

## Choose the package that's just perfect for you!

### The Vita-Mix® 5200

- Versatile 64 oz. Wet Blade Eastman™ container and lid
- Patented tamper for quicker, easier processing
- Your choice of Black or White base with powerful 2+ peak HP motor
- **FREE GIFTS:** *Getting Started* guide and DVD, *Whole Food Recipes for Better Living* Cookbook



### The Vita-Mix® Super 5200

- Versatile 64 oz. Wet Blade Tritan™ container and lid
- Compact 32 oz. Dry Blade Tritan™ container and lid for grain grinding
- Patented tamper for quicker, easier processing
- Your choice of Black or White base with powerful 2+ peak HP motor
- **FREE GIFTS:** *Getting Started* guide and DVD, *Whole Food Recipes for Better Living* Cookbook and *Whole Grains* Cookbook



### The Vita-Mix® Deluxe 5200

- Versatile 64 oz. Wet Blade Eastman™ container and lid
- Compact 32 oz. Dry Blade Eastman™ container and lid for grain grinding
- Additional 32 oz. Wet Blade Eastman™ container
- Patented tamper for quicker, easier processing
- Your choice of Black or White base with powerful 2+ peak HP motor
- **FREE GIFTS:** *Getting Started* guide and DVD, *Whole Food Recipes for Better Living* Cookbook and *Whole Grains* Cookbook, Low Fat/Low Carb Recipe book, Vita-Mix Flexible Cutting Boards, Vita-Mix Spatulas



Packages above are available in **WHITE** and **BLACK** bases. You can upgrade any of these packages to a **RED MACHINE BASE** for a slight price increase.

## It's Easy to Go Green With the Vita-Mix 5200.

As you begin to incorporate the green smoothie into your nutritional regimen, you will begin to increase the greens and decrease the amount of fruit you are adding because your taste buds will change. You will crave the flavor of the smooth, creamy, green smoothie.



If you have a picky eater at home or have children, get them to try a green smoothie, but don't tell them what's in it. . .they are sure to love the taste. The nutritious value they are getting can be your little secret.

As a member of the Vita-Mix Affiliate Sales Program, I can help you get the finest blending tool for healthier living. Use my code below when ordering, and I'll save you money. Don't wait! Order your Vita-Mix® 5200 right now!

Here is my Vita-Mix Affiliate contact information:

Marc 888-649-8025

WWW.RAWNUTRITION.CA

#06-002967



When you mention this special savings code when you place your order!

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## Ready to "go green"?

**You'll never look back!**

A Vita-Mix green smoothie blends antioxidant-rich leafy greens with fresh fruits. The results are spectacular—because of the 2+ peak horsepower motor and precision-crafted stainless-steel blades.

Silky-smooth and sweet, a green smoothie is a great way to start the day or perfect for an afternoon pick-me-up. The Vita-Mix 5200 not only releases phenomenal flavor, but also hidden nutrition. The Vita-Mix 5200 has the power to break right through the cell walls of whole foods to make the calcium, magnesium, folate and vitamin C in leafy greens more available to nourish your body.

So enjoy the green smoothie recipes—but remember, perfect results are guaranteed only with the Vita-Mix 5200 and are not recommended for ordinary kitchen appliances.

## It's Truly an Extraordinary Machine!

The Vita-Mix machine has the power to perform a wide variety of food processes with just one machine, faster and more effectively than ordinary kitchen appliances and without a single attachment. And it cleans up in just seconds. Most importantly, the Vita-Mix machine has the power to break open the cell walls of whole foods — that releases added nutrition you simply can't get from chewing alone. Here's just a sample of what this amazing machine can do for you:

- **Make juice from fresh produce in under a minute**
- **Cook hot soup from scratch in just five minutes**
- **Make healthy, delicious frozen treats in 30 seconds**
- **Grind whole grains and knead dough in one easy operation** (with the Super or Deluxe packages)



# The Green Smoothie

The essential drink for the Vita-Mix lifestyle.

Want a drink that fills you up, tastes great, is easy to make, and is good for you that everyone loves? It's called the Green Smoothie and it's made right in the Vita-Mix. Fans of this beverage declare that drinking the green smoothie provides health benefits such as:

- End sweet cravings
- Improve vision
- Improve digestion
- Stabilize blood sugar
- Help weight loss
- Get more energy
- Look and feel younger
- Improve skin

It's created a lot of buzz. Now everyone's "going green" with their smoothies. Athletes, top chefs, celebrities, trainers, and even kids love this refreshing smoothie every day. And now you can enjoy these smoothie shop quality drinks right at home!



Drinking this miraculous green drink will help you reach the recommended daily allowance of fruits and vegetables everyday...in a quick, and delicious way that your whole family will love.

The green smoothie is a key beverage to make in your Vita-Mix machine. Get your greens, your fruit, and extra nutrients from blending the two together in the Vita-Mix 5200!



The Vita-Mix machine makes blending the greens with fruit a rich, smooth and refreshing drink without being too sweet from the fruit or too bitter because of the greens.

# Vita-Mix® & Match

## Green Smoothie List

COLUMN A	COLUMN B	COLUMN C
2 cups spinach	1 cup grapes	1 cup soy milk (plain or vanilla)
1 cup kale	1 apple	1 cup yogurt (flavored or plain)
1/2 head of romaine	1 orange, peeled	1 cup fruit juice
1 romaine heart	1 cup melon, peeled	1 cup water
3/4 cup raw broccoli	1 cup pineapple	
	1 cup berries	
	1/2 banana, peeled	
	1/2 cup cucumber, peeled or unpeeled	
	1 kiwi, peeled	
	1 carrot	
	1 cup peaches	
	1 cup mango, peeled	
	1/2 cup papaya, peeled	
	2 stalks celery	

Pick 1 item from Column A, 2 items from Column B, 1 item from Column C, and add 1 cup of ice. Place all ingredients into the Vita-Mix container and secure 2-part lid. Select **VARIABLE** speed #1. Turn machine **ON** and quickly increase speed to **VARIABLE** speed #10, then to **HIGH**. Blend for **1 minute**, or until smooth.

# From the Vita-Mix Kitchen

A few of our favorite Green Smoothie Recipes!

## Popeye Green Smoothie

- 1/2 banana
- 1/2 cup (80 g) grapes
- 1 cup (30 g) fresh spinach
- 1/2 apple
- 1/4 cup (60 ml) vanilla yogurt
- 2 oz (56 g) pineapple
- 1 cup (240 ml) ice

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE**, speed #10 and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

## Wheat Grass Smoothie

- 1 cup (160 g) green grapes
- 1/2 cup (75 g) pineapple
- 1/2 cup wheat grass
- 1/2 cup (120 ml) water
- 1 cup (240 ml) ice

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE**, speed #10 and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

## Peachy Green Smoothie

- 2 cups (375 g) peaches, frozen or fresh pitted
- 2 cups (60 g) fresh spinach
- 1 apple
- 1 cup (240 ml) soy milk
- 1 cup (240 ml) ice

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE**, speed #10 and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

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