconut Eggnog. Pair with your favourite bourbon for a cheeky after dinner treat, or keep as is for the little ones. Sweetened to perfection with a dash of maple syrup, and flavoured with our favourite seasonal spices — this silky-smooth beverage is the perfect finish to your holiday gathering. Cheers!

Ingredients

- 3 cups plant-based milk
- 1 400g can full-fat coconut milk (use light for lighter eggnog)
- 4-6 tbsp maple syrup, plus more to taste
- 1/2 tsp ground cinnamon, plus more to taste
- 1/4 tsp ground nutmeg, plus more to taste
- 1 tsp pure vanilla extract

Directions

1. Place all ingredients into the Vita-mix container in the order listed and secure the lid.
2. Select variable 1.
3. Turn the machine on and slowly increase speed to 10 and blend until creamy and smooth (55 seconds).
4. Taste and adjust flavor as needed, adding more spices for warmth or maple syrup for sweetness.
5. Enjoy cold, over ice, or hot by heating over medium heat until warm. For best results we recommend chilling thoroughly to allow flavors to develop. Stir before serving and garnish with coconut whipped cream (optional) and a star anise.





Fruit Punch

Contributor: Jazmin & Fiona | @bakeateasy

Whether dreaming of warm beaches, or sun bathing under a coconut tree, this fruit punch recipe is sure to get you in the spirit of the season! With a crisp flavour, colourful citrus zest, and a touch of fresh mint, this fruit punch is the ideal pre-dinner beverage to spread some holiday cheer. Pair with our Vegan Dips Board (page 23) and let the festivities begin!

Ingredients

- 6 cups of cold water
- 2 limes or lemons, quartered and any seeds removed
- mint leaves (optional)
- ¼ cup of sugar (optional)
- ice cubes, as needed
- lemon/lime slices and mint leaves, to serve

Directions

1. Place all ingredients into the Vita-mix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase speed to variable 10. Blend until the limes or lemons are completely pulverized, the mixture should be slightly foamy with a whitish color.
4. Garnish with lemon/lime slices and mint leaves. Serve immediately.

A HUGE thank you to our amazing creators Bake Eat Easy and Adam Gurthrie, who have contributed their incredible recipes into this Holiday Vitamix ebook! Both these amazing creators share our passion for inspiring others on their sustainable journey and we're so excited to help bring their amazing recipes into your home! For more delicious dishes, be sure to check out their websites and social media profiles listed below.

Happy holidays from our Coco fam to yours!



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Adam is a plant-based chef that loves to share all the benefits of leading a healthy plant-based lifestyle. He makes creative and delicious recipes and teaches them as well in his free plant-based course which makes it easier for those who wanted to transition to a nourishing plant-based lifestyle.



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Jazmin and Fiona are two recipe chasers who love to share lots of simple, healthy and fun ideas to recreate in your kitchen. Bake eat easy holds the motto, "Anyone can cook, it only takes PLENTY OF LOVE."