Getting Started
Guide de démarrage

Using Your Personal Cup Adapter
Utilisation de votre gobelet personnel et de son adaptateur
Getting Started

With the Personal Cup Adapter, you can now blend individual smoothies and juices, homemade dressings and marinades, or quickly chop ingredients for any recipe. Enjoy single servings blended right in the cup, and explore the recipes included here as you transform your full-size Vitamix machine into a personal blender. For additional recipe inspiration, visit vitamix.com/Find-Recipes.

4 How to use your Personal Cup Adapter
6 Hint of Mint Green Smoothie
6 Green Protein Drink
9 Apple Beet Juice
10 Cashew Milk
10 Almond Milk
13 Brown Rice Flour
13 Cornmeal
13 Flax Meal
15 Chopped Cheese
15 Chopped Nuts
16 Chopped Garlic
17 Fresh Blueberry Vinaigrette
17 Greek Style Vinaigrette
How To Use Your Personal Cup Adapter

01. **Load Ingredients**
Add ingredients to the Personal Cup in the order they appear in the recipe, or follow this general guideline when creating your own.

02. **Attach the Adapter**
Turn the Adapter upside-down and twist onto the container.

03. **Place on Blender Base**
Turn the Adapter right-side-up and place on your Vitamix motor base.

04. **Blend**
Follow the instructions in your recipe, and don’t be afraid to use your highest speed setting.

05. **Enjoy**
Remove the Adapter from the Personal Cup, add a travel lid, and enjoy.

**Note:**
If ingredients aren’t flowing, you may need to add a little more liquid from the recipe, whether it’s water, juice, broth, etc.
**Hint of Mint Smoothie**  
*Serves 2 / Processing: 35 – 40 seconds*

- ¾ cup (180 ml) ice cubes
- ¾ cup (150 g) fresh pineapple chunks
- 1 cup (25 g) loosely packed fresh spinach leaves
- 3 fresh mint leaves
- ½ cup (45 g) green grapes
- ¼ cup (60 ml) water

Amount Per Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Green Protein Drink**  
*Serves 1 / Processing: 35 – 40 seconds*

- ½ cup (80 ml) ice cubes
- ½ cup (75 g) frozen unsweetened strawberries
- 1 cup (30 g) fresh spinach
- ½ cup (33 g) chopped kale
- 1 Tablespoon chocolate whey protein powder
- 1 cup (240 ml) unsweetened rice milk
- ¼ teaspoon vanilla extract

Amount Per 1 ¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

**Directions:** Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
**Hint of Mint Smoothie**  
*Serves 2  |  Processing: 35 – 40 seconds*

- ¾ cup (180 ml) ice cubes
- ¾ cup (150 g) fresh pineapple chunks
- 1 cup (25 g) loosely packed fresh spinach leaves
- 3 fresh mint leaves
- ⅓ cup (45 g) green grapes
- ¼ cup (60 ml) water

**Amount Per Per 1 cup (240 ml) Serving:**  
- Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Directions:** Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.

---

**Green Protein Drink**  
*Serves 1  |  Processing: 35 – 40 seconds*

- ⅓ cup (80 ml) ice cubes
- ½ cup (75 g) frozen unsweetened strawberries
- 1 cup (30 g) fresh spinach
- ½ cup (33 g) chopped kale
- 1 Tablespoon chocolate whey protein powder
- 1 cup (240 ml) unsweetened rice milk
- ¼ teaspoon vanilla extract

**Amount Per 1¾ cups (420 ml) Serving:**  
- Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

---

**Apple Beet Juice**  
*Serves 1  |  Processing: 35 – 40 seconds*

- ¼ cup (60 ml) ice cubes
- ½ cup (68 g) scrubbed, unpeeled, and chopped raw beet
- ⅓ cup (40 g) seeded and rough-chopped apple
- ½ cup (64 g) chopped carrots
- ¼ cup (6 g) loosely packed fresh spinach
- ½ cup (120 ml) unsweetened apple juice

**Amount Per Per 1 cup (240 ml) Serving:**  
- Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Directions:** Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
**Cashew Milk**  
*Serves 1* / *Processing: 40 seconds*

½ cup (80 g) raw cashews, soaked overnight and drained  
1½ cups (360 ml) water

Amount Per 1 cup (240 ml) Serving: Calories 190, Total Fat 14g, Saturated Fat 2.5g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 2g, Protein 6g

**Directions:** Place soaked cashews and water into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 40 seconds, or until desired consistency is reached.

---

**Almond Milk**  
*Serves 1* / *Processing: 35–40 seconds*

¼ cup (50 g) raw almonds, soaked overnight and drained  
1 cup (240 ml) water

Amount Per 1 cup (240 ml) Serving: Calories 180, Total Fat 16g, Saturated Fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 7g, Dietary Fiber 4g, Sugars 1g, Protein 7g

**Directions:** Place soaked almonds and water into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 1 minute to 1 minute 30 seconds, or until desired consistency is reached.
Hint of Mint Smoothie
Serves 2  |  Processing: 35 – 40 seconds
¾ cup (180 ml) ice cubes
¾ cup (150 g) fresh pineapple chunks
1 cup (25 g) loosely packed fresh spinach leaves
3 fresh mint leaves
⅓ cup (45 g) green grapes
¼ cup (60 ml) water

Amount Per Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

Green Protein Drink
Serves 1  |  Processing: 35 – 40 seconds
⅓ cup (80 ml) ice cubes
½ cup (75 g) frozen unsweetened strawberries
1 cup (30 g) fresh spinach
½ cup (33 g) chopped kale
1 Tablespoon chocolate whey protein powder
1 cup (240 ml) unsweetened rice milk
¼ teaspoon vanilla extract

Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

Directions:
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
Hint of Mint Smoothie
Serves 2  |  Processing: 35–40 seconds
¾ cup (180 ml) ice cubes
¾ cup (150 g) fresh pineapple chunks
1 cup (25 g) loosely packed fresh spinach leaves
3 fresh mint leaves
⅓ cup (45 g) green grapes
¼ cup (60 ml) water

Amount Per Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

Green Protein Drink
Serves 1  |  Processing: 35–40 seconds
⅓ cup (80 ml) ice cubes
½ cup (75 g) frozen unsweetened strawberries
1 cup (30 g) fresh spinach
½ cup (33 g) chopped kale
1 Tablespoon chocolate whey protein powder
1 cup (240 ml) unsweetened rice milk
¼ teaspoon vanilla extract

Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

Directions:
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.

Chopped Cheese
Yield: 3/4 cup  |  Processing: 15 seconds
½ cup (70 g) hard cheese, cut into 1-inch (2½-cm) cubes, chilled

Directions: Place cheese into the 20-ounce container and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to medium speed, and blend for 15 seconds, or until desired consistency is reached.

Chopped Nuts or Garlic
Yield: 1 Tablespoon  |  Processing: Pulsing
⅛ cup (75 g) nuts
or
3 medium garlic cloves, peeled

Directions: Place ingredients into the 20-ounce container and secure the adapter. Pulse 5 times, or until desired consistency is reached.
**Fresh Blueberry Vinaigrette**  
*Serves 4 | Processing: 25 seconds*

- ¼ cup (40 g) fresh blueberries
- 2 Tablespoons (30 ml) pure maple syrup
- 2 Tablespoons (30 ml) balsamic vinegar
- ¼ teaspoon dry mustard
- ¼ teaspoon salt
- Dash of ground black pepper
- ⅛ teaspoon salt
- Dash of ground black pepper
- ¼ cup (60 ml) olive oil

Amount Per Per 2 Tablespoons (30 ml): Calories 160, Total Fat 14g, Saturated Fat 2g, Cholesterol 0mg, Sodium 75mg, Total Carbohydrate 9g, Dietary Fiber 0g, Sugars 9g, Protein 0g

Directions: Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 25 seconds, or until desired consistency is reached.

---

**Greek Style Vinaigrette**  
*Serves 8 | Processing: 25 seconds*

- 3 Tablespoons (45 ml) white wine vinegar
- ¼ cup (6 g) fresh basil leaves
- 1 Tablespoon chopped scallions
- 3 Tablespoons (28 g) crumbled feta cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon fresh oregano leaves
- ⅓ cup (160 ml) extra virgin olive oil

Amount Per Per 2 Tablespoons (30 ml): Calories 180, Total Fat 19g, Saturated Fat 3g, Cholesterol 5mg, Sodium 180mg, Total Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 1g

Directions: Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 25 seconds, or until desired consistency is reached.
Démarrage

Avec le gobelet personnel et son adaptateur, vous pouvez maintenant mélanger des portions individuelles de boissons fouettées et de jus ainsi que des vinaigrettes et des marinades maison ou hacher rapidement des ingrédients pour une recette. Buvez vos portions individuelles directement dans le gobelet et découvrez les recettes proposées ici pour transformer votre appareil Vitamix grand format en mélangeur personnel. Pour obtenir des idées de recettes supplémentaires, veuillez consulter vitamix.com/Find-Recipes.

20 Utilisation de votre gobelet personnel et de son adaptateur
22 Boisson fouettée Soupçon de menthe
22 Boisson protéinée verte
25 Jus de pomme et de betterave
26 Lait de noix de cajou
26 Lait d’amande
29 Farine de riz brun
29 Semoule de maïs
29 Graines de lin moulues
31 Fromage haché
31 Noix hachées
32 Ail haché
33 Vinaigrette aux bleuets frais
33 Vinaigrette de style grec
**Utilisation de votre gobelet personnel et de son adaptateur**

01. **Mettre les ingrédients dans le gobelet personnel**

Ajoutez les ingrédients dans le gobelet personnel en suivant l’ordre indiqué dans la recette ou suivez les recommandations générales lors de la réalisation de vos propres recettes.

02. **Fixer l’adaptateur**

Tournez l’adaptateur vers le bas et vissez-le sur le récipient.

03. **Fixer le tout sur le socle-moteur du mélangeur**

Tournez l’adaptateur vers le haut et fixez-le sur le socle-moteur du mélangeur Vitamix.

04. **Mélanger**

Suivez les instructions fournies dans votre recette. N’ayez pas peur d’utiliser les vitesses les plus élevées.

05. **Savourez**

Détachez l’adaptateur du gobelet personnel, fixez-y un couvercle pour le voyage et savourez.

---

**Remarque :**

Si les ingrédients ne circulent pas, ajoutez du liquide (eau, jus, yogourt).

**Ingrédients**

- **Secs** (grains, épices, poudres)
- **Liquides** (eau, jus, yogourt)
- **Fruits et légumes**
- **Glace et ingrédients surgelés**
- **Légumes-feuilles**
Boisson fouettée Soupçon de menthe

Portions : 2  Mélange : 35 à 40 secondes

¾ tasse (180 ml) de cubes de glace
¾ tasse (150 g) de morceaux d’ananas frais
1 tasse (25 g) d’épinards frais légèrement tassés
3 feuilles de menthe fraîche
½ tasse (45 g) de raisins verts
¼ tasse (60 ml) d’eau

Quantité par portion de 1 tasse (240 ml) : calories 70, lipides 0 g, gras saturés 0 g, cholestérol 0 mg, sodium 40 mg, glucides 17 g, fibres alimentaires 1 g, sucres 12 g, protéines 1 g

Boisson protéinée verte

Portions : 1  Mélange : 35 à 40 secondes

⅓ tasse (80 ml) de cubes de glace
½ tasse (75 g) de fraises surgelées non sucrées
1 tasse (30 g) d’épinards frais
1 cuillerée à soupe de poudre de protéines de petit-lait au chocolat
1/2 tasse (75 g) de kale, haché
1/4 cuillerée à thé d’extrait de vanille
1 tasse (240 ml) de lait de riz non sucré

Quantité par portion de 1 1/2 tasse (420 ml) : calories 210, lipides 4 g, gras saturés 0.5 g, cholestérol 30 mg, sodium 220 mg, glucides 30 g, fibres alimentaires 4 g, sucres 4 g, protéines 15 g

Hint of Mint Smoothie
Serves 2  |  Processing: 35–40 seconds
¾ cup (180 ml) ice cubes
¾ cup (150 g) fresh pineapple chunks
1 cup (25 g) loosely packed fresh spinach leaves
3 fresh mint leaves
⅓ cup (45 g) green grapes
¼ cup (60 ml) water

Amount Per Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

Green Protein Drink
Serves 1  |  Processing: 35–40 seconds
⅓ cup (80 ml) ice cubes
½ cup (75 g) frozen unsweetened strawberries
1 cup (30 g) fresh spinach
½ cup (33 g) chopped kale
1 Tablespoon chocolate whey protein powder
1 cup (240 ml) unsweetened rice milk
¼ teaspoon vanilla extract

Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

Directions:
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
**Hint of Mint Smoothie**

Serves 2  |  Processing: 35 – 40 seconds

¾ cup (180 ml) ice cubes
¾ cup (150 g) fresh pineapple chunks
1 cup (25 g) loosely packed fresh spinach leaves
3 fresh mint leaves
⅓ cup (45 g) green grapes
¼ cup (60 ml) water

Amount Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Green Protein Drink**

Serves 1  |  Processing: 35 – 40 seconds

⅓ cup (80 ml) ice cubes
½ cup (75 g) frozen unsweetened strawberries
1 cup (30 g) fresh spinach
½ cup (33 g) chopped kale
1 Tablespoon chocolate whey protein powder
1 cup (240 ml) unsweetened rice milk
¼ teaspoon vanilla extract

Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

**Directions:**

Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
**Hint of Mint Smoothie**
Serves 2  |  Processing: 35–40 seconds

¾ cup (180 ml) ice cubes  
¾ cup (150 g) fresh pineapple chunks  
1 cup (25 g) loosely packed fresh spinach leaves  
3 fresh mint leaves  
⅓ cup (45 g) green grapes  
¼ cup (60 ml) water

Amount Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Green Protein Drink**
Serves 1  |  Processing: 35–40 seconds

⅓ cup (80 ml) ice cubes  
½ cup (75 g) frozen unsweetened strawberries  
1 cup (30 g) fresh spinach  
½ cup (33 g) chopped kale  
1 Tablespoon chocolate whey protein powder  
1 cup (240 ml) unsweetened rice milk  
¼ teaspoon vanilla extract

Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

**Directions:**
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
Hint of Mint Smoothie
Serves 2  |  Processing: 35 – 40 seconds
¾ cup (180 ml) ice cubes
¾ cup (150 g) fresh pineapple chunks
1 cup (25 g) loosely packed fresh spinach leaves
3 fresh mint leaves
⅓ cup (45 g) green grapes
¼ cup (60 ml) water
Amount Per Per 1 cup (240 ml) Serving: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

Green Protein Drink
Serves 1  |  Processing: 35 – 40 seconds
⅓ cup (80 ml) ice cubes
½ cup (75 g) frozen unsweetened strawberries
1 cup (30 g) fresh spinach
½ cup (33 g) chopped kale
1 Tablespoon chocolate whey protein powder
1 cup (240 ml) unsweetened rice milk
¼ teaspoon vanilla extract
Amount Per 1¾ cups (420 ml) Serving: Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

Directions:
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.
**Hint of Mint Smoothie**  
Serves 2  |  Processing: 35–40 seconds

- ¾ cup (180 ml) ice cubes
- ¾ cup (150 g) fresh pineapple chunks
- 1 cup (25 g) loosely packed fresh spinach leaves
- 3 fresh mint leaves
- ⅓ cup (45 g) green grapes
- ¼ cup (60 ml) water

**Amount Per 1 cup (240 ml) Serving:** Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 12g, Protein 1g

**Directions:**
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.

---

**Green Protein Drink**  
Serves 1  |  Processing: 35–40 seconds

- ⅓ cup (80 ml) ice cubes
- ½ cup (75 g) frozen unsweetened strawberries
- 1 cup (30 g) fresh spinach
- ½ cup (33 g) chopped kale
- 1 Tablespoon chocolate whey protein powder
- 1 cup (240 ml) unsweetened rice milk
- ¼ teaspoon vanilla extract

**Amount Per 1¾ cups (420 ml) Serving:** Calories 210, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 220mg, Total Carbohydrate 30g, Dietary Fiber 4g, Sugars 4g, Protein 15g

**Directions:**
Place all ingredients into the 20-ounce container in the order listed and secure the adapter. Select the lowest speed setting. Start the machine, slowly increase to its highest speed, and blend for 35 to 40 seconds, or until desired consistency is reached.