

TUPPERCHEF

Serves: 1 • Serving size: 1 tortilla



PREP TIME: 5 minutes

Banana SUSHI

1 large banana
1 large flour tortilla
2½ tbsp. nut butter (peanut or almond)

1. Place flour tortilla on a flat surface and spread nut butter over the whole tortilla until it is fully covered.
2. Peel banana and lay on edge of tortilla.
3. Roll banana in tortilla.
4. Slice tortilla into 1-inch pinwheels.

Nutritional Information (per serving):
Calories: 560 Total Fat: 26g Saturated Fat: 5g Cholesterol: 0mg Sodium: 620mg
Carbohydrate: 72g Fiber: 7g Sugar: 22g Protein: 14g Vitamin D: 0% Calcium: 6%
Iron: 15% Potassium: 15%

date
me

Tupperware®



TO DEMO



Lunch-it

OPTIONAL



Universal
Series
Chef Knife



Measuring
Spoons



Silicone
Spatula

TUPPERCHEF

Serves: 16 • Serving size: 1 square



PREP TIME: 5 mins.
COOK TIME: 7-9 mins.

Cheesecake Swirled BROWNIES

1 tbsp. unsalted butter, melted
18 oz./510 g brownie mix (plus ingredients per box instructions)
1 – 8 oz./225 g cream cheese, softened
½ cup granulated sugar
1 tsp. vanilla extract
1 egg

1. Grease the Ultra Pro 2-Qt./2 L Square Pan with melted butter and set aside.
2. In medium bowl, add brownie mix and ingredients per box instructions. Set aside.
3. In base of Power Chef fitted with whip attachment, place cream cheese, sugar, vanilla and egg. Replace cover and turn handle until well combined.
4. Pour ⅔ brownie batter in Square Pan, add with cheesecake batter in center and top with remaining brownie batter.
5. Using thin spatula, swirl brownie mixture to create a decorative pattern.
6. Place in microwave and cook on high power for 7 minutes or until toothpick inserted in center comes out clean. If center is wet but brownie starts pulling from sides, simply remove from microwave and cover for 5 minutes to finish carryover cooking.
7. Let cool for 5 minutes before serving. Store leftovers in refrigerator.

Nutritional Information (per serving):
Calories: 290 Total Fat: 19g Saturated Fat: 4.5g Cholesterol: 40mg Sodium: 140mg
Carbohydrates: 29g Fiber: 0g Sugar: 7g Protein: 3g Vitamin D: 1% Calcium: 2% Iron: 4%
Potassium: 2%

date
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Tupperware®



TO DEMO



Ultra Pro Square Pan



Power Chef® System



Power Chef Whip Accessory

OPTIONAL



Silicone Spatula



Measuring Spoons



Measuring Cups



That'sa® Bowl



Micro Pitchers

TUPPERCHEF

Serves: 4 • Serving size: ¼ cup



PREP TIME: 5 minutes

MERMAID Whipped Cream

1¼ cup heavy whipping cream
1 tsp. vanilla extract
2 tbsp. caramel topping
¼ cup powdered sugar
2-3 drops coloring food dye blue, green and red

1. Place heavy whipping cream in base of Power Chef® System with whip accessory and add vanilla extract, caramel topping and powdered sugar. Replace cover and turn knob until thick and well combined.
2. Divide whipped cream into three bowls, add each color food dye into each bowl and mix until well combined.
3. In medium bowl, add blue whipped cream, add red whipped cream and green whipped cream. Carefully fold together so it looks swirled. Use to frost a cake or serve with berries.

Nutritional Information (per serving):

Calories: 320 Total Fat: 27g Saturated Fat: 17g Cholesterol: 85mg Sodium: 50mg
Carbohydrates: 19g Fiber: 0g Sugar: 17g Protein: 2g Vitamin D: 6% Calcium: 4% Iron: 0%
Potassium: 2%

date
me

Tupperware®



TO DEMO



Power Chef® System



Power Chef Whip
Accessory

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



That'sa® Bowl

TUPPERCHEF

Makes: 2 cups



PREP TIME: 5 minutes

Pudding DOUGH

1 cup pudding
2 cups cornstarch
½ tsp. cold water

1. Place pudding in bowl and add in cornstarch ½ cup at a time.
2. Add water and knead for 10 minutes.
3. Store in airtight container for up to 7 days.



date
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Tupperware®

TO DEMO



Kids Baking Set

OPTIONAL



Measuring
Spoons



Measuring
Cups