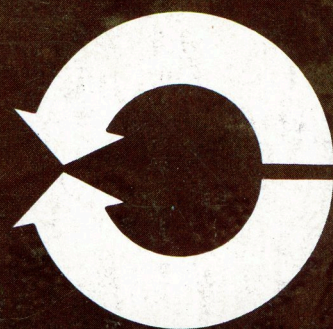


VITA MIX[®]

Blade Reversal **RECIPES**



*Blade Reversal**

VITA MIX RECIPES

and Instructions

Compiled by Ruth Mona Barnard

FOR THE BEGINNING COOK —
TO THE EXPERT —
HOME AND COMMERCIAL USE

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MUFFINS

Basic Recipe for Muffins

Sift together into a bowl:

- 3 c flour or fine whole wheat flour
- 4 t baking powder
- $\frac{1}{4}$ t salt

VITAMIX:

- 2 eggs
- 2 c milk
- 2 T shortening, butter or margarine
- 2 T sugar or honey

Add VITAMIXed ingredients to dry ingredients and stir in well till mixed.

Variations: **Peanut Muffins**—Add 1 c peanuts to liquid ingredients and VITAMIX just till peanuts are chopped. **Ham Muffins**—Add 1 c diced cooked ham to liquid ingredients and VITAMIX just till ham is shredded medium fine. **Coconut Muffins**—Add 1 c shredded or flaked coconut to liquid ingredients just before turning off the switch. **Raisin or Nut Muffins**—Add $\frac{1}{2}$ c raisins or chopped nuts to muffin mixture just before baking, and stir in. **Chocolate Muffins**—VITAMIX 2 squares (cut in pieces) of bitter chocolate and $\frac{1}{2}$ c sugar with liquid ingredients.

Cheese Muffins—Add 1 c diced cheese to liquid ingredients while VITAMIXing and process till cheese is grated. **Bacon Muffins**—Add 6 strips cooked bacon to liquid ingredients and VITAMIX till chopped.

Banana Muffins

VITAMIX:

- 3 T milk
- 1 egg
- 4 T vegetable oil
- 3 medium sized ripe bananas
- 4 T sugar

Pour over following dry ingredients which have been sifted together into a bowl:

- 2 c flour
- 2 t baking powder
- $\frac{1}{4}$ t soda
- $\frac{1}{2}$ t salt

Stir only till mixed, not smooth. Bake in greased muffin pans at 400°.

Blueberry Muffins

VITAMIX till barely combined:

- 2 eggs
- 1 c milk
- $\frac{1}{4}$ c vegetable oil
- $1\frac{3}{8}$ c sifted flour (may be whole wheat)
- 3 t baking powder
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ c sugar

Dust $\frac{1}{4}$ c flour over 1 c blueberries in a bowl and stir into batter, then dip into oiled muffin tins and bake at 400° about 15 minutes. Makes 12 muffins.

Whole Wheat Muffins

VITAMIX till just combined:

- 2 eggs
- 1 c milk
- $\frac{1}{4}$ c vegetable oil
- $1\frac{1}{2}$ c fine whole wheat flour
- $\frac{1}{4}$ c wheat germ
- $\frac{1}{4}$ c lecithin granules (if unavailable, substitute $\frac{1}{4}$ c flour)
- 3 t baking powder
- $\frac{1}{2}$ t salt
- 4 T sugar

Turn off switch, and add:

- $\frac{1}{2}$ c washed raisins (seedless)

Stir in with a spoon, then pour or spoon it out into muffin tins or a loaf pan. Bake about 15 minutes at 400°.

CORN BREADS

Johnnycake No. 1

VITAMIX dry, cleaned, (blown) yellow corn to make:

- 2 c cornmeal

Sift together with:

- 1 c flour (can be whole wheat)
- $\frac{1}{2}$ t salt
- 2 T sugar
- 1 t soda
- $\frac{1}{4}$ t nutmeg (optional)

VITAMIX:

- 1 c buttermilk or sour milk
- 1 T vegetable shortening or margarine
- 1 egg

Add and stir into dry ingredients in a bowl, or add dry ingredients to egg mixture in the Vita Mix. Bake in square baking dish at 375° 20 to 25 minutes.

Johnnycake No. 2

VITAMIX dry, cleaned (blown) yellow corn to make:

- $1\frac{1}{2}$ c cornmeal

Sift together with:

- $\frac{3}{4}$ c flour
- 4 t baking powder

2 T sugar

1 t salt

VITAMIX with:

1 egg

1¼ c milk

4 T shortening or margarine

Process till just barely mixed.

Johnnycake No. 3

VITAMIX dry, cleaned (blown) yellow corn to make:

2 c cornmeal

Add carefully and VITAMIX, using lid when turning it on:

1 c boiling water

Immediately add while running:

1 c boiling water (additional),

1 T shortening

Add to in a bowl:

2 c boiling water (additional)

and stir together. Spread ½ inch thick on oiled baking sheet. Bake at 350° until crisp, about 25-45 minutes.

Molasses Corn Cake

VITAMIX

¼ c dark molasses

¾ c milk

¾ c cornmeal (see instructions for grinding corn)

1 c sifted flour (whole wheat may be used)

3 t baking powder

¾ t salt

⅛ c dark brown sugar

pinch soda

Allow to VITAMIX till just mixed. Reverse, and if needed stir a little on top with rubber spatula or run it down the sides of container to the bottom by hugging the sides, to help the last of dry ingredients into the blades. Pour into loaf pan and bake 20 minutes at 425°.

Corn Muffins

VITAMIX:

1 egg

⅔ c milk

⅓ c vegetable oil

⅓ c sugar

Sift together:

1¼ c sifted whole wheat flour

¾ c cornmeal

4½ t baking powder

1 t salt

Make a well in these and add mixture from Vita Mix. Stir with a spoon only enough to dampen all ingredients. Bake in 12 muffin tins, 25 to 30 minutes at 425°.

FRUIT AND NUT BREADS

Cranberry Nut Bread

VITAMIX till peel is grated:

1 egg

½ c orange juice

3 1" squares orange peel

¼ c shortening

Add and VITAMIX just till slightly chopped:

1 c fresh cranberries (use spatula if needed)

Pour all at once into following dry ingredients which have been sifted together into a bowl:

2 c flour

1 c sugar

1½ t baking powder

½ t soda

1 t salt

Mix with a spoon, just enough to dampen. Carefully fold in:

½ c chopped nuts.

Spoon into greased 9x5x3 loaf pan, spreading corners and sides slightly higher than center. Bake at 350° for about 1 hr. Cool and remove from pan.

Variation: Substitute dates for cranberries.

Fruit Bread (by Mrs. C. Youngs)

VITAMIX:

1 egg

½ c honey

2 T molasses

Sift together in a bowl:

2½ c whole wheat flour

1 t soda

1 t baking powder

1 t salt

Stir VITAMIXed mixture into dry ingredients.

Add and stir in:

1 c raisins, which have been lightly floured

½ c spiced (small) gum drops cut up

Bake 1 hr at 350°.

Nut Bread

VITAMIX dry till chopped then empty and set aside:

¾ c walnut meats

Sift together into a bowl:

2 c sifted fine whole wheat flour

(see instructions for grinding wheat in the Vita Mix)