

Carrot Foam

Chef: Matt Dugan Vitamix Executive Chef

Prep Time: 10 minutes

Container: 32 ounce Aeration container

Ingredients:

8 ½ fl.oz (160 g) carrot juice

6 fl.oz (100 g) tangerine juice

1.25 g soy lecithin

1 sprig thyme, leaves only

1 pinch (1) ground cardamom

Total time: 10 minutes 1 second

Machine:

Directions:

Place all ingredients into the container in the order listed and secure the lid.

Select Variable 1. Start the machine and increase to its highest speed. Blend for 30 seconds.

Stop the blender and remove the lid. Let stand for 15 to 30 seconds. Remove foam carefully with slotted spoon and garnish appropriately.

Skill Level: Simple

Yield: 0.8 cup, 180 ml

Program:

Chef Notes:

Nutrients: Calories: 60 kcal, Protein: 1 g, Total Fat: g, Carbohydrates: 12 g, Cholesterol: mg, Fiber: 1 g, Sat Fat: g, Sodium: 20 mg, Sugar: 10 g