

**SHOW & TELL****Tupperware®**

Serves: 2 • Serving size: 5oz./140 g

**15**  
minutesPREP: 5 minutes  
COOK: 10 minutes

# Butternut Squash PASTA

1 butternut squash with the neck 3"/7.62 cm in diameter or less  
 3 slices of bacon, cooked and diced  
 1/3 cup ricotta cheese  
 1/2 tsp. salt  
 1/4 tsp. pepper

1. Separate the neck of the butternut squash from the bulb. Set aside bulb and peel the neck. Assemble Fusion Master® Spiralizer fitted with thick noodle blade and attach the butternut squash neck to pin and vegetable holder. Lock in place and turn handle to spiralize. If desired, use kitchen shears to cut length of butternut squash noodles
2. Place butternut squash noodles in base of Microwave Pasta Maker, add water to the maximum fill line, and microwave on high power 7–10 minutes or until tender.
3. Add remaining ingredients and toss to coat. Serve warm.

Nutritional Information (per serving):  
 Calories: 200 Total Fat: 11g Saturated Fat: 4.5g Cholesterol: 25mg Sodium: 520mg Carbohydrates: 21g Fiber: 3g Sugar: 5g Protein: 6g Vitamin D: 0% Calcium: 10% Iron: 8% Potassium: 14%

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Serves: 4 • Serving size: 1 cup

**19**  
minutesPREP: 10 minutes  
COOK: 9 minutes

# SPIRALIZED

## Broccoli Salad

2 fresh broccoli heads with stems 1.5"/3.81 cm in diameter  
 2 tbsp. extra virgin olive oil  
 1 tsp. garlic powder  
 ½ tsp. red pepper flakes  
 1 tsp. salt  
 1 tbsp. lemon juice  
 4 tbsp. parmesan

1. Remove stem from broccoli head by cutting as close to the florets as possible. Cut broccoli florets and place in Tupperware® Smart Multi-Cooker shielded colander. Add water to base/water tray to max fill line for steaming, place shielded colander inside base, cover with shielded cover and microwave on high power 8 minutes.
2. While broccoli is cooking, assemble the Fusion Master® Spiralizer fitted with thin noodle blade. Attach broccoli stem to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining stem.
3. At the end of cooking time, add spiralized broccoli stem to shallow colander and place in the shielded colander. Cover with shielded cover and microwave on high power 1 minute and let cool slightly.
4. Toss broccoli with remaining ingredients to combine. Serve warm.

## Nutritional Information (per serving):

Calories: 160 Total Fat: 10g Saturated Fat: 2g Cholesterol: less than 5mg  
 Sodium: 740mg Carbohydrates: 15g Fiber: 6g Sugar: 4g Protein: 9g Vitamin D: 0%  
 Calcium: 15% Iron: 10% Potassium 15%

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Serves: 2 • Serving size: 1 cup



PREP: 5 minutes

# SPIRALIZED Yogurt Parfait

- 1 cup plain Greek yogurt
- 4 tbsp. brown sugar
- ½ cup granola
- 1 green apple

1. In small bowl, place Greek yogurt and add brown sugar, let rest 5 minutes or until sugar has somewhat dissolved into the yogurt. Stir to combine.
2. Assemble Fusion Master® Spiralizer fitted with thin noodle blade attachment and attach apple to pin and vegetable holder. Lock in place, and turn handle to spiralize the apple. If desired, use kitchen shears to cut the length of apple noodles. Remove the seeds from bowl and discard.
3. To assemble parfait, add ¼ cup granola in bowl, top with ½ cup Greek yogurt and top with spiralized apple.

Nutritional Information (per serving): 1 cup  
 Calories: 320 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 5mg Sodium: 45mg  
 Carbohydrate: 65g Fiber: 5g Sugar 47g. Protein 16g Vitamin D: 0% Calcium: 10%  
 Iron: 6% Potassium: 5%

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3. To assemble parfait, add ¼ cup granola in bowl, top with ½ cup Greek yogurt and top with spiralized apple.

Nutritional Information (per serving): 1 cup  
 Calories: 320 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 5mg Sodium: 45mg  
 Carbohydrate: 65g Fiber: 5g Sugar 47g. Protein 16g Vitamin D: 0% Calcium: 10%  
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FEEL LIKE A KID

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Serves: 6 • Serving size: 1 Lollitup

10  
minutes

PREP: 10 minutes + 4 hours freezing time

## Avocado FUDGE POPS

2 ripe hass avocados  
¾ cup vanilla almond milk  
¼ cup semisweet chocolate chips, melted  
2 tbsp. cocoa powder  
½ cup powdered sugar  
2 tbsp. refined coconut oil, melted

1. Place avocado flesh in base of Power Chef® System fitted with blade attachment. Cover and pull cord until pureed.
2. Add remaining ingredients and keep pulling cord until no lumps remain and mixture is smooth.
3. Divide batter between each Lollitup, and tap against counter to eliminate air bubbles. Seal and place in freezer until ready to serve.

Nutritional Information (per serving):  
Calories: 160 Total Fat: 10g Saturated Fat 6g Cholesterol: 0mg Sodium: 45mg  
Carbohydrates: 20g Fiber: 2g Sugar: 15g Protein: 1g Vitamin D: 4% Calcium: 4%  
Iron: 4% Potassium: 4%

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Serves: 1 • Serving size: 2 scoops



PREP: 5 minutes

## HOMEMADE “Frozen Cookie Blast”

6–8 cookies of choice  
2 scoops of ice cream of choice  
1 tbsp. whole milk

1. Place cookies in base of Chop 'N Prep® Chef, replace cover and pull cord until evenly chopped.
2. In base of Power Chef® System fitted with blade attachment, add ice cream, crushed cookies and milk. Replace cover and pull cord until well combined.
3. Transfer “Frozen Cookie Blast” to thermal jar and enjoy on-the-go frozen for up to 2 hours.

Nutritional Information (per serving):

Calories: 600 Fat Total Fat: 27g Saturated Fat: 12g Cholesterol: 60mg Sodium: 350mg Carbohydrates: 80g Fiber: less than 1g Sugar: 58g Protein: 8g Vitamin D: 2% Calcium: 15% Iron: 20% Potassium: 6%

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Serves: 6 • Serving size: 1



PREP: 5 minutes  
COOK: 75 seconds + 15 minutes setting time

## CHOCOLATE Crunch Ring

1¼ cups semisweet chocolate chips  
1 tbsp. refined coconut oil  
1½ cups rice cereal

1. In the base of the 2-cup/500 mL Micro Pitcher, place chocolate chips and coconut oil. Microwave on high power 75 seconds, stopping halfway to stir.
2. Add rice cereal and mix well until fully coated.
3. Divide mixture evenly between Silicone Ring Form and pat down with spatula to flatten.
4. Place in fridge or freezer to set for 15 minutes. Invert, cut if desired, and serve.

Nutritional Information (per serving):  
Calories: 290 Total Fat: 16g Saturated Fat: 10g Cholesterol: 0mg Sodium: 70mg  
Carbohydrates: 38g Fiber: 4g Sugar: 27g Protein: 4g Vitamin D: 0% Calcium: 0%  
Iron: 8% Potassium: 0%

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Serves: 4 • Serving size: 1 waffle

13  
minutes

PREP: 10 minutes  
COOK: 2–3 minutes

## S'MORES Waffle

1 cup graham cracker crumbs  
½ cup self-rising flour  
3 tbsp. brown sugar  
¾ cup whole milk  
¼ cup vegetable oil  
1 large egg  
Marshmallow fluff, optional  
Chocolate bar, optional

1. In medium bowl, mix all ingredients (except marshmallow fluff and chocolate bar) until batter is smooth.
2. Divide batter between Silicone Waffle Form and microwave on high power 2–3 minutes or until toothpick inserted in center comes out clean.
3. Let rest 1–2 minutes before inverting.
4. Cut each waffle in half and fill with a dollop of marshmallow fluff and a piece of chocolate bar or desired filling.

Nutritional Information (per serving):  
Calories: 360 Total Fat: 19g Saturated Fat: 3.5g Cholesterol: 50mg Sodium:  
340mg Carbohydrates: 42g Fiber : 1g Sugar: 17g Protein: 6g Vitamin D: 4%  
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CELEBRATE EVERYDAY

Tupperware®

Serves: 12 • Serving size: 2 cookies



PREP: 5 minutes  
COOK: 20 minutes (10 minutes per batch)

## KEY LIME Cookies

½ cup unsalted butter, cubed  
1 large egg  
2 key limes  
1 17.5-oz./495 g pouch sugar cookie mix

1. Preheat oven to 375° F/190° C.
2. Fill Mix-N-Stor® Pitcher with hot water, place cover on top, remove middle insert.
3. Place cubed butter in base of All-in-One Shaker and seal. Insert shaker in Mix-N-Stor with water to softened butter.
4. When butter has softened, discard hot water and transfer butter to base of Mix-N-Stor.
5. Using All-in-One Mate, juice and zest the limes. Transfer zest and juice to Mix-N-Stor.
6. Using the egg separator, separate the yolk from the white. Add the white to Mix-N-Stor.
7. Mix all contents of batter until well combined.
8. Scoop 12 tbsp. of dough and arrange on Silicone Wonder® Mat leaving 1 1/2"–2 1/5 cm in between and bake for 10 minutes. Repeat steps with remaining dough.

Nutritional Information (per serving):  
Calories: 90 Total Fat: 8g Saturated Fat : 5g Cholesterol: 35mg Sodium: 10mg  
Carbohydrates: 3g Fiber: 0g Sugar: 1g Protein: less than 1g Vitamin D: 2%  
Calcium: 0% Iron: 2% Potassium: 0%

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Serves: 8 • Serving size: 8 oz. glass



PREP: 5 minutes

# PINEAPPLE Sangria

25-oz./750 mL bottle of Moscato wine  
2 cups pineapple juice  
1 cup orange juice  
20 oz./590 mL lemon lime soda  
2 lemons  
2 limes  
1 orange

1. Set circular knob on mandoline to #2 and triangle in locked position. Attach citrus to food guard and slide down surface of mandoline to slice. Repeat with remaining citrus.
2. Place all ingredients in base of Classic Sheer® Pitcher and stir well to combine. Add sliced citrus to infuser insert and let infuse at least 2 hours.
3. Keep refrigerated until ready to serve.

Nutritional Information (per serving):

Calories: 579 Total fat: 0.1g Saturated Fat: 0g Cholesterol: 0mg Sodium: 114mg  
Carbohydrates: 76.5g Fiber: 0.2g Sugar: 74.1g Protein: 0.4g Vitamin D: 0%  
Calcium: 1% Iron: 3% Potassium 3%

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Carbohydrates: 76.5g Fiber: 0.2g Sugar: 74.1g Protein: 0.4g Vitamin D: 0%  
Calcium: 1% Iron: 3% Potassium 3%

CELEBRATE EVERYDAY

Tupperware®

Serves: 8 • Serving size: 8 oz. glass



PREP: 5 minutes

# PINEAPPLE Sangria

25-oz./750 mL bottle of Moscato wine  
2 cups pineapple juice  
1 cup orange juice  
20 oz./590 mL lemon lime soda  
2 lemons  
2 limes  
1 orange

1. Set circular knob on mandoline to #2 and triangle in locked position. Attach citrus to food guard and slide down surface of mandoline to slice. Repeat with remaining citrus.
2. Place all ingredients in base of Classic Sheer® Pitcher and stir well to combine. Add sliced citrus to infuser insert and let infuse at least 2 hours.
3. Keep refrigerated until ready to serve.

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Serves: 6 • Serving size: 1 mini cake



PREP: 10 minutes

COOK: 3-6 minutes + 30 minutes soaking time

# TRES LECHES

## Mini-Cakes

4 tbsp. unsalted butter, softened  
 ½ cup granulated sugar  
 1 tsp. vanilla extract  
 2 large eggs  
 ¾ cup self-rising flour  
 ¾ cup whole milk  
 ⅔ cup evaporated milk  
 ⅔ cup sweetened condensed milk

1. In Power Chef® fitted with paddle attachment, mix butter and sugar. Cover and pull cord until smooth and light yellow in color.
2. Add in vanilla extract, eggs and mix until well incorporated.
3. Mix in self-rising flour until smooth then add in 2 tbsp. of whole milk.
4. Distribute batter between Silicone Ring Form and microwave at 80% power 3-4 minutes or until fully cooked or until toothpick inserted in center comes out clean.
5. Let cool 2 minutes before unmolding.
6. While the cakes are cooling, mix together the evaporated, and remaining whole and sweetened condensed milk in small bowl.
7. Dip each cake into milk mixture and add remaining milk mixture to center of cakes. Chill 30 minutes before serving. If desired, garnish with whipped cream, ground cinnamon and cherries.

**Nutritional Information (per serving):**

Calories: 380 Total Fat: 14g Saturated Fat: 9g Cholesterol: 100mg Sodium: 290mg Carbohydrates: 52g Fiber: 0g Sugar: 41g. Protein: 9g Vitamin D: 8% Calcium: 20% Iron: 4% Potassium: 4%

Serves: 6 • Serving size: 1 mini cake



PREP: 10 minutes

COOK: 3-6 minutes + 30 minutes soaking time

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HOMETOWN SPIRIT

Tupperware®

Serves: 8 • Serving size: ¼ cup



PREP: 10 minutes

# Kiwi Cucumber SALSA

- 1 large cucumber, peeled and cut in thirds
- 6 kiwis, peeled
- ½ bunch fresh cilantro
- 1 jalapeno, with seeds removed
- Juice of 1 lime
- Salt and pepper to taste

1. Place all ingredients except seasonings in base of Power Chef® System fitted with blade attachment. Cover and pull cord until well combined.
2. Taste and add seasoning. Serve with chips.

Nutritional Information (per serving):  
 Calories: 44 Total Fat: 0.4g Saturated Fat: 0g Cholesterol: 0mg Sodium: 3mg  
 Carbohydrates: 10.7g Fiber: 2.2g Sugar: 6g Protein: 1g Vitamin D: 0% Calcium: 2%  
 Iron: 2% Potassium: 5%

HOMETOWN SPIRIT

Tupperware®

Serves: 8 • Serving size: ¼ cup



PREP: 10 minutes

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## HOMETOWN SPIRIT

Tupperware®

Serves: 4 • Serving size: 1 burger

13  
minutesPREP: 5 minutes  
COOK: 6–8 minutesQUINOA  
Burgers

2 cups red or tricolor quinoa, cooked  
 ¾ cup mashed sweet potatoes (1 large sweet potato)  
 ¼ red onion, chopped  
 ½ cup ground oatmeal  
 ¾ tsp. southwest chipotle  
 ¼ tsp. salt

1. In medium bowl, combine quinoa, sweet potato, red onion and oatmeal. Stir until fully incorporated.
2. Add remaining ingredients and stir to combine. Press mixture ⅔ cup at a time into burger press. Stack, seal and freeze for up to 1 month.
3. Place 2 burger patties in base of MicroPro® Grill and microwave on high power 2–3 minutes on each side with cover on grill position. Continue with remaining burgers until thoroughly cooked.

## Nutritional Information (per serving):

Calories: 210 Total Fat: 2.5g Saturated Fat: 0g Cholesterol: 0mg Sodium: 600mg  
 Carbohydrates: 41g Fiber: 6g Sugar: 4g Protein: 7g Vitamin D: 0% Calcium: 4%  
 Iron: 15% Potassium: 8%

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Tupperware®

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**HOMETOWN SPIRIT****Tupperware®**

Serves: 8 • Serving size: ¼ cup

10  
minutes

PREP: 10 minutes

# Strawberry SALSA

1 lb. strawberries, hulled  
 2 kiwis, peeled  
 2 granny smith apples, cored and quartered  
 ¼ cup orange juice

1. In base of Power Chef® System fitted with blade attachment, add strawberries. Replace cover and pull cord until roughly chopped. Transfer to a bowl, set aside.
2. Add kiwis and apples to base of Power Chef® and chop, transfer to bowl with strawberries.
3. Add orange juice and toss to coat. Chill until ready to serve.

Nutritional Information (per serving):  
 Calories: 80 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Sodium: 0mg  
 Carbohydrates: 19g Fiber: 4g Sugar: 13g Protein: less than 1g Vitamin D: 0%  
 Calcium: 2% Iron: 4% Potassium: 2%

**HOMETOWN SPIRIT****Tupperware®**

Serves: 8 • Serving size: ¼ cup

10  
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 Carbohydrates: 19g Fiber: 4g Sugar: 13g Protein: less than 1g Vitamin D: 0%  
 Calcium: 2% Iron: 4% Potassium: 2%

Serves: 2 • Serving size: 3 oz./90 g



PREP: 5 minutes  
COOK: 5 minutes

## Tornado POTATO

1 russet potato, rinsed & halved  
2 tsp. oil, divided  
Seasonings of choice (paprika, garlic powder, parsley, salt and pepper)

1. Assemble Fusion Master® Spiralizer fitted with ribbon blade. Insert skewer into opening in center of blade. Press skewer down and if it springs back, it is correctly inserted.
2. Attach potato half to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining potato half.
3. Hook the potato where the skin meets the pointy end of the skewer then separate the potato spirals for even cooking.
4. Add 1 tsp. oil to each skewer and sprinkle with seasonings of choice. Arrange on base of UltraPro Lasagna Pan or UltraPro Square Pan so they are suspended.
5. Microwave on high power 4–5 minutes or until crispy.

Nutritional Information (per serving):

Calories: 90 Total Fat: 4.5g Saturated Fat: 0.5g Trans Fat 0g Cholesterol: 0mg  
Sodium: 0mg Carbohydrate: 13g Fiber: 1g Sugar: 1g. Protein 2g Vitamin D: 0%  
Calcium 2% Iron 4% Potassium: 0%

Serves: 2 • Serving size: 3 oz./90 g



PREP: 5 minutes  
COOK: 5 minutes

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Nutritional Information (per serving):

Calories: 90 Total Fat: 4.5g Saturated Fat: 0.5g Trans Fat 0g Cholesterol: 0mg  
Sodium: 0mg Carbohydrate: 13g Fiber: 1g Sugar: 1g. Protein 2g Vitamin D: 0%  
Calcium 2% Iron 4% Potassium: 0%

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Nutritional Information (per serving):

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Sodium: 0mg Carbohydrate: 13g Fiber: 1g Sugar: 1g. Protein 2g Vitamin D: 0%  
Calcium 2% Iron 4% Potassium: 0%

Serves: 8 • Serving size: ½ cup pulled pork



PREP: 10 minutes  
COOK: 30 minutes

## TROPICAL Pulled Pork

2–2½ lbs./90–1.1 kg pork tenderloin  
1 cup fresh pineapple chunks  
1 cup diced mango, fresh or frozen  
1½ cup barbecue sauce  
1 cup pineapple juice  
1 tsp. salt  
½ tsp. pepper

1. Cut pork into large chunks about 3–4"/7.6–10.16 cm pieces, and place in base of Microwave Pressure Cooker.
2. Place pineapple in base of Power Chef® System fitted with blade attachment, cover, and pull cord to finely chop. Add to base of Microwave Pressure Cooker.
3. Stir in remaining ingredients, cover and lock Pressure Cooker. Microwave on high power 30 minutes.
4. Let pressure release naturally, for approximately 15 minutes. Shred and serve on desired buns.

Nutritional Information (per serving):

Calories: 280 Total Fat: 2.5g Saturated Fat: 1g Cholesterol: 75mg Sodium: 730mg  
Carbohydrates: 38g Fiber: less than 1g Sugar: 35g Protein: 24g Vitamin D: 2%  
Calcium 2% Iron: 10% Potassium: 10%

Serves: 8 • Serving size: ½ cup pulled pork



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COOK: 30 minutes

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