



Basic Meringue

Ingredients

- 4 egg whites at room temperature
- ½ teaspoon cream of tartar

Directions

1. Place ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select Variable 1. Start the machine, and increase to Variable speed 5.
3. Run for 15 to 30 seconds until soft peaks form.



Bullet Proof Coffee with Macadamia Nut Milk

Ingredients

- ¼ cup macadamia nut milk
- 2 TBS unsalted, grass-fed butter
- 8 oz. hot coffee

Directions

1. Place ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select Variable 1. Start the machine, and increase to Variable speed 8.
3. Run for 30 seconds. Pour into cup and serve.



Caffe Mocha

Ingredients

- 1 cup skim milk
- 1 cup leftover coffee, room temp
- 1/8 tsp vanilla extract
- ½ cup semi-sweet chocolate chips

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase to its highest speed.
3. Blend for 5-6 minutes or until steaming.
4. Pour into cup and serve immediately



Chilled Chai Latte

Ingredients

- 1 cup (240 ml) cold skim milk
- 1½ cup (360 ml) chai tea, brewed
- 2 cups (260 g) ice cubes
- ½ teaspoon ground cinnamon
- sweetener, if desired

Directions

1. Place milk into the Vitamix Aer™ disc container and secure the lid. Select the lowest setting. Start the machine, slowly increase to Variable 6, and run for 30 seconds. (If only making a half recipe for a single serving, reduce run time to 15 seconds.)
2. Stop the machine and remove the lid.
3. Add chai tea. Secure the lid, select Variable 8, and Pulse 3 to 5 times to incorporate.
4. Place 1 cup of ice into each 16-ounce (480-ml) cup. Pour the latte into each cup, then top with a pinch of cinnamon. Sweeten if desired.



Chocolate Mousse

Ingredients

- 1 ½ cups very cold whipping cream
- 3 Tablespoons chocolate sauce
- ½ shot Baileys Irish cream

Directions

1. Place all ingredients into the Vitamix Aer™ disc 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 15-20 seconds. The sound of the motor will change tone as the mousse is set.



Chocolate Orange Mousse

Ingredients

- 2 cups (480 ml) heavy cream
- ½ teaspoon orange zest
- ¼ cup (60 ml) chocolate sauce

Directions

1. Place all ingredients into the Vitamix Aer™ disc container in the order listed and secure lid.
2. Turn the dial to 1 and slowly increase speed to 10.
3. Blend for 35 to 40 seconds or until desired consistency is reached.



Cold Brew Cappuccino

Ingredients

- 1 cup (240 ml) cold skim milk
- ½ teaspoon instant espresso powder
- 1 cup (240 ml) cold brew coffee
- 2 cups (260 g) ice cubes
- sweetener, if desired

Directions

1. Place milk and instant espresso into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 6, and blend for 30 seconds. (If making a half recipe for a single serving, reduce the blending time to 15 seconds.)
3. Portion equally into 2 (16-ounce) (480-ml) cups. Pour ½ cup (120 ml) cold brew coffee over each glass. Top with 1 cup (130 g) ice cubes per cup. Sweeten if desired.

Notes

Important: Cold skim milk is a must for this recipe. It will not work with 1%, 2%, or whole milk. Likewise, it needs to be as cold as possible. A lower speed with the skim milk is what helps create this foam. Recipe makes 2 1/4 cups (540 ml) milk foam.



Cold Foam Cappuccino

Ingredients

- 1 cup very cold non-fat milk
- 1 large coffee mug filled with 6 oz. cold espresso

Directions

1. Place milk into the Vitamix Aer™ disc container and secure the lid.
2. Select Variable 1, Start the machine and increase speed to Variable 5. Blend for 45 seconds.
3. Pour foam into coffee.



Eggnog

Ingredients

- 2 large pasteurized eggs
- 1/3 cup granulated sugar
- 1/2 tsp pumpkin pie spice
- 3 fluid ounces brandy
- 3/4 cup whole milk
- 1/2 cup heavy cream
- 1 cup ice cubes
- Nutmeg grater for garnish

Directions

1. Place eggs into the Vitamix Aer™ disc container and blend on Variable 5 for 20-30 seconds.
2. With blender running, remove lid plug and slowly add sugar, blending for 20 seconds.
3. Add pumpkin pie spice, brandy, milk, cream and ice cubes.
4. Blend on Variable 8 for 15-30 seconds to chill.
5. Strain and pour into glasses and grate nutmeg on top.



Ginger Smash Cocktail

Ingredients

- 1" piece peeled ginger and cut into 3 slices
- 10 mint leaves and one sprig
- ½ lemon, cut into 2 wedges
- 1 oz. bourbon
- splash of agave
- 6 oz. ginger beer
- 1 cup ice cubes

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 10.
3. Blend for 45 seconds.
4. Strain into glasses filled with ice.



Hollandaise

Ingredients

- 6 large pasteurized egg yolks
- 2 Tablespoons lemon juice
- ¼ teaspoon salt
- 2-3 dashes of your favorite hot sauce
- 1½ cup (360 ml) melted butter, warm

Directions

1. Place yolks, lemon juice, salt, and hot sauce (plus any optional add-in ingredient you want) into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to Variable 8, and run for 30 seconds.
3. While the machine is still running, remove the lid plug and slowly pour warm butter through the opening. As the mixture begins to thicken, the butter may be added at a faster rate. Finish pouring the butter and after blending for another 30 seconds, replace the lid plug. Increase speed to Variable 10 and run for 3 to 5 seconds.



Hot Foam Non Fat Milk

Ingredients

- 1 cup skim milk 0% fat (microwave for 1 minute or to 160 degrees)

Directions

1. Place warmed milk in Vitamix Aer™ disc container. Start low and increase to Variable 6 for 45 seconds.
2. Pour hot milk foam over 6 oz. hot cup of coffee. Stir, then add more to top off. Sweeten if desired.



Ice Cream Brandy Alexander

Ingredients

- 3 oz. Hennessy V.S.
- 3 oz. Kahlua
- 8 oz. (4 large scoops) vanilla ice cream (slightly softened)
- 2 ice cubes
- Fresh grated nutmeg.

Directions

1. Place all ingredients into the Vitamix Aer™ disc container (except nutmeg) and secure the lid.
2. Start the machine and increase speed to Variable 5 slowly for 30 seconds, then continue to process at Variable 6 – Variable 8 for 30 seconds.
3. Strain and pour into glasses, top with grated nutmeg



Pumpkin Cream Cold Brew Coffee

Ingredients

- 1 ½ cups cold brew coffee
- 2 tsps. Torani vanilla syrup
- Mixed together in a glass with ice, with room at top for foam.

For foam topping:

- ½ cup very cold skim milk
- 1 tsp Torani vanilla syrup
- 1 tsp pumpkin puree
- ¼ tsp pumpkin pie spice

Directions

Make foam topping:

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5 until thick
3. Pour over cold brew coffee mixture in ice filled glass with room for foam
4. Serve with spoon and straw.



Mayo without Egg

Ingredients

- 100 ml or 3 oz. of milk
- 1 teaspoon lemon juice
- 1 teaspoon vinegar
- 3 Tablespoon Dijon mustard
- 6 oz. of oil
- salt and pepper to taste

Directions

1. Place milk, lemon juice, vinegar, mustard, and spices into the Vitamix Aer™ disc container in the order listed and secure lid.
2. Select Variable 1. Start the machine and slowly increase to Variable 5 and blend for 15 seconds.
3. Remove lid plug and slowly pour oil through the lid plug opening.
4. Secure lid plug. Increase speed to Variable 10 and blend and additional 10 seconds until thickened.



Mayonnaise

Ingredients

- 6 large pasteurized egg yolks
- 2 Tablespoons lemon juice
- 2½ teaspoon dry mustard
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- 1¼ cup (300 ml) canola oil

Directions

1. Place eggs, mustard, salt, and lemon juice into the Vitamix Aer™ disc 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. Blend for 10 seconds.
4. Reduce speed to Variable 8. While machine is running, remove the lid plug and pour in the oil in a thin, steady stream through the lid plug opening until completely used and mixture thickens (about 30 seconds).
5. Stop machine and stir in any oil sitting on top.
6. Refrigerate in separate container and use within 2-4 weeks.

Option 2

- 3 large egg yolks, room temp
- ¼ cup lemon juice
- ¼ tsp salt
- ¼ tsp pepper
- 1 tsp mustard powder or Dijon mustard
- 1 ¼ cup light olive oil

Follow same directions as Mayonnaise



Mint Julep

Ingredients

- ½ cup bourbon
- ½ cup cold water
- ½ cup sugar
- 20 mint leaves
- 4 cups ice cubes

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5.
3. Blend for 30 seconds.
4. Pour over ice filled glass. Garnish with mint.



Mojito

Ingredients

- 6 cups (680 g) ice cubes
- 45 fresh mint leaves
- 8 ounces (240 ml) simple syrup
- 8 ounces (240 ml) fresh lime juice
- 8 ounces (240 ml) white rum
- 8 ounces (240 ml) club soda

Directions

1. Place 1½ cups (195 g) ice in each of four highball glass and set aside.
2. Place mint, simple syrup, lime juice, and rum into the Vitamix Aer™ disc container in the order listed and secure the lid.
3. Select the lowest setting. Start the machine, slowly increase to Variable 6, and run for 45 seconds.
4. Strain the whole batch and pour evenly into each highball glass. Top with 2 ounces (60 ml) club soda and garnish with mint.



Muddled Moscow Mule

Ingredients

- 4 rosemary needles on stem
- 1 sprig fresh thyme
- 1 tsp sugar
- 2 oz. vodka
- 2 oz. cranberry juice
- 4 oz. ginger beer
- 1 cup ice cubes

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to high.
3. Blend for 45 seconds.
4. Strain into glasses filled with ice.



Muddled Screwdriver

Ingredients

- 2 slices orange, halved
- 1 slice lemon
- 3 oz. vodka
- 9 oz. orange juice
- 1 cup ice

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 5.
3. Blend for 30 seconds.
4. Pour over ice filled glass.



Pineapple Raspberry Rum Cooler

Ingredients

- 2 Tablespoons frozen raspberries
- 2 chunks fresh pineapple
- 2 cup ice cubes
- 3 ounces coconut water
- 3 ounces pineapple juice
- 1 oz. light rum

Directions

1. Place all ingredients into the Vitamix Aer™ disc container and secure the lid.
2. Start the machine and increase speed to Variable 6.
3. Blend for 30 seconds.
4. Pour over ice filled glass.



Raspberry Whipped Cream

Ingredients

- 3 cups (720 ml) heavy cream
- 1/3 cup (65 g) granulated sugar
- 1 cup (125 g) raspberries

Directions

1. Place all ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, increase to its highest speed, and run for 45 seconds to 1 minute, using the tamper to press ingredients into the disc toward the end of the run time.



Strawberry Lemonade

Ingredients

- 1½ cup (350 ml) cold water
- 1 lemon, ends trimmed and discarded, remainder cut into 4 equal slices (about 1/2 inch [13 mm] each)
- 3 strawberries, hulled, quartered
- ¼ cup (60 g) granulated sugar
- 2 cups (260 g) ice cubes

Directions

1. Place ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, increase to its highest speed, and run for 30 to 45 seconds.
3. Serve with extra ice if desired.

Notes

The juice of each lemon slice will be extracted, leaving the rind fully intact. The Aer™ disc container will also muddle the strawberries and chill the drink, all at the same time.



Tomato –Basil Vinaigrette

Ingredients

- ¼ cup (60 ml) white balsamic vinegar
- 2 teaspoons honey
- 2 teaspoons dry mustard
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 2 fresh basil leaves, each torn into 3-4 pieces
- 1 cup (175 g) grape tomatoes, halved
- 1 cup (240 ml) olive oil

Directions

1. Place balsamic vinegar, honey, mustard, lemon juice, salt, basil, and tomatoes into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, slowly increase to its highest speed, and run for 1 minute.
3. Reduce speed to Variable 8. Remove the lid plug and add oil in through the lid plug opening in a steady stream. Once all the oil is added, replace the lid plug and run for 15 seconds.



Whipped Cream

Ingredients

- 2 cups very cold whipping cream

Directions

1. Place all ingredients into the Vitamix Aer™ disc container in the order listed and secure the lid.
2. Select the lowest setting. Start the machine, increase to its highest speed, and run for 45 seconds to 1 minute.