

Southwest Chipotle Omelet for One

3 large eggs
2 tablespoons water
3/4 tsp southwest chipotle seasoning
2 Tbsp poblano chili, (seeded & chopped)
2 Tbsp tomato, chopped
1 Tbsp onion, chopped
2 tbsp diced ham
1/4 cup shredded pepper jack cheese

in the Whip N Prep Chef, combine the eggs, water, and seasoning blend. Blend well and pour contents into the Tupperware breakfast maker. Stir in the remaining ingredients, cover, and microwave on high power for 2 1/2 minutes. top with salsa or sour cream if desired.

Cinnamon Vanilla French Toast for One

2 slices cinnamon raisin bread
2 large eggs
1/4 cup 2% low fat milk
1/4 tsp cinnamon vanilla seasoning blend

Cut bread into 4 pieces and each piece into 4 pieces for form cubes. Place bread cubes in base of Tupperware breakfast maker. Place eggs, milk, and cinnamon vanilla in the whip n prep chef. Combine well and pour contents over bread cubes. Let rest 5 minutes to allow bread to soak up egg mixture. Microwave on high power 2 minutes or until there is no uncooked egg. Serve with maple syrup or desired toppings.

Frittata

3 large eggs
2 tbsp water
1/4 tsp kosher salt
1/8 tsp freshly ground black pepper
1/2 cup frozen cubed hash brown, thawed
2 tbsp red bell pepper, chopped
1 green onion, white and green parts both chopped
1/4 cup shredded sharp cheddar cheese

in the whip n prep chef, combine the eggs, water, salt and pepper. blend well and pour contents into the Tupperware breakfast maker. stir in the remaining ingredients, cover, and microwave on high power for 2 1/2 minutes.