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# Make the ultimate Green Smoothie with the **Vitamix® 5200**

Enjoying fresh fruits, vegetables and  
whole grains has never been easier.

## Sailor Man Green Smoothie

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

1. Place all ingredients into the container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High. If necessary, use the tamper to press the ingredients into the blades while processing.
4. Blend for 1 minute or until smooth.

**To Order** visit my website

or call Vitamix at:

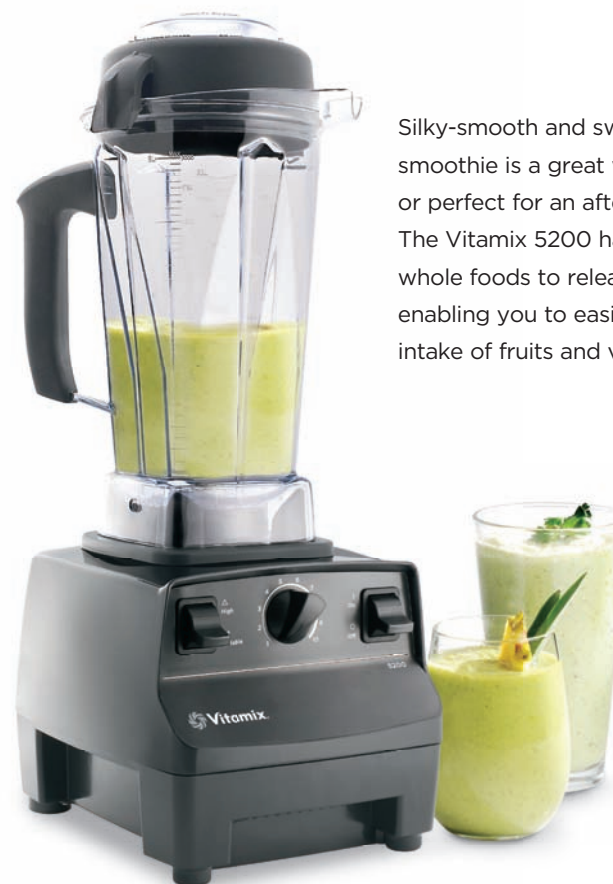
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8615 Usher Road  
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www.vitamix.com

Use the code below when ordering  
to receive **FREE** standard shipping —  
that's a savings of **\$25US / \$35CN**

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Silky-smooth and sweet, a Vitamix green smoothie is a great way to start the day or perfect for an afternoon pick-me-up. The Vitamix 5200 has the power to process whole foods to release maximum flavor while enabling you to easily increase your daily intake of fruits and vegetables.

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# It's Easy to Go Green With the Vitamix 5200

As you begin to incorporate the green smoothie into your nutritional regimen, try increasing the greens and decreasing the amount of fruit you are adding. Your taste buds will begin to change and you will start craving the "green" 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.



## 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	<b>INSTRUCTIONS</b> 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 Vitamix container and secure lid.  Select Variable 1.  Turn machine on and quickly increase speed to Variable 10, then to High. Blend for 1 minute or until smooth.
1 small head of bibb or Boston lettuce	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	
	1 pear	

Choose the package that's just perfect for you.

### The Vitamix® 5200

Take a look at everything you get:

- Whole Food Recipes, in a 3-ring, easel-back binder
- Getting Started, instructional step-by-step guide
- Let's Get Started! Cooking Class on DVD with tips and more
- Versatile 64 ounce rated capacity Wet Blade container and lid
- Unique tamper for quicker, easier processing
- Free standard shipping with savings code on back cover



### The Vitamix® Super 5200

Take a look at everything you get:

- Whole Food Recipes, in a 3-ring, easel-back binder
- Whole Grains cookbook
- Getting Started, instructional step-by-step guide
- Let's Get Started! Cooking Class on DVD with tips & more
- Versatile 64 ounce rated capacity Wet Blade container & lid
- Additional 32 ounce Dry Blade container & lid for grain grinding
- Unique tamper for quicker, easier processing
- Free standard shipping with savings code on back cover



### The Vitamix® Deluxe 5200

Take a look at everything you get:

- Whole Food Recipes, in a 3-ring, easel-back binder
- Whole Grains cookbook
- Getting Started, instructional step-by-step guide
- Let's Get Started! Cooking Class on DVD with tips & more
- Versatile 64 ounce rated capacity Wet Blade container and lid
- Additional 32 ounce Dry Blade container and lid for grain grinding
- Our 32 ounce Wet Blade container for smaller recipes
- Unique tamper for quicker, easier processing
- Vitamix Flexible Cutting Boards (Set of 4)
- Vitamix Spatulas (Set of 3)
- Free standard shipping with savings code on back cover



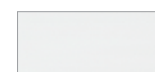
Choose from these base color finishes



Royal Red



Ebony Black



Classic White



Brushed Stainless (\$50 extra)

To see the full line of Vitamix products and current pricing go to [vitamix.com](http://vitamix.com)