

QUICK SHAKE CONTAINER RECIPES



Shake and take. Shake to blend your dressings, marinades, protein drinks and more. Flip-top cap locks open for easy dispensing or drinking. Includes blender wheel insert. 2½ cup.
733 Berry Bliss/Raindrop

QUICK SHAKE CONTAINER RECIPES

3. Asian Vinaigrette
4. Balsamic Marinade
5. Basil Vinaigrette
6. Canadian Barn Style BBQ Sauce
7. Canadian Maple Soy Glaze
8. Caesar Vinaigrette
9. Candy Sprinkles
10. Carolina Mustard BBQ Sauce
11. Chicken Cobb Salad
12. Chimichurri Marinade
13. Chipotle BBQ Sauce
14. Churrasco de Flank Steak
15. Cilantro Lime Dressing
16. Columbia Style BBQ Sauce (Pink Sauce)
17. Cosmo Drink
18. Creamy Cranberry Vinaigrette
19. Creamy Parmesan Peppercorn Dressing
20. French Dressing
21. Honey Mustard Dressing
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32. Mulled Apple Cider Marinade
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34. Pomegranate Mimosa
35. Pomegranate Mojito
36. Poppy Seed Dressing
37. Quick & Easy Pasta Salad
38. Quick Shake Apple Cake
39. Quick Shake Pizza Crust
40. Quinoa & Spinach Salad
41. Ranch Dressing II
42. Ranch Dressing
43. Ranch Dip
44. Raspberry Shake Up
45. Screwdriver
46. Sizzlin' Vinaigrette
47. Slaw Dressing
48. Snickers Caramel Apple Salad
49. Snowtop Cosmopolitan
50. Southern Alabama White BBQ sauce
51. Sweet Ginger Dressing
52. Taco Salad
53. Tequila Sunrise
54. Texas Style Rub

ASIAN VINAIGRETTE

- ½ cup low-sodium vegetable broth
- ⅓ cup rice vinegar
- 2 tbsp. reduced-sodium soy sauce
- 1 tbsp. sesame oil
- 2 tsp. honey
- 2 garlic cloves, minced
- ¼ tsp. ground ginger
- ⅛ tsp. red pepper flakes



TUPPERWARE



1. Combine all ingredients in a Quick Shake Container. Replace seal and shake well to blend.



TUPPERWARE



1. Combine all ingredients in a Quick Shake Container. Replace seal and shake well to blend.

BALSAMIC MARINADE

- ¼ cup extra virgin olive oil
- 2 tbsp. Worcestershire sauce
- ¼ cup balsamic vinegar
- 4 garlic cloves, peeled and crushed
- 1 tbsp. Simple Indulgence Steak & Chop Seasoning Blend

BASIL VINAIGRETTE

- ½ cup fresh basil
- 1 tbsp. honey
- 2 tbsp. balsamic vinegar
- ½ cup extra virgin olive oil
- ¼ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

CANADIAN BARN STYLE BBQ SAUCE

- ½ cup applesauce
- ½ cup ketchup
- 1 cup brown sugar, firmly packed
- ¼ cup fresh lemon juice
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. ground cinnamon



Yield: about 1½ cups

1. In the 2 cup Micro Pitcher or Stack Cooker ¾-Qt./1.75 L Casserole, stir together applesauce and brown sugar.
2. Cover and microwave on high power 1 minute. Remove from microwave and stir.
3. In the Quick Shake Container add, ketchup, lemon juice, salt, pepper, paprika, garlic powder and cinnamon and applesauce brown sugar mixture, secure cover and shaker to mix.
4. Use the Clip-N-Click Silicone Brush to apply immediately or let stand 15 minutes to cool, then refrigerate, covered, up to 5 days.

Slather over chicken, pork, or beef, or use as a marinade. For maximum flavor, reserve a portion of the sauce to use as a condiment at the table.

CANADIAN MAPLE SOY GLAZE

- 1 cup maple syrup
- ¼ cup soy sauce
- 3 tbsp. sweet chili sauce
- 1 garlic clove, peeled and minced

Yield: about 1½ cups

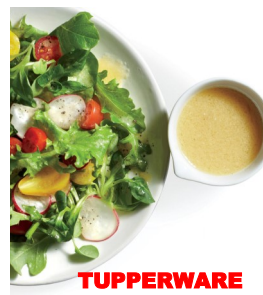


1. In the Quick Shake Container add maple syrup, soy sauce, chili sauce and garlic, secure cover and shake until well blended.
2. Use the Clip-N-Click Silicone Brush to apply immediately or refrigerate, covered, up to 5 days.

Baste over salmon, grilled chicken, or ribs. For maximum flavor, reserve a portion of the sauce to use as a condiment at the table.

CAESAR VINAIGRETTE

- ¾ cup plain yogurt
- 3 tbsp. lemon juice
- 1½ tbsp. red wine vinegar
- 1½ tbsp. Worcestershire sauce
- 2 tsp. anchovy paste
- 2 tsp. Dijon mustard
- ½ tsp. black pepper
- 2 garlic cloves, pressed
- 2 tbsp. olive oil or canola oil



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

CANDY SPRINKLES

½ cup sanding sugar
3–4 drops food coloring



1. Place sanding sugar in base of Quick Shake container and add 3–4 drops of desired food coloring. Shake until all sugar is coated. Use as desired.

CAROLINA MUSTARD BBQ SAUCE

1 cup yellow mustard
¼ cup apple cider vinegar
¼ cup + 2 tbsp. granulated sugar
2 tsp. chili powder
½ tsp. freshly ground black pepper
¼ tsp. cayenne pepper
1 tsp. Worcestershire sauce
2 tsp. salted butter
½ tsp. hot sauce



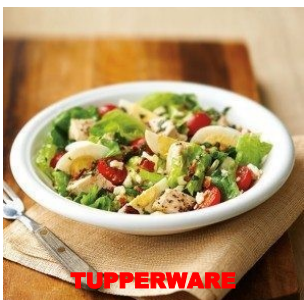
Yield: about 2 ¾ cups

1. In the Stack Cooker 1¾-Qt./1.75 L Casserole, stir together vinegar, sugar, chili powder, black pepper, cayenne pepper, Worcestershire sauce, butter and hot sauce.
2. Cover and microwave on high power 4 minutes. Remove from microwave and stir.
3. Pour ¾ of the BBQ sauce in the Quick Shake Container and use the Clip-N-Click Silicone Brush to apply immediately or let stand 15 minutes to cool, then refrigerate, covered, up to 5 days.
4. Save remainder of BBQ sauce for serving with cooked meat.

For extra flavor use in coleslaw and potato salad, drizzle over grilled chicken, pork, or beef and for maximum flavor, reserve a portion of the sauce to use as a condiment at the table.

CHICKEN COBB SALAD

4 oz. chicken breast, steamed and cut into small chunks
1 hard-boiled egg
2 tbsp. Basil Vinaigrette or preferred dressing
½ cup cherry tomatoes, halved
3 slices pre-cooked bacon, cut into small pieces
¼ cup feta cheese
1 cup romaine lettuce, chopped



1. Season chicken breast with salt and pepper. Place in SmartSteamer base, fill water tray with 1¾ cups water. Place steamer base over water tray and cover. Microwave on high power 8–10 minutes, or until chicken reaches 165° F/ 75° C.
2. Slice the hard-boiled egg using the Slice 'N Wedge fitted with the wedge insert.
3. Layer (bottom to top): dressing, tomatoes, chicken, bacon, cheese, egg, lettuce.
4. Securely seal container. Store in refrigerator until ready to serve.
5. When ready to serve, shake Quick Shake Container until all ingredients are combined. Pour into bowl and serve.



CHIMICHURRI MARINADE

½ cup red wine vinegar
1 tsp. kosher salt plus more
3-4 garlic cloves, minced
1 shallot, finely chopped
1 Fresno chile or red jalapeño, finely chopped
¾ cup minced fresh cilantro
½ cup minced fresh flat-leaf parsley
¼ cup finely chopped fresh oregano
¼ cup extra-virgin olive oil



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ½ cup marinade for sauce. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3 -8 hours.
4. Remove meat from marinade, pat dry, and grill.

CHIPOTLE BBQ SAUCE

- 1 cup crushed tomato
- 2 tsp. chili powder
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. chipotle in adobo sauce
- 2 tbsp. granulated sugar
- 1 tbsp. vinegar

Yield: about 1½ cups



1. In the Stack Cooker 1¾-Qt./1.75 L Casserole, stir together tomato, chili powder, garlic powder, onion powder, adobo, sugar and vinegar.
2. Cover and microwave on high power 1 minute. Remove from microwave and stir.
3. Pour BBQ sauce in the Quick Shake Container and use the Clip-N-Click Silicone Brush to apply immediately or let stand 15 minutes to cool, then refrigerate, covered, up to 5 days.

Slather over chicken, pork, or beef, or use as a marinade. For maximum flavor, reserve a portion of the sauce to use as a condiment at the table. Adjust the spicy heat by reducing or increasing the chipotle in adobo.

CHURRASCO DE FLANK STEAK

- 2 oranges, zested and juiced
- 3 limes, zested and juiced
- ½ cup olive oil
- 3 garlic cloves, peeled
- 1 small onion, peeled, quartered
- ¼ cup fresh cilantro
- 1½ tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 1 lb. Flank Steak, Sirloin Steak or Skirt Steak,



1. In the base of the Quick Chef Pro System, place garlic, onion and cilantro. Process until finely chopped. Transfer to a Quick Shake Container and add all juice and zest, plus olive oil. Cover and shake to combine.
2. Add seasoning blend to Quick Shake Container, cover and shake well to combine. Pour over beef in Season-Serve Container, seal, marinate 6 hours or overnight. Drain marinade and discard.
3. Grill or pan fry to preferred doneness.

CILANTRO LIME DRESSING

- ¼ cup cilantro, chopped
- 2 garlic cloves, peeled and chopped
- ⅓ cup extra virgin olive oil
- ½ lime, juiced
- 1 tbsp. Dijon mustard
- 1 tbsp. your favorite taco seasoning
- ¼ tsp. coarse kosher salt



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

COLUMBIAN STYLE BBQ SAUCE (PINK SAUCE)

- 1 cup full fat mayonnaise
- 6 tbsp. prepared ketchup
- 3 large garlic cloves, minced
- 1 small lime, juiced
- ¼ tsp. cayenne pepper
- ¼ tsp. kosher salt
- 2 tsp. brandy (optional)

Yield: about 1½ cups



1. In the Quick Shake Container combine mayonnaise, ketchup, garlic, lime juice, cayenne, salt and brandy, cover and shake well to combine,
2. Use the Clip-N-Click Silicone Brush to apply immediately, or store in the refrigerator, covered, up to 3 days.

Slather over cooked chicken, pork, beef or fish, or use as a marinade. For maximum flavor, reserve a portion of the sauce to use as a condiment at the table. Adjust the spicy heat by reducing or increasing the cayenne.



COSMO DRINK

- 4 oz. citrus-flavored vodka
- 3 oz. cranberry juice
- 2 oz. triple sec
- 1 oz. lime juice

TUPPERWARE

1. Pour all ingredients into a Quick Shake container.
2. Add a few ice cubes, place the seal on, and give it a few good shakes.
3. Pour into a martini glass.



CREAMY CRANBERRY VINAIGRETTE

- ¼ cup plain full-fat yogurt
- ¼ cup canned jellied cranberry sauce
- 3 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 2 tbsp. freshly squeezed orange juice
- 1 garlic clove, crushed
- ¼ tsp. coarse kosher salt

TUPPERWARE

1. In the base of the Quick Shake container, add yogurt, cranberry, olive oil, vinegar, garlic, and salt. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.



CREAMY PARMESAN PEPPERCORN DRESSING

- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup milk
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- ½ tsp. coarsely ground black pepper
- ¼ cup grated fresh Parmesan cheese

TUPPERWARE

1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.



FRENCH DRESSING

- ¼ cup sugar
- ½ cup ketchup
- ½ cup light olive oil
- ⅓ cup vinegar
- 1½ tsp. salt
- ¼ tsp. celery seed
- ¼ tsp. chili powder
- ½ tsp. dried mustard
- ¼ tsp. onion powder
- ⅛ tsp. paprika

TUPPERWARE

1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

HONEY MUSTARD DRESSING

- ½ cup light mayonnaise
- 2 tbsp. honey
- 2 tbsp. Dijon mustard
- 2 tbsp. lemon juice
- ¼ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

IMPOSSIBLE QUICHE

- 4 eggs
- 1 ½ cups milk
- salt & pepper, to taste
- 1 teaspoon mustard
- Tarragon, to taste
- 1 cup grated cheese
- 1 onion, finely chopped
- 3 bacon slices cooked, crumbled
- ½ cup Self-Rising Flour



1. Add eggs, milk, salt, pepper, mustard and tarragon into a Quick Shake container.
2. In a medium That'sa Bowl place cheese, onion, bacon and flour, pour contents from Quick Shake, stir well to mix
3. Pour in to quiche dish and cook in preheated oven, 350 degrees for 40 minutes

ITALIAN DRESSING

- ½ cup balsamic or white wine vinegar
- 2 garlic cloves, minced
- 1 tablespoon sugar
- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- 1 cup vegetable or olive oil



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

JERK CHICKEN MARINADE

- 6 tbsp. vegetable oil, divided
- ¼ cup fresh lime juice
- 4 scallions, chopped
- 2-4 Scotch bonnet or habanero chiles, stemmed, seeded, finely chopped
- 3 garlic cloves, minced
- 2 tbsp. fresh thyme, chopped
- 1 tbsp. Fresh ginger, minced
- 1 tbsp. (packed) dark brown sugar
- 1 tsp. allspice
- 1 tsp. kosher salt plus more
- ¼ tsp. ground black pepper
- 2 tbsp. distilled white vinegar



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ¼ cup for sauce.
4. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
5. Remove meat from marinade, pat dry, and grill.

KOREAN BBQ MARINADE

- ½ cup low-sodium soy sauce
- 2 tbsp. water
- 1½ tbsp. raw or turbinado sugar
- 1 tbsp. minced garlic
- 1 tsp. Asian sesame oil
- 1 tsp. grated peeled fresh ginger
- ½ tsp. freshly ground black pepper
- ½ cup chopped scallions



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
4. Remove meat from marinade, pat dry, and grill.

KOREAN GALBI MARINADE

- ½ cup brown sugar, packed
- ½ cup low-sodium soy sauce
- ¼ cup water
- 2 tbsp. sweet mirin
- ½ small onion, peeled and finely chopped
- 1 small Asian pear, peeled and finely chopped
- 4 garlic cloves, minced
- 1 tbsp. sesame oil
- 1 tsp. Steak & Chop Seasoning Blend



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ¼ cup for sauce.
4. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
5. Remove meat from marinade, pat dry, and grill.

LEMON BASIL VINAIGRETTE

- ½ cup basil leaves chopped
- 1 garlic clove, minced
- ¼ small onion, diced finely
- 2 tsp. Dijon mustard
- 1 tsp. granulated sugar
- ½ tsp. coarse kosher salt
- 1 lemon, juiced
- ½ cup extra virgin olive oil



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

LIGHT RANCH DRESSING

- ½ cup reduced-fat (2%) milk
- ½ cup light sour cream
- ½ cup light mayonnaise
- 1 tbsp. lemon juice
- 1 tbsp. chives
- 1 garlic clove, minced
- ¼ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

MOJITO MARGARITA

1 lime
10 mint leaves
3 tbsp. simple syrup
3 oz. vodka
2 oz. tequila
8 oz. club soda



1. Place ½ lime and ½ of the mint leaves in Zest 'N Press Gadget and press down to juice the lime and muddle the leaves over the Quick Shake® Container. Empty leaves and lime in Quick Shake as well. Repeat with 2nd half of lime and leave.
2. Add simple syrup, vodka and tequila. Cover Quick Shake Container and shake for 15 seconds.
3. Pour in cup with ice. Top with club soda and lime zest.

MOJO MARINADE

1½ cups fresh orange juice
¼ cup fresh lemon juice
¼ cup fresh lime juice
¼ cup fresh oregano, chopped
¼ cup corn or vegetable oil
10 garlic cloves, minced
3 jalapeños, diced, no seeds
1½ tsp. kosher salt



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ¼ cup marinade for sauce. Put pork or seafood in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
4. Remove pork or seafood from marinade, pat dry, and grill.

MOLE STYLE BBQ SAUCE

¼ cup raisins
2 toasted ancho chilies, stems and seeds removed
¼ cup crushed tomato
4 oz. chipotle peppers in adobo sauce
3 garlic cloves, peeled
2 tbsp. granulated sugar
2 tbsp. unsweetened cocoa powder
1 tsp. ground cumin
1 tsp. ground cinnamon
¼ tsp. ground cloves
1 tsp. kosher salt
2 cups chicken stock, divided
1 tbsp. white vinegar

Yield: about 1½ cups



1. In the base of the Power Chef System fitted with blade attachment add raisins, chilies, tomato, chipotle, garlic, sugar, cocoa powder, cumin, cinnamon, cloves, salt, 1 cup of the chicken stock and vinegar. Cover and pull cord until well minced.
2. Transfer mixture to the Stack Cooker 1¼-Qt./1.75 L Casserole; stir in remaining chicken stock. Cover and microwave 4 minutes. Remove from microwave, let stand 10 minutes.
3. Return mixture to base of the Power Chef System. Cover and pull cord until smooth.
4. Pour into the Quick Shake Container and use the Clip-N-Click Silicone Brush to apply immediately, or store in the refrigerator, covered, up to 3 days.

For extra flavor use in coleslaw and potato salad, drizzle over grilled chicken, pork, or beef and for maximum flavor, reserve a portion of the sauce to use as a condiment at the table.

MULLED APPLE CIDER MARINADE

2 cups apple cider
2 tbsp. apple cider vinegar
3 tbsp. mulling spices
1 large garlic clove, crushed
½ yellow onion, finely diced
4 whole fresh thyme sprigs
1 tsp. coarse kosher salt



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to seven days.

ORANGE CRANBERRY SANGRIA

- 1 cup red wine
- ½ cup canned jellied cranberry sauce
- ½ cup orange juice
- 3 orange slices
- 4 slices fresh gingerroot
- 1 cinnamon stick
- 5 whole cloves



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover. Strain before serving.
2. Shake until well combined. Refrigerate up to three days.

POMEGRANATE MIMOSA

- ¼ cup grenadine
- ¾ cup champagne
- Pomegranate seeds, for garnish



3. In the Quick Shake Container add grenadine and champagne. Cover and shake until well blended .
4. Pour into champagne flute and garnish with pomegranate seeds.

POMEGRANATE MOJITO

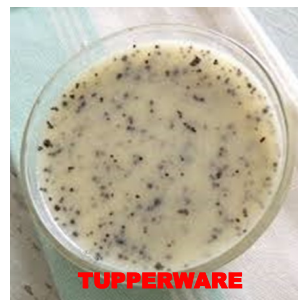
- ¼ cup water
- ¼ cup sugar
- 10 fresh mint leaves
- 1 small lime, juiced
- ½ cup grenadine
- ¼ cup white rum*
- ¼ cup large crystal decorating sugar
- 5-6 ice cubes
- ¼ cup seltzer
- Fresh mint, lime slices and sugar cane swizzle for garnish



1. To make the mint syrup, stir together water, sugar and mint leaves in the large Micro pitcher. Microwave on high power 45 seconds or until sugar is dissolved. Refrigerate 10 minutes.
 2. Dip the rim of a tumbler or glass in water and then into the sugar crystals to line rim of tumbler with sugar. Set aside.
 3. In the Quick Shake Container add lime juice, grenadine, mint syrup, rum and ice cubes. Cover and shake until well blended and chilled.
 4. Pour into sugar-rimmed tumbler, top with seltzer and garnish with fresh mint, lime slices and sugar cane swizzle. Serve cold.
- *For non-alcoholic, replace rum with an additional ¼ cup of seltzer.*

POPPY SEED DRESSING

- ¼ cup sugar
- 2 tbsp. vinegar
- 1 tbsp. lemon juice
- ¼ teaspoon salt
- ½ teaspoon dry mustard
- ¼ cup vegetable oil
- 1 tbsp. poppy seeds



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

QUICK & EASY PASTA SALAD

- 2 cups cooked bowtie pasta
- ¼ cup cucumbers
- 3 tbsp. Light Ranch or preferred dressing
- ¼ cup cherry tomatoes, sliced
- ¼ cup baby carrots, chopped
- ¼ cup broccoli florets, chopped



1. Place pasta into Microwave Pasta Maker base and fill with water to fill line. Season water with salt. Microwave on high power 15 minutes. Drain after cooking.
2. Set Mandoline round knob to #4, triangular knob to "lock" and select the straight v-shaped blade insert. Attach cucumbers to food guider and place at top of Mandoline and push down to slice. Once sliced, cut in half. Set aside.
3. Layer (bottom to top): dressing, tomatoes, carrots, broccoli, cucumbers, pasta.
4. Securely seal container. Store in refrigerator until ready to serve.
5. When ready to serve, shake Quick Shake Container until all ingredients are combined. Pour into bowl and serve.

QUICK SHAKE APPLE CAKE

- 1 (14-oz.) can apple pie filling
- ¼ cup cinnamon sugar
- 1 egg
- ¾ cup flour
- ¾ cup sugar
- ¾ cup milk
- 1 tsp. oil
- 2 tsp. baking powder
- whipped topping, if desired



1. Place pie filling in a UltraPro Square or Quiche pan.
2. Sprinkle with sugar/cinnamon mixture.
3. Break egg into Quick Shake container, add flour, sugar, milk, oil, baking powder (in that order). Seal and shake vigorously until well blended.
4. Pour over apple mixture and bake for 30 minutes at 350 degrees.
5. Allow to stand and then invert onto platter. Sprinkle with some cinnamon sugar. Serve warm.

QUICK SHAKE PIZZA CRUST

- ½ cup milk
- 2 tsp. olive oil
- 1½ cup flour
- 1 tsp. baking powder
- ½ tsp salt



1. Mix ingredients in Quick Shake Container.
2. Turn dough onto a lightly floured surface and knead 10 times. Shape dough into a ball. Cover dough with an inverted bowl and let sit for 10 minutes.
3. Roll dough into a 12-inch circle on a baking sheet. Bake at 350* for 10 minutes.
4. Top with your favorite toppings.
5. Bake at 400* for 6-8 Minutes - or until done

QUINOA & SPINACH SALAD

- 1 cup quinoa
- 1½ cups low-sodium vegetable broth
- ½ cup orange juice
- 2 tbsp. Cilantro or Lime Vinaigrette
- ¼ cup red pepper, chopped
- ¼ cup green pepper, chopped
- ¼ cup black beans canned, drained
- 2 cups spinach



1. Combine quinoa, vegetable broth and orange juice in Microwave Rice Maker. Replace cover and microwave on high power 15-18 minutes. Fluff with a fork and chill in refrigerator.
2. Layer (bottom to top): dressing, peppers, black beans, ½ cup chilled quinoa, spinach.
3. Securely seal container. Store in refrigerator until ready to serve.
4. When ready to serve, shake Quick Shake Container until all ingredients are combined. Pour into bowl and serve.



RANCH DRESSING II

- 1 cup sour cream
- ¼ cup full fat Greek yogurt
- 2 tbsp. buttermilk
- ½ tsp. white wine vinegar
- 1 garlic clove, crushed
- ¼ tsp. coarse kosher salt
- ½ tsp. onion powder
- 1 tbsp. fresh dill, chopped
- 1 tbsp. fresh parsley, chopped



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

RANCH DRESSING

- 1 cup mayonnaise
- ½ cup sour cream
- ½ tsp. dry dill
- ¼ tsp. onion powder
- ½ tsp. garlic powder
- 1 tbsp. dry parsley
- ¼ tsp. salt
- ½ cup milk
- ⅛ tsp. pepper



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

RANCH DIP

- 1 cup sour cream
- ¼ cup full fat Greek yogurt
- 2 tbsp. buttermilk
- ½ tsp. white wine vinegar
- 1 garlic clove, crushed
- ¼ tsp. coarse kosher salt
- ½ tsp. onion powder
- 1 tbsp. fresh dill, chopped
- 1 tbsp. fresh parsley, chopped



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

RASPBERRY SHAKE UP

- ½ cup fresh or frozen (thawed) raspberries
- 1½ tbsp. fresh lime juice
- ½ tbsp. honey
- 1 cup water
- 5-6 ice cubes



1. In the Quick Shake Container add raspberries, lime juice, honey, water and ice cubes. Seal and shake until raspberries are broken up and well incorporated.
2. Pour into favorite tumbler and enjoy cold.

SCREWDRIVER

1½ oz. vodka
4 oz. orange juice
Serve over ice



TUPPERWARE



1. In the Quick Shake Container add vodka and orange juice and ice cubes. Secure cover and shake.
2. Pour into favorite tumbler and enjoy cold.

SIZZLIN' VINAIGRETTE

½ tsp. cayenne pepper
¼ cup white wine vinegar
1 tsp. dry mustard
2½ tsp. granulated sugar
1 tsp. garlic powder
10 drops hot pepper sauce
1 tsp. coarse kosher salt
¼ cup vegetable oil



TUPPERWARE



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

SLAW DRESSING

Recipe submitted by Vicki Hamby

1 cup mayonnaise
2 Tbsp. milk
1 tsp. white vinegar
2 Tbsp. sugar (or artificial sweetener)
Salt and Pepper, to taste



TUPPERWARE



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

SNICKERS CARAMEL APPLE SALAD

¼ cup milk
1 (3.4 oz.) pkg. Instant French Vanilla Pudding
1 (8 oz.) cool whip
4 green apples, coarsely chopped
4 reg sized Snickers candy bars, coarsely chopped
¼ cup caramel ice cream topping



TUPPERWARE



1. In the base of the Quick Shake container, add milk and instant pudding mix. Secure Quick Shake cover.
2. Shake until well combined.
3. Pour mixture into a serving bowl, fold in cool whip, then apples and snickers.
4. Drizzle caramel sauce over apple snickers mixture.

SNOWTOP COSMOPOLITAN

A squeeze of lime juice
¼ tsp corn syrup
Flaked sweetened coconut and white sanding sugar for the rim
Fresh cranberries, optional

½ cup cranberry juice
½ cup white peach cranberry juice (*Ocean Spray*)
1 ounce triple sec
½ ounce vodka



1. Add lime juice and corn syrup on a saucer and dip rim of glass, then dip into coconut and sugar mixture.
2. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake with ice, pour into rimmed glass.
3. Garnish with fresh cranberries, if desired

SOUTHERN ALABAMA BBQ SAUCE

1¼ cups full-fat mayonnaise
3 tbsp. white wine vinegar
1 garlic clove, peeled and minced
1 tbsp. coarse ground pepper
1 tbsp. spicy brown mustard
1 tbsp. granulated sugar
1 tbsp. kosher salt
2 tbsp. prepared horseradish

Yield: about 2 ¾ cups



1. In the base of the Quick Shake Container add mayonnaise, vinegar, garlic, pepper, mustard, sugar, salt and horseradish, secure cover and shaker until well combined.
2. Use the Clip-N-Click Silicone Brush to apply immediately or refrigerate, covered, up to 5 days.

For extra flavor use in favorite coleslaw and potato salad recipe, or drizzle over grilled chicken or ribs and for maximum flavor, reserve a portion of the sauce to use as a condiment at the table.

SWEET GINGER DRESSING

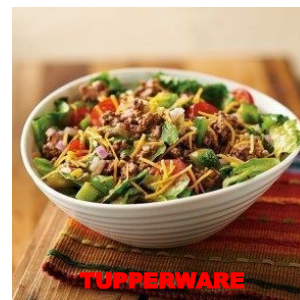
1 piece fresh gingerroot, peeled
¼ small onion, finely diced
2 tbsp. lemon juice, fresh
2 tbsp. apple juice
2 tbsp. honey
1 tbsp. soy sauce
1 tbsp. rice vinegar
1 tbsp. canola oil



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined. Refrigerate up to three days.

TACO SALAD

1 lb. ground beef
½ tbsp. Southwest Chipotle Seasoning
¼ tsp. coarse kosher salt
3 tbsp. Light Avocado Ranch or preferred dressing
¼ cup cherry tomato, sliced
¼ cup green bell pepper, chopped
¼ cup red onion, chopped
½ cup shredded cheddar cheese
1 cup romaine lettuce, chopped



1. Place Stack Cooker Colander into Stack Cooker 3-Qt. Casserole. Combine ground beef, seasoning and salt in Colander, cover and microwave on high power 5 minutes.
2. Layer (bottom to top): dressing, tomatoes, green peppers, ½ cup ground beef, cheese, red onion, lettuce.
3. Securely seal container. Store in refrigerator until ready to serve.
4. When ready to serve, shake Quick Shake Container until all ingredients are combined. Pour into bowl and serve.





TEQUILA SUNRISE

1½ oz. tequila
4 oz. orange juice
Splash of grenadine
Serve over ice
Cherry and orange slice for garnish



1. Add tequila and orange juice to the Quick Shake Container, secure seal and shake to mix.
2. Pour mixture into a tall glass filled with ice, add grenadine syrup, it will go to the bottom.



TEXAS STYLE RUB

1 cup instant coffee or instant espresso
12 tbsp. brown sugar
3 tbsp. garlic powder
4 tbsp. onion powder
12 tbsp. smoked paprika
3 tsp. kosher salt

Yield: about 2 ¾ cups

1. Combine ingredients in Quick Shake Container, secure cover and shake to combine.
2. Store up to 6 months in the Large Spice Shakers. Shake before using.