

MORNINGS MADE EASY

Serves: 4 • Serving size: 1 waffle

13
minutes

PREP TIME: 10 minutes
COOK TIME: 3 minutes

BLUEBERRY Waffles

1 cup all-purpose flour
1 tsp. baking powder
½ tsp. salt
¼ cup granulated sugar
1 large egg
¾ cup whole milk
1 tsp. white vinegar
2 tbsp. vegetable oil or melted butter
¼ cup blueberries

1. In medium sized bowl combine flour, baking powder, salt and sugar until well combined.
2. Separately, mix egg, milk, vinegar and oil in the All-in-One shaker.
3. Pour wet into dry until just combined. Let rest for a couple of minutes, fold blueberries.
4. Divide batter between Silicone Waffle Form and place in microwave for 2 minutes 30 seconds.
5. Let cool for 2-3 minutes before unmolding. Leftovers may be frozen up to three months.

Nutritional Information (per serving):
Calories: 280 Total Fat: 10g Saturated Fat: 2.5g Cholesterol: 50mg Sodium: 470mg
Carbohydrate: 40g Fiber: 1g Sugar: 16g Protein: 6g Vitamin D: 4% Calcium: 8% Iron: 4%
Potassium: 2%

date
me

Tupperware®



TO DEMO



Silicone Waffle Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



That'sa® Bowl



All in One
Shaker



Micro Pitchers



Freeze-It PLUS
2-Pc. Set

MORNINGS MADE EASY

Serves: 3 • Serving size: 2

14
minutes

PREP TIME: 10 minutes
COOK TIME: 4 minutes

Egg White BITES

1 cup spinach, packed
1 tomato, quartered & deseeded
6 egg whites
½ tsp. black pepper
6 tbsp. parmesan

1. Place tomato and spinach in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped.
2. Remove blade, add egg whites and black pepper. Stir to combine.
3. Divide egg mixture evenly amongst Silicone Muffin Form and microwave on 90% power for 4 minutes.
4. Remove from microwave and top each egg bite with 1 tbsp. parmesan cheese. Let cool and unmold. Leftovers may be frozen up to one month.

Nutritional Information (per serving):
Calories: 90 Total Fat: 3g Saturated Fat: 1.5g Cholesterol: 5mg Sodium: 290mg
Carbohydrate: 4g Fiber: less than 1g Sugar: 2g Protein: 12g Vitamin D: 0% Calcium: 10%
Iron: 4% Potassium: 2%



date
me

Tupperware®

TO DEMO



Power Chef® System



Silicone Muffin Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Universal
Series
Chef Knife



Freeze-It PLUS
2-Pc. Set



FridgeSmart
Small Deep

MORNINGS MADE EASY

Serves: 6 • Serving size: 1 donut

10
minutes

PREP TIME: 5 minutes
COOK TIME: 5 minutes

Banana Oatmeal DONUTS

1½ cup quick cooking oats
2 bananas, pureed in Chop N Prep® Chef
1 egg
½ tsp. cinnamon
1/3 cup whole milk
2 tbsp. honey

1. In small bowl, mix all ingredients until well combined.
2. Divide mixture evenly among Silicone Ring Form and place in microwave for 5-6 minutes at 80% power.
3. Let cool before unmolding.

Nutritional Information (per serving):
Calories: 160 Total Fat: 3g Saturated Fat: 1g Cholesterol: 30mg Sodium: 20mg
Carbohydrates: 28g Fiber 3g Sugar: 14g Protein: 5g Vitamin D: 2% Calcium: 4%
Iron 6% Potassium: 4%

date
me

Tupperware®



TO DEMO



Silicone Ring Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



That'sa® Bowl

MORNINGS MADE EASY

Serves: 6 • Serving size: 1

10
minutes

PREP TIME: 10 minutes

Granola CUPS

1 cup granola
3 tbsp. nuts of choice
1½ tbsp. butter
1 tbsp. honey
1 tbsp. brown sugar

1. Place granola and nuts in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped. Transfer to bowl and set aside.
2. In 2-cup/500 mL Micro Pitcher, place remaining ingredients and microwave for 45 seconds. Pour mixture over granola and stir to combine.
3. Distribute mixture amongst each Silicone Muffin Form and press down to form a cavity in center of each granola cup.
4. Freeze for 2 hours or until solid. Serve with ½-cup Greek yogurt and your choice of fruit.

Nutritional Information (per serving):

Calories: 110 Total Fat: 6g Saturated Fat: 2g Cholesterol: 5mg Sodium: 5mg
Carbohydrate: 12g Fiber: 1g Sugar: 7g Protein: 2g Vitamin D: 0% Calcium: 2% Iron: 2%
Potassium: 2%



date
me

Tupperware®

TO DEMO



Power Chef® System



Silicone Muffin Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



That'sa® Bowl



Micro Pitchers