



Tupperware®

Microwave
**VENT 'N
SERVE
CONTAINER**
Recipes

VENT 'N SERVE CONTAINER CAPACITIES



- **Round 1 cup** - 5.5 x 3.75 x 2"
- **Round 1¼ cup**, 7.3 x 6.6 x 2.1"
- **Round 2½ cup**, 7.3 x 6.6 x 2.6"
- **Round 3½ cup**, 7.3 x 6.6 x 3.3"
- **Medium Shallow**: 2 ½ cup, 7.7 x 5.8 x 2.2"
- **Medium**: 4 ¼ cup, 7.7 x 5.8 x 3"
- **Medium Deep**: 6 ¼ cup, 7.7 x 5.8 x 4.3"
- **Large Deep**: 3¼ qt., 12.25 x 7.63 x 4.3"
- **Large Shallow**: 6 cup, 12.25 x 7.63 x 2.2"
- **Large Divided Dish**: 4 cup, 12.25 x 7.63 x 2.2"
- **Soup Mug**: 2 cup, 6.7 x 5.1 x 3.2"

 freezer

 fridge

 microwave

VENT 'N SERVE **PRODUCT INFORMATION**

KEY FEATURES AND BENEFITS

- Enhanced, liquid-tight, user-friendly, easy open/close valve allows steam to escape even more rapidly when reheating pre-cooked food in the microwave.
- Leaving the seal on the container permits you to keep your microwave splatter-free.
- The valve also allows for less contact with food, therefore reducing the potential for staining.
- The valve can easily be detached for cleaning.
- Vent 'N Serve Containers are virtually unbreakable and can be used in the freezer, refrigerator and microwave.
- Along with rounded sides, the feet on the container's underside for more even heating or cooling by allowing maximum air circulation around the containers.
- Carrying handles are textured for a more secure grip and are cool to the touch for safer transport.
- A thoughtfully designed, textured fill-line is visible from any angle. Keep contents below the fill-line to leave sufficient room for expansion.
- An easy-off tab on the seal makes removal easy.
- Stackable.
- Squares are rectangles are modular with each other. Rounds are modular with each other.
- See through containers so that you can view the contents in the base. Product Specifications

CARE: DISHWASHER, FREEZER, REFRIGERATOR AND MICROWAVE SAFE.

The Vent 'N Serve product line of virtually unbreakable, microwaveable and stackable containers saves you valuable time and effort. These superior storage/serving containers let you prepare nutritious meals ahead and freeze for later. To serve, simply thaw, "pop" the valve tab up, reheat in the microwave and take it directly to the table! Vent 'N Serve Containers come in a variety of shapes and sizes, all designed to stack neatly in your freezer or refrigerator.

VENT 'N SERVE CONTAINERS RECIPES



- 2 minute fudge
- 2 minute Rocky Road fudge
- 3-2-1 Mug Cake
- 5 Layer Bars
- 5 Minute Cornbread
- Amazing Chipped Beef Dip
- Apple Streusel
- Asian Green Beans
- Bacon Bowl Scrambled Egg Breakfast
- Banana Nut Bread
- Black Forest Dump Cake
- Blueberry Crumble
- Blueberry Streusel Mug Cake
- Blueberry Pancake in a Mug
- Brownies
- Buffalo Chicken Dip
- Butterscotch Mug Cake
- Candied Carrots
- Caramel Apple Dessert
- Cherry Crumble
- Chicken Cordon Bleu & Lemon Garlic Green Beans
- Chicken Fajitas
- Chilaquiles in a Mug
- Chili Cheese Dip
- Chocolate Caramel Mug Cake
- Chocolate Mug Cake
- Chocolate Peanut Butter Mug Cake
- Cinnamon Hot Chocolate
- Cinnamon Hot Chocolate Mix
- Cinnamon Roll Mug Cake
- Cinnamon Roll Pancake
- Crunchy Munchies
- Double Chocolate Mint Mug Cake
- Easy Party Mix
- Egg Fried Rice in a Mug
- French Toast in a Mug
- Fruit Cobbler
- Granola in a Mug
- Hash Brown Casserole
- Hawaiian Wedding Cake
- Hot Chocolate Brownie
- Hot Crab Dip
- Italian Chicken
- Meatloaf in a Mug
- Mix in A Mug Cake
- Mocha Coffee
- Noodle Bowl
- Overnight Honey Almond Multigrain Cereal
- Parmesan & Spinach Mug Omelet
- Parmesan Crusted Quiche
- Peach Cobbler Mug Cake
- Peanut Butter & Jelly Bars
- Peanut Butter & Banana Mug Cake
- Peanut Butter Fudge
- Peanut Butter Fudge 2
- Peel & Eat Shrimp
- Pepperoni Pizza in a Mug
- Pineapple Upside Down Mug Cake
- Pizza Dip
- Pumpkin Spice Mug Cake
- Rice Krispy Treat in a Mug
- Rice Krispy Treats
- Saints & Sinners Mug Cake
- S'mores Mug Cake
- Spanish Rice
- Spicy Vegetable Soup
- Spinach Dip
- Strawberry Cheesecake in a Mug
- Strawberry Lemonade Cake
- Super Quick Fudge
- Sweet Potato Pudding
- Taco Casserole
- Zucchini Bread

2 Minute **FUDGE**



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INGREDIENTS

- 2 cups semi-sweet chocolate chips
- 1 (14 oz.) can sweetened condensed milk

DIRECTIONS

1. Mix ingredients in **Vent 'N Serve Large Shallow**.
2. Microwave on high for 2 minutes, Stir.
3. Chill for 45-60 minutes.
4. Invert container onto cutting board to slice.



2 Minute
**ROCKY ROAD
FUDGE**

Tupperware

INGREDIENTS

- 2 cups semi-sweet chocolate chips
- 1 (14 oz.) can sweetened condensed milk

- 1 cup chopped nuts
- 1 cup miniature marshmallows

DIRECTIONS

1. Mix ingredients in **Vent 'N Serve Large Shallow**.
2. Microwave on high for 2 minutes, Stir in nuts and marshmallows.
3. Chill for 45-60 minutes.
4. Invert container onto cutting board to slice.

3 21

MUG CAKE



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INGREDIENTS

- 1 (16 ounce) box angel food cake mix
- 1 (18 ounce) box cake mix (any flavor)

To make Mug cake

- 3 Tbsp. of the cake mix
- 2 Tbsp. water

Icing or whipped cream or toppings, if desired

DIRECTIONS

1. Mix together cake mixes and store in an airtight Tupperware Container.
2. In the **Vent 'N Serve Soup Mug** add 3 Tbsp. cake mix and 2 Tbsp. water, mix to combine, microwave on high for 1 minute.
3. Cool and top with whipped cream or icing of your choice or just eat it plain.



5 Layer
BARS

INGREDIENTS

- 1 stick salted butter, melted
- 1½ cups graham cracker crumbs
- ½ cup chopped pecans
- 1 cup butterscotch chips
- 1 cup semisweet chocolate chips
- 1 cup shredded coconut
- 1 (14-oz.) can sweetened condensed milk

DIRECTIONS

1. Melt butter in **Vent 'N Serve Large Shallow**, add graham crackers, stir and press evenly into bottom of the **Vent 'N Serve**, microwave for 1-2 minutes.
2. Sprinkle pecans, chips and coconut on top. Pour the sweetened condensed milk over the mixture.
3. Microwave on high for 5 minutes.
4. Let cool then cut into bars.



5 Minute **CORNBREAD**

INGREDIENTS

- ½ cup all purpose flour
- ½ cup cornmeal
- 2 Tbsp. white sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 egg
- ½ cup milk
- 2 Tbsp. vegetable oil

DIRECTIONS

1. Whisk together the flour, cornmeal, sugar, baking powder, salt, egg, milk, and vegetable oil in a **Thatsa Bowl**.
2. Pour batter into greased, **3½ cup Round Vent 'N Serve**.
3. Microwave at 70% power 5 minutes or until a toothpick inserted into the center comes out clean.

(This can also be cooked on high for 3 minutes)



Amazing
**CHIPPED BEEF
DIP**

INGREDIENTS

2 (8 oz.) pkg. cream
cheese, softened
½ cup sour cream
1 (4.5 oz.) pkg. Buddig beef,
chopped
½ cup green onions, chopped
¼ cup pickled jalapenos, drained
and diced
1 Tbsp. fresh dill, chopped

1 tsp. Worcestershire sauce
½ tsp. garlic powder

Serve with
Toasted baguette slices, butter
crackers, or fresh cut vegetables

DIRECTIONS

1. Mix all ingredients in **Vent 'N Serve Large Shallow**.
2. Microwave on high for 3-4 minutes.
3. Serve with toasted baguette slices, butter crackers, or fresh cut vegetables.



Apple
STREUSEL

INGREDIENTS

- 4 apples
- ¼ cup brown sugar
- ¼ cup flour
- ¼ cup butter, melted

Ice cream optional

DIRECTIONS

1. Peel and slice apples and place in the **Vent 'N Serve Large Shallow**.
2. Mix brown sugar and flour and sprinkle over apples.
3. Pour melted butter over flour mixture.
4. Microwave on high for 2-3 minutes, covered and vented.



Asian
GREEN BEANS

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INGREDIENTS

- 12 oz. fresh green beans
- 1 tsp. minced fresh garlic
- 1 tsp. fresh ginger, minced
- 1 Tbsp. soy sauce
- 1 Tbsp. rice wine vinegar
- 2 tsp sesame or vegetable oil

DIRECTIONS

1. Mix all ingredients in the **3½ Cup Round Vent 'N Serve Container**, cover.
2. Cook 5-7 minutes on high.



Bacon Bowl with

SCRAMBLED EGGS BREAKFAST

INGREDIENTS

- 2 eggs
- 2 Tbsp. milk
- a little butter
- 3 bacon strips

Optional Add ins

- Chopped herbs
- Chopped vegetables
- Shredded cheese

DIRECTIONS

1. Cut 1 bacon strip into halves. Arrange in **Vent 'N Serve Soup Mug** to make a bowl (see picture). Crisscross them on the bottom of a small bowl. Wrap 2 strips around the sides. Place bowl on a plate. Put in microwave and cook for 2.5 minutes. Let cool. (Tip: Put a piece of paper towel on top to soak up the grease, so you don't have to clean up the microwave later.)
2. Coat a clean **Vent 'N Serve Soup Mug** with melted butter.
3. Mix eggs and milk (and other add ins) in the **Vent 'N Serve Soup Mug** . Microwave for 45 seconds. Stir. Then, microwave for another 40 seconds.
4. Put scrambled eggs into bacon bowl, and enjoy!



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Banana Nut BREAD



INGREDIENTS

- 3 Tbsp. self rising flour
- 2 Tbsp granulated sugar
- 1½ Tbsp brown sugar
- 2 Tbsp butter, softened
- 3 Tbsp bananas, mashed and ripened
- 3 Tbsp. milk
- ½ tsp. vanilla extract
- 2 Tbsp. pecans or walnuts, chopped
- Sliced bananas and whipped topping, if desired

DIRECTIONS

1. In the **Vent 'N Serve Soup Mug** combine, flour, sugars, butter, mashed bananas, milk, vanilla extract and 1 Tbsp. nuts.
2. Microwave on high for 2 minutes.
3. Allow to cool slightly and top with remaining nuts and sliced bananas.



Black Forest **DUMP CAKE**

INGREDIENTS

- 5 oz. can crushed pineapple
- 1 (21 oz.) can cherry pie filling
- 1 (18.5 oz.) devils food cake mix
- 1 cup chopped peanuts
- ½ cup melted butter

Whipped topping or Ice Cream,
optional

DIRECTIONS

1. Drain pineapple, reserve liquid. Spread pineapple in **Vent 'N Serve Large Deep**.
2. Add pie filling. Spread gently.
3. Sprinkle dry cake onto filling; top with nuts.
4. Combine melted butter and pineapple juice and pour on top of mixture.
5. Microwave on high 12 minutes.



Blueberry **CRUMBLE**

INGREDIENTS

- 1 (21 oz.) can blueberry pie filling*
- 1 (9 oz.) pkg. yellow cake mix
- ¼ cup butter, melted
- ¾ tsp. ground cinnamon

*You can use any fruit flavor pie filling

DIRECTIONS

1. Spread pie filling in the **Large Shallow Vent 'N Serve**.
2. Sprinkle cake mix over top of pie filling.
3. Drizzle butter over cake mix.
4. Sprinkle cinnamon over cake mix.
5. Microwave on high for 8-10 minutes.

Blueberry Streusel MUG CAKE



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INGREDIENTS

¼ cup flour
2 Tbsp. granulated sugar
⅓ tsp baking powder
pinch of baking soda
3 Tbsp. fat free milk
1 Tbsp. vegetable oil
7 fresh blueberries

Streusel topping
1 tbsp. cold butter, chopped into tiny pieces
1½ Tbsp. flour
2½ Tbsp. brown sugar
⅓ tsp. cinnamon

DIRECTIONS

1. Mix everything listed in muffin ingredients except blueberries into the **Vent 'N Serve Soup Mug** with a small whisk. Drop blueberries in, spreading them out.
2. In a small bowl, mix streusel ingredients, until butter pieces are completely coated in the flour, sugar and cinnamon. Sprinkle small crumbles of streusel on top of muffin batter, spreading out evenly across surface.
3. Cook in microwave for about 1 minute. Let cool for a few minutes before eating.

Blueberry Pancake IN A MUG



INGREDIENTS

- 3 Tbsp. flour
- ¼ tsp. baking soda
- 2 tsp. maple syrup/ honey/ agave
- 1 Tbsp. milk
- 1 Tbsp. flavorless oil (canola, coconut, vegetable etc.)
- 1 egg
- 1 Tbsp. blueberries, frozen

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, whisk together all ingredients until thoroughly mixed.
2. Microwave for 1 minute.
3. Top with a little maple syrup and some more blueberries.

Based on 1200 watt microwave

BROWNIES



INGREDIENTS

1 box brownie mix

Ingredients as specified on brownie box

DIRECTIONS

1. In a medium bowl mix ingredients as specified on the brownie mix box.
2. Pour into the **Large Shallow Vent 'N Serve**.
3. Cook in the microwave for 6-8 minutes.
4. After removing brownies from the microwave, put the seal on and vent for 2 minutes.



Buffalo CHICKEN DIP

INGREDIENTS

- 1 boneless, skinless chicken breast
- 1 cup chicken stock or water
- 1 cup softened cream cheese or farmer's cheese
- 1 cup shredded cheddar
- 3 garlic cloves, peeled and minced
- 1 tsp. white vinegar
- 1½ tbsp. hot sauce
- ¼ tsp. kosher salt

DIRECTIONS

1. In the **Vent 'N Serve Large Shallow**, combine chicken and stock. Cover and microwave on high power 7 minutes or until chicken registers 165° F/75° C on an instant-read thermometer inserted into the center of the chicken.
2. Transfer chicken to cutting board, shred and set aside. Discard chicken stock.
3. In the same **Vent 'N Serve**, stir together cream cheese, cheddar, garlic, vinegar, hot sauce, salt and shredded chicken until well combined. Cover and microwave 2 minutes or until warm in the center.
4. Remove from microwave, serve warm with a variety of crackers, French bread slices or raw vegetables.



Butterscotch **MUG CAKE**

INGREDIENTS

- 3 Tbsp. butter, melted
- 3 Tbsp. milk
- 2 Tbsp. egg
- 3 Tbsp. brown sugar
- ¼ cup + 1 Tbsp. flour
- ⅛ tsp. baking powder
- 1 tsp. vanilla extract
- 2 Tbsp. butterscotch chips
- 2 Tbsp. pecans, chopped, and toasted

DIRECTIONS

1. In the **Vent 'N Serve Soup Mug** Add the melted butter, egg, milk, vanilla, and brown sugar; and whisk until mixed.
2. Whisk in flour and baking powder.
3. Chop the butterscotch chips and toasted pecans into very small pieces and whisk it all together.
4. Microwave for 2-3 minutes.



Candied
CARROTS

INGREDIENTS

- 1½ cups chopped carrots, about 2" pieces
- 2 tbsp. brown sugar
- ⅛ tsp. kosher salt
- 1 tbsp. salted butter

DIRECTIONS

1. In the **Vent 'N Serve Large Shallow**, stir together carrots, sugar and salt. Top with butter.
2. Place seal on. Microwave on high power 1 minute. Remove cover; stir carrots to coat evenly with butter and sugar.
3. Microwave, uncovered, 3 additional minutes. Let stand 2 minutes before serving. Serve warm.

Caramel Apple

DESSERT



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INGREDIENTS

- 5-6 granny smith apples
- 1 tsp. butter
- ½ cup white sugar
- 1 tsp. cinnamon
- 1 cup caramel sauce
- 2 tsp. lemon juice
- ½ cup brown sugar
- ¼ tsp. nutmeg
- ½ cup peanuts

Ice cream, optional

DIRECTIONS

1. Peel and core apples and coat with real lemon juice.
2. Put apples in **Large Vent 'N Serve**. Dot with butter.
3. Mix together brown sugar, white sugar, nutmeg, cinnamon, and peanuts, sprinkle over apples.
4. Microwave on high for 7-10 minutes.
5. Check apples for tenderness. Add caramel sauce. Pour over apples and let melt.
6. Top with ice cream if desired.



Cherry **CRUMBLE**

INGREDIENTS

- 1 (21 oz.) can Cherry pie filling*
- 1 (9 oz.) pkg. yellow cake mix
- $\frac{1}{4}$ cup butter, melted
- $\frac{3}{4}$ tsp. ground cinnamon

*You can use any fruit flavor pie filling

DIRECTIONS

1. Spread pie filling in the inverted **Large Shallow Vent 'N Serve**.
2. Sprinkle cake mix over top of pie filling.
3. Drizzle butter over cake mix.
4. Sprinkle cinnamon over cake mix.
5. Microwave on high for 8-10 minutes.



**CHICKEN
CORDON BLUE**
*and Lemon Garlic
Green Beans*

INGREDIENTS

¾ cup cut green beans
½ tsp. garlic powder
1 tsp. lemon juice
2 tsp. onion diced
½ cup water

1 boneless chicken breast
1 piece of Swiss cheese
1 piece of ham lunch meat
Butter, melted
Breadcrumbs

DIRECTIONS

1. Place green beans in **Large Shallow Vent 'N Serve**, add garlic, lemon juice onion and water.
2. Microwave on high for 5 minutes, drain.
3. Pound chicken breast until thin, place slice of ham and slice of Swiss cheese on breast. Roll up and secure with a toothpick. Roll in melted butter and then bread crumbs.
4. Place chicken in the **Large Shallow Vent 'N Serve**, add the green beans on side and microwave for 3-5 minutes or until chicken is no longer pink.



Chicken **FAJITA**

INGREDIENTS

- 1 large chicken breasts, cut into thin strips
- ½ green bell pepper strips
- 1 small onions, cut into thin strips
- 1 Tbsp. Fajita or Taco Seasoning
- 2 inch flour tortillas

Optional Toppings: Cheese, lettuce, sour cream, salsa and avocado.

DIRECTIONS

1. Place chicken, bell peppers and onions in the **Large Shallow Vent 'N Serve** and sprinkle ½ Tbsp. of seasoning.
2. Cover and microwave for 4-5 minutes at 70% power or until chicken is no longer pink.
3. Add rest of Fajita seasoning, and stir.
4. Serve with warm flour tortillas and other desired toppings.

Chilaquiles **IN A MUG**



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INGREDIENTS

- 1 egg
- 1 Tbsp. milk
- Salt
- Ground black pepper
- 1 Tbsp. sharp cheddar cheese
- 5 tortilla chips, divided
- 1 Tbsp. salsa
- Sour cream
- Queso fresco
- Chopped green onion

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, Beat egg and milk with a fork, add salt and pepper to taste. Add cheddar; stir to coat. Break 3 or 4 tortilla chips into small pieces to fit in the cup; stir into the mixture. Add salsa.
2. Microwave on high until done, about 1 minute, 10 seconds.
3. Garnish with remaining tortilla chips, sour cream, queso fresco and green onion.



Chili Cheese DIP

INGREDIENTS

- 1 (8 oz.) package cream cheese
- 1 (16 oz.) can chili with or without beans
- 1 16 oz.) package shredded mild or sharp cheddar cheese
- Tortilla chips or Frito Scoops, to serve

DIRECTIONS

1. Place cream cheese in the base of the **Large Shallow Vent 'N Serve**. Microwave for one minute, to soften, remove from microwave and spread evenly on bottom of Vent 'N Serve.
2. Pour can of chili over cream cheese and top with shredded cheese.
3. Microwave on high for 4-5 minutes.
4. Serve with desired chips.



Chocolate Caramel **MUG CAKE**

INGREDIENTS

- 4 Tbsp. plain flour
- 4 Tbsp. sugar
- 3 Tbsp. hot chocolate drinking powder or cocoa powder
- 1 egg
- ¼ tsp salt
- ¼ tsp baking powder
- 1 Tbsp. oil
- A few drops vanilla extract
- Rolos

DIRECTIONS

1. Add all your ingredients (except the rolos) into a **Vent 'N Serve Soup Mug**.
2. Add 4-5 rolos depending on how much caramel you want in your cake!
3. Microwave on the high, 700 watts, for 1 minute.

If the cake isn't looking cooked put in for a further 10-20 seconds.



Chocolate **MUG CAKE**

INGREDIENTS

- 4 Tbsp. self-rising flour
- 2 Tbsp. cocoa powder
- 3 Tbsp. sugar
- 3 Tbsp. milk, any type
- 1 Tbsp. vegetable oil
- 2 Tbsp. chocolate chips (optional)

DIRECTIONS

1. Pour ingredients into **Vent 'N Serve Soup Mug** and stir to combine.
2. Microwave on high for 1 minute or until knife comes out clean.



Chocolate Peanut Butter **MUG CAKE**

INGREDIENTS

- 3 Tbsp. flour
- 2 Tbsp. sugar
- 1½ Tbsp. cocoa powder
- ¼ tsp. baking powder
- 1 pinch of salt
- 3 Tbsp. milk
- 1½ Tbsp. vegetable oil
- 1 Tbsp. peanut butter

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, whisk (with a small whisk or large fork) together the dry ingredients (flour, sugar, cocoa powder, baking powder and salt). Add the milk, vegetable oil and peanut butter. Whisk until smooth.
2. Cook in the microwave on high for 1minute and 10 seconds. This recipe will rise a lot and then deflate. Serve immediately.

Cinnamon

HOT CHOCOLATE



INGREDIENTS

- 1 cup milk
- 1 Tbsp. Cinnamon Hot Chocolate Mix*

Optional Toppings

- Marshmallows
- Toffee bits
- Coarse sea salt
- Mini chocolate chips
- Crushed peppermints
- Candy canes

- Soft peppermint sticks
- Whoppers candy
- Lindt truffles
- Pirouette cookies
- Whipped cream
- Dark chocolate syrup
- Caramel sauce

DIRECTIONS

1. Microwave 1 cup milk and 1 tbsp. of the Cinnamon Hot Chocolate Mix in a **Vent 'N Serve Soup Mug** on high for 1 minute or until hot; do not boil.
2. Stir until hot chocolate mix dissolves. Garnish with desired toppings.

*See next recipe card for Cinnamon Hot Chocolate Mix

A glass bowl filled with a thick, brown, frothy hot chocolate mix, topped with several white marshmallows. The bowl is set on a dark and light checkered cloth. In the background, another glass bowl contains a brown powder, likely the mix itself. The text 'Cinnamon HOT CHOCOLATE Mix' is overlaid on the top left of the image.

Cinnamon

HOT CHOCOLATE

Mix

INGREDIENTS

Cinnamon Vanilla Seasoning Blend

1¼ cups granulated sugar

¼ cup brown sugar

½ cup ground cinnamon

1 tsp. coarse kosher salt

1 vanilla bean, cut in half

lengthwise or 3 tbsp. vanilla

powder

Hot Chocolate Mix

1 cup unsweetened cocoa powder

1½ cups brown sugar

2 tbsp. DIY Cinnamon-Vanilla

Seasoning Blend

DIRECTIONS

1. In a small bowl stir cinnamon vanilla seasoning ingredients together, transfer to a **Modular Mates Large Spice Shaker**. Cover and store in a cool dark place up to 6 months.
2. In a small bowl stir, together cocoa powder, brown sugar and Cinnamon Vanilla Seasoning Blend.
3. Transfer to a **Counterscaping Dry Seasoning** or a **Modular Mates Container**. Cover and store in a cool dark place up to 6 months.

Cinnamon Roll MUG CAKE

INGREDIENTS

- ¼ cup flour
- ¼ teaspoon baking powder
- 2 Tbsp. unsweetened vanilla almond milk (or other milk) + 1-2 Tbsp. or more, as needed
- 1 Tbsp. maple syrup
- ¼ tsp. vanilla extract
- 1 tsp. coconut oil
- 1 Tbsp. brown sugar (or coconut sugar)
- ¼ tsp. ground cinnamon

DIRECTIONS

1. Spray a **Vent 'N Serve Soup Mug** with cooking spray and then mix together flour, baking powder, milk, maple syrup, vanilla and coconut oil inside. Add 1-2 tablespoons more milk, if needed for desired consistency. You want the batter to stay thick, but not dry.
2. In a small bowl, whisk together brown sugar and cinnamon and sprinkle over the top of the mixture in Mug. Use the tip of a knife to swirl cinnamon mix into the top of the batter.
3. Microwave on high for about 1 minute and 25 seconds. Take out of the microwave and if desired transfer muffin to a plate. Enjoy!

Cinnamon Roll **PANCAKE**



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INGREDIENTS

1½ cups all purpose flour
½ cup granulated sugar
2 tsp. baking powder
½ tsp. table salt
1 cup reduced fat (2%) milk
1 egg, lightly beaten
¼ cup vegetable oil

Cinnamon swirl
½ Tbsp. ground cinnamon
¾ cup powdered sugar
2 Tbsp. reduced fat (2%) milk

DIRECTIONS

1. Whisk together flour, sugar, baking powder and salt in a medium bowl.
2. Make a well in the center of the dry ingredients and add the milk, egg and vegetable oil, and whisk until well combined.
3. Pour batter into greased **Large Shallow Vent 'N Serve**.
4. In a small bowl, mix together ingredients for cinnamon swirl. Pour mixture into **Squeeze It Bottle***.
5. Slowly squeeze the cinnamon swirl in a swirl pattern over the pancake batter. To make a thicker swirl, retrace pattern a second time.
6. Microwave at 70% power 5–8 minutes or until batter has cooked through.
7. Drizzle top of pancake with remaining cinnamon swirl mixture and serve warm. If desired, garnish with additional powdered sugar.

*Or use a plastic baggie, with corner snipped



Crunchie MUNCHIES

INGREDIENTS

- ¼ cup margarine
- ¼ cup sugar
- 2 Tbsp. honey
- 1 tsp. cinnamon
- 2 cups toasted oat cereal (cheerios)
- 2 cups wheat square cereal
- 1 cup Spanish peanuts or ½ cup peanut butter, smooth

DIRECTIONS

1. In **Large Deep Vent 'N Serve** combine margarine, sugar, honey and cinnamon and peanut butter is using.
2. Microwave on high 1½ - 2 minutes or until mixture boils well, stirring once.
3. Stir in cereals and nuts; mix well.
4. Microwave on high, uncovered, 2½ - 3½ minutes, or until lightly toasted, stirring twice.
5. Turn out onto cookie sheet to cool. Cut into 16 bars

Store in **Modular Mate Container**, makes 5 cups.



Double Chocolate Mint MUG CAKE

INGREDIENTS

1 (1-oz.) square bittersweet or dark chocolate, broken into pieces, or 2 Tbsp. semi-sweet or dark chocolate chips
2 tsp. coconut oil (can substitute vegetable oil)
3 Tbsp. all-purpose flour or white whole wheat flour
1 Tbsp. cocoa powder
¼ teaspoon baking powder

2 Tbsp. unsweetened almond milk
1 Tbsp. pure maple syrup
¼ tsp. instant espresso powder (optional)
½ tsp. vanilla extract
6 drops peppermint extract

DIRECTIONS

1. Place the chocolate and the coconut oil into a **Vent 'N Serve Soup Mug**. Microwave at 50% power for 30 seconds and stir. If the chocolate is not yet melted, microwave again at 50% power in 15-second increments, stirring each time, until the chocolate is melted. It usually takes me about one minute total.
2. Add the remaining ingredients except optional toppings. Stir with a fork until combined.
3. Microwave on high until risen and just until dry to the touch, 1-2 minutes (in my microwave it takes 1 minute 15 seconds).
4. Add toppings if you like and serve.



Easy
PARTY MIX

INGREDIENTS

- 2½ Tbsp. unsalted butter
- 2 tsp. Worcestershire sauce
- ½ tsp. seasoned salt
- ½ tsp. onion powder
- ½ tsp. garlic powder

- 1 cups corn cereal
- 1 cups rice cereal
- ¾ cups pretzels
- ¾ cups mixed nuts

DIRECTIONS

1. In **Large Deep Vent 'N Serve** add butter, Worcestershire sauce, seasoned salt, onion powder and garlic powder, microwave on high for 30–45 seconds or until melted.
2. Add cereal, pretzels and nuts; Cover and shake to coat cereal with butter mixture.
3. Microwave uncovered for 3–4 minutes, stirring every 2 minutes or until mixture has begun to dry.
4. Spread out onto Baking Sheet with Rim to cool. Store in a airtight Tupperware Container.

Egg Fried Rice IN A MUG



INGREDIENTS

- 1 cup cooked rice
- 2 Tbsp. frozen peas
- 2 Tbsp. chopped red pepper
- ½ green onion, chopped
- small pinch of mung bean sprouts
- small pinch of shredded purple cabbage
- 1 large egg
- 1 Tbsp. low-sodium soy sauce
- ½ tsp. sesame oil
- ½ tsp. onion powder
- ¼ tsp. five-spice powder

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, Place the rice and vegetables, cover with seal.
2. Microwave on high for 1 minute
3. In the meantime, beat the egg and mix in the seasoning (soy sauce, sesame oil, onion powder, and five-spice powder). Pour the egg mixture into the Mug, over vegetables and mix well, cover with the seal.
4. Microwave on high for 1 minute to 1 minute, 30 seconds.
5. Take out of microwave, let rest for one minute, Use a fork to fluff up the rice and serve.



French Toast **IN A MUG**

INGREDIENTS

½ to 2 slices bread
1 egg
3 tablespoons milk
Dash of cinnamon

Syrup, optional
Fresh fruit, optional

DIRECTIONS

1. Cube slices of bread.
2. Place bread cubes in the **Vent 'N Serve Soup Mug**.
3. Combine egg, milk and cinnamon in a separate small bowl.
4. Pour egg mixture into the soup Mug.
5. Press bread down so it can fully absorb liquid.
6. Microwave for one minute, and then ten seconds at a time until fully cooked.



Fruit **COBBLER**

INGREDIENTS

12 Archway brand Oatmeal, Ginger Snap or Chocolate Cookies
1 can any flavor pie filling
(cherry and strawberry are best with chocolate cookies)
Vanilla ice cream

DIRECTIONS

1. In **Large Shallow Vent 'N Serve** Container Crumble 8 of the cookies in the bottom.
2. Spread the pie filling evenly on top of the crumbled cookies.
3. Crumble remaining 4 cookies on top of the pie filling.
4. Microwave on high for 6-8 minutes.
5. Serve hot with vanilla ice cream, if desired.

Granola IN A MUG



INGREDIENTS

- 1 Tbsp. maple syrup, honey or agave nectar
- 2 tsp. water
- 2 tsp. flavorless oil (vegetable, canola or coconut oil)
- 1/8 tsp. salt
- 4 1/2 Tbsp. rolled oats or quick-cooking
- 1 Tbsp. desiccated coconut
- 1 Tbsp. chopped nuts

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, mix the maple syrup, water, oil, salt, oats and nuts until blended.
2. Microwave for 1 minutes 30 seconds and stir, making sure to stir up any syrup on the bottom of the Mug.
3. Microwave for 1 minutes 30 seconds longer until oats are golden brown. You will see them getting golden in color and starting to toast up. If you want to add dried fruit you can do so now.
4. Let it stand for 2 to 3 minutes to cool before eating. If you have extra store in an airtight container for 5 days.

Based on 1200 watt microwave



Hash Brown **CASSEROLE**

INGREDIENTS

- ⅓ cup milk
- 1½ tbsp. butter, melted
- ⅓ tsp. paprika
- ¼ tsp. salt
- ⅛ tsp. pepper
- 8 oz. frozen hash brown potatoes, thawed
- ¼ small onion, diced
- ⅓ cup shredded cheddar cheese

DIRECTIONS

1. In **Large Shallow Vent 'N Serve** container add milk, butter, paprika, salt and pepper, stir.
2. Add hash browns, onions and cheddar cheese, stir to mix.
3. Microwave on high 8-11 minutes.

Hawaiian WEDDING CAKE



INGREDIENTS

- 1 box Jiffy cake mix (1 layer size)
- 1 box instant vanilla pudding
- 1 (8 oz.) pkg. cream cheese
- 2 cups milk
- 1 can crushed pineapple, drained
- 1 container whipped topping
- ½ cup toasted coconut

DIRECTIONS

1. Mix cake mix according to package directions and pour into **Vent 'N Serve Large Shallow**.
2. Microwave on high for 5 minutes.
3. Allow cake to cool.
4. Mix pudding, cream cheese and milk and pour over cake.
5. Top with drained pineapple, cool whip and coconut.



Hot Chocolate **BROWNIE**

INGREDIENTS

- 2 envelopes hot chocolate
- 3 Tbsp. flour
- 1 Tbsp. oil
- 2 Tbsp. water
- ¼ tsp. vanilla
- ¼ cup chocolate chips

Optional Toppings

- Caramel sauce
- Marshmallows
- Ice cream
- Reese's pieces
- Nuts
- M&Ms
- Chocolate chips

DIRECTIONS

1. Combine hot chocolate, flour, oil, water and vanilla in **Vent 'N Serve Soup Mug**, stir to blend well.
2. Sprinkle chocolate chips on top.
3. Cover and microwave on high power for 90 seconds.
4. Let cool.



Hot
CRAB DIP

INGREDIENTS

- 1 pkg. cream cheese
- 1 can (6 ½ oz) crab meat
- 3 Tbs. mayonnaise
- 2 tsp. lemon juice
- 1 Tbs. Worcestershire sauce
- 1 tsp. minced onion

Crackers or chips to serve

DIRECTIONS

1. Spread cream cheese in the **Vent 'N Serve Large Shallow**, microwave for 30 seconds to soften.
2. Rinse crab meat in cool water add to cream cheese.
3. Add crab, mayonnaise lemon juice, Worcestershire sauce and onion to cream cheese and stir to combine.
4. Microwave at 50% power for 4-6 minutes or until mixture is hot, stir after 2 minutes.
5. Serve with crackers or chips.



Italian **CHICKEN**

INGREDIENTS

- ½ cup seasoned bread crumbs
- ¼ cup parmesan cheese
- ½ tsp garlic salt
- 1½ tsp. Italian seasoning
- 2 Tbsp. butter, melted
- 4 boneless chicken breast

DIRECTIONS

1. In a shallow bowl combine bread crumbs, parmesan cheese, garlic salt and Italian seasonings.
2. Coat chicken in bread crumb mixture and place in the **Vent 'N Serve Large Shallow**, drizzle butter over chicken.
3. Microwave and cook on high for 3 minutes, flip, cook for 3 more minutes.
4. Let stand for 5 minutes before serving.



Meatloaf **IN A MUG**

INGREDIENTS

- 2 Tbsp. milk
- 1 Tbsp. ketchup
- 2 Tbsp. quick-cooking oats
- 1 tsp. onion soup mix
- ¼ lb. lean ground beef
- Additional ketchup, optional

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well.
2. Microwave for 3 minutes or until meat is no longer pink and a thermometer reads 160°; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired

Based on 1200 watt microwave



Mix In
A MUG CAKE

INGREDIENTS

- 6 Tbsp. self-rising flour
- 3 Tbsp. sugar
- 3 Tbsp. milk, any type
- 1 Tbsp. oil
- 2 Tbsp. chocolate chips, sprinkles, raspberries, or blueberries (optional)

DIRECTIONS

1. Pour ingredients with desired mix-in's into **Vent 'N Serve Soup Mug**. Stir to combine.
2. Microwave on high for 1 minute or until knife comes out clean.

Mocha COFFEE



Tupperware®

INGREDIENTS

- 1 cup hot coffee
- 1 Tbsp. Cinnamon Hot Chocolate Mix*

DIRECTIONS

1. Place 1 Tbsp. of the Cinnamon Hot Chocolate Mix in a **Vent 'N Serve Soup Mug** add your favorite coffee; stir well until dissolved.

*See Cinnamon Hot Chocolate Mix Recipe card



Noodle
BOWL

INGREDIENTS

- 1 cup chicken or vegetable stock
- 2 slices peeled fresh ginger root
- 1 small garlic clove, peeled and minced
- ½ tsp. kosher salt
- ½ cup dry rice noodles, any variety
- ¼ cup sliced mushrooms, any variety
- ½ cup assorted frozen or fresh vegetables
- 1 Tbsp. dark sesame oil
- 1 Tbsp. toasted sesame seeds
- Bean sprouts, microgreens, and cilantro for garnish, optional

DIRECTIONS

1. In the **3½ cup Round Vent 'N Serve**, stir together chicken stock, ginger root, garlic and salt. Add dry noodles; top with mushrooms and vegetables.
2. Cover and microwave on high power 4 minutes. Remove from microwave; remove cover. Top with sesame oil and sesame seeds.
3. Garnish with bean sprouts, microgreens and fresh cilantro. Serve warm.

A top-down view of several white bowls filled with oatmeal. The oatmeal is topped with various fruits including raspberries, strawberries, blueberries, and sliced almonds. Some bowls also have orange slices. The text 'Overnight Honey Almond MULTIGRAIN CEREAL' is overlaid on the top left of the image. The Tupperware logo is at the bottom left.

Overnight Honey Almond **MULTIGRAIN CEREAL**

INGREDIENTS

- ½ cup steel cut oats
- 2 Tbsp. uncooked pearl barley
- 1¼ cups water
- ⅛ tsp. salt
- ¼ tsp. ground cinnamon
- 1 Tbsp. almonds, sliced toasted
- 1 Tbsp. honey

Additional Stir ins

- Walnuts
- Almonds
- Cashews
- Maple Syrup
- Molasses
- Strawberry jam
- Apple
- Apricots
- Figs
- Blueberries
- Strawberries

DIRECTIONS

1. Place oats, barley and water in base of **Round 3½ cup Vent 'N Serve**.
2. Stir and cover, place in the refrigerator for 4 hours or overnight.
3. Remove from the refrigerator, uncover and stir in salt.
4. Microwave uncovered on high for 6 minutes or until most of the liquid is absorbed, stirring well after 3 minutes
5. Stir in ground cinnamon, then top with almonds and honey.

Parmesan & Spinach **MUG omeLET**



INGREDIENTS

- ½ cup milk
- 3 Tbsp. all purpose flour
- 1 Tbsp. sunflower oil
- ¼ tsp. baking powder
- 1 egg, medium
- 3 Tbsp. grated Parmesan
- Salt and pepper
- 6 or 7 leaves baby spinach

DIRECTIONS

1. Pour the milk, flour, oil, baking powder, egg, grated Parmesan, salt and pepper into the **Vent 'N Serve Soup Mug**. Mix using the Silicone Spatula Thin.
2. Add the baby spinach leaves and stir again.
3. Scrape the sides of the Mug to clean them.
4. Microwave for 1 minute 40 to 1 minute 50 at 600 watts.
5. Allow to stand for 2 min.



Parmesan Crusted **QUICHE**

INGREDIENTS

- 1 tbsp. salted butter
- 2 tbsp. finely grated Parmesan cheese
- 3 eggs
- ¼ cup heavy cream
- ¼ cup finely chopped zucchini
- ¼ cup chopped kale or spinach
- 2 Tbsp. minced green onion
- ¼ cup finely diced ham or bacon
- ½ cup Swiss or cheddar cheese

DIRECTIONS

1. Rub inside of the **Round 3½ cup Vent 'N Serve** with butter. Add Parmesan; shake around the inside to coat all sides, leaving excess in the bottom. Set aside.
2. In a medium bowl, whisk together eggs and cream. Stir in zucchini, kale, onion, ham and cheese.
3. Transfer mixture to **Round 3½ cup Vent 'N Serve** Container.
4. Cover and microwave on 50% power 4 minutes, or until center is just set. Remove from microwave; remove cover.
5. Turn quiche onto a cutting board; cut into quarters. Serve warm.



Peach Cobbler **MUG CAKE**

INGREDIENTS

- 1 Tbsp. butter
- 3 Tbsp. white cake mix
- 1 pinch of cinnamon
- 2½ Tbsp. milk
- 1 (4 oz.) diced peaches in light syrup
- Vanilla ice cream, optional

DIRECTIONS

1. Place butter in the **Vent 'N Serve Soup Mug** and melt in microwave.
2. Meanwhile, in a small bowl whisk together cake mix and cinnamon then whisk in milk and stir until well blended.
3. Pour mixture over melted butter in Mug (don't stir).
4. Drain 2 Tbsp. liquid from peaches (about $\frac{2}{3}$ of the liquid) then pour peaches over top of cake mix (don't stir). Microwave at 50% power for about 3 - 4 minutes, until desired doneness.
5. Allow to cool slightly, then top with vanilla ice cream and a light dusting of cinnamon.

A close-up photograph of several Peanut Butter & Jelly Bars. The bars are rectangular and layered. The top layer is a golden-brown, crumbly crust. Below that is a thick layer of red strawberry jelly. The bottom layer is a light-colored, soft-looking base. The bars are slightly irregular and appear to be freshly made.

Peanut Butter & JELLY BARS

INGREDIENTS

- 6 Tbsp. margarine, softened
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup peanut butter
- 1 egg
- $1\frac{1}{3}$ cup flour
- $\frac{1}{3}$ cup light brown sugar
- $\frac{2}{3}$ cup strawberry jelly or jam

Makes 16 bars.

DIRECTIONS

1. Combine butter, peanut butter, sugars and egg; beat well.
2. Add flour and beat on low speed until mixture is crumbly. Reserve 1 cup crumbs.
3. Press remaining crumbs **Vent 'N Serve Large Shallow**.
4. Place on inverted plate to elevate dish in microwave. Microwave on medium (50%) $5\frac{1}{2}$ - $6\frac{1}{2}$ minutes, or until base looks dry, rotating dish if necessary.
5. Spread jam on base to within $\frac{1}{2}$ inch of edge.
6. Sprinkle with reserved crumbs.
7. Microwave on medium (50%) 6-7 minutes or until jelly or jam bubbles near the center, rotating dish once.
8. Cut into 16 bars



Peanut Butter & Banana **MUG CAKE**

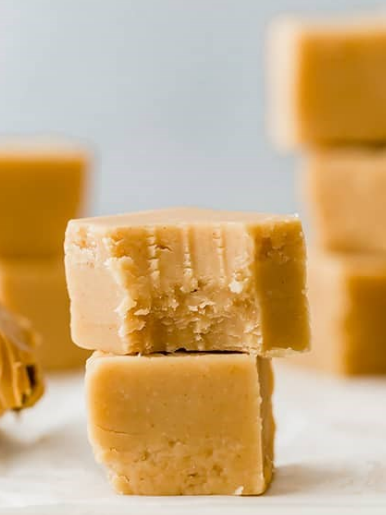
INGREDIENTS

- ½ medium banana, mashed
- 1 Tbsp. peanut butter (or any other nut butter)
- 1 egg whites
- ¼ tsp. vanilla extract
- 4½ Tbsp. flour
- ¼ tsp. ground cinnamon
- ¼ tsp. baking powder
- pinch of salt

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, mash the banana with a fork.
2. Mix in the peanut butter, egg whites and vanilla
3. Add in the flour, cinnamon, baking powder and salt and gently stir in until combined
4. Microwave for 45 second-1 minute or until it is firm in the middle
5. Top with some more sliced banana and enjoy warm

Peanut Butter **FUDGE**



Tupperware®

INGREDIENTS

- 1 cup unsalted butter (2 Sticks)
- 1 cup creamy peanut butter
- 1 lb. powdered sugar

DIRECTIONS

1. Mix together peanut butter and butter in **Vent 'N Serve Large Shallow**.
2. Microwave on high for 1-2 minutes, Stir, add powdered sugar, mix thoroughly and spread in **Vent 'N Serve**.
3. Chill for 45-60 minutes.
4. Invert container onto cutting board to slice.



Peanut Butter **FUDGE 2**

INGREDIENTS

- 1 (16 oz.) jar peanut butter
- 1 (16 oz.) can Frosting, your choice
(avoid cream cheese or whipped, the don't get as firm)

DIRECTIONS

1. Mix together peanut butter and frosting in **Vent 'N Serve Large Shallow**.
2. Microwave on high for 1-2 minutes, Stir and lightly spread with silicone spatula.
3. Chill for 45-60 minutes.
4. Invert container onto cutting board to slice.



Peel & Eat
SHRIMP

INGREDIENTS

- 1 cup vegetable or chicken stock
- 2 tbsp. tomato sauce (optional)
- 1 tsp. celery salt
- ¼ tsp. black pepper
- 1 tsp. paprika
- 1 tsp. thyme
- 1 tsp. garlic powder
- 20 fresh or frozen (thawed) shrimp, shell on

DIRECTIONS

1. In the **3½ Cup Round Vent 'N Serve** Container, whisk together stock, tomato sauce, celery salt, pepper, paprika, thyme and garlic powder until well blended. Add shrimp.
2. Cover and microwave on high power 3 minutes. Remove from microwave; transfer shrimp to a serving bowl, serve warm.



Pizza IN A MUG

INGREDIENTS

- 4 Tbsp. all purpose flour
- ¼ tsp. baking powder
- ⅛ tsp. baking soda
- ¼ tsp. salt
- 3 Tbsp. milk
- 1 Tbsp. olive oil
- 1 Tbsp. marinara sauce
- 1-2 Tbsp. shredded mozzarella cheese
- 5 mini pepperoni
- ½ tsp. dried Italian herb seasoning

DIRECTIONS

1. In a **Vent 'N Serve Soup Mug**, mix the flour, baking powder, baking soda and salt together.
2. Add in the milk and oil with whisk together. There might be some lump but that is fine.
3. Spoon on the marinara sauce and spread it around the surface of the batter
4. Sprinkle on the cheese, pepperoni and dried herbs
5. Microwave for 1 minute 10-20 seconds, or until it rises up and the topping are bubbling

Based on 1200 watt microwave



Pineapple Upside
Down
MUG CAKE

INGREDIENTS

- 6 Tbsp. self-rising flour
- 4 Tbsp. brown sugar, divided
- 3 Tbsp. milk, any type
- 1 Tbsp. vegetable oil
- 2 Tbsp. crushed pineapple or whole slice
- 1 Tbsp. melted butter
- 2-3 maraschino cherries

DIRECTIONS

1. Pour flour, 2 tbsp. of brown sugar, milk, oil into **Vent 'N Serve Soup Mug**. Stir until combined.
2. Stir remaining 2 tbsp. of brown sugar into the melted butter and pour over batter in Mug. Top with pineapple and cherry.
3. Microwave on high for 2 minutes or until knife comes out clean.



Pizza DIP

INGREDIENTS

- 1 (8 oz.) package cream cheese
- 1 jar pizza sauce
- 1 tsp. Italian seasonings
- 1 cup shredded mozzarella
- pepperoni slices

Nacho chips or 1 Italian
or French baguette, sliced thin and toasted

DIRECTIONS

1. Place cream cheese in the base of the **Large Shallow Vent 'N Serve**. Microwave for one minute, to soften, remove from microwave and spread evenly on bottom of **Large Shallow Vent 'N Serve**.
2. Pour pizza sauce over cream cheese, sprinkle Italian seasonings.
3. Top with shredded cheese, then layer pepperoni on top.
4. Microwave on high for 4-5 minutes.
5. Serve with desired chips.

Pumpkin Spice **MUG CAKE**



Tupperware

INGREDIENTS

- 4 Tbsp. all purpose flour
- $\frac{1}{8}$ tsp. baking powder
- 2 Tbsp. granulated white sugar
- 2 Tbsp. fat free milk
- $\frac{1}{2}$ Tbsp. vegetable oil
- 2 Tbsp. pumpkin puree
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. ground nutmeg
- Dash of ground ginger
- Dash of ground cloves

Icing, optional

DIRECTIONS

1. Combine all ingredients into an **Vent 'N Serve Soup Mug**. Mix ingredients with a small whisk until batter is smooth.
2. Cook in microwave for approximately 1 minute and 15 seconds.

Rice Krispy Treat **IN A MUG**

INGREDIENTS

- ¾ cup mini marshmallows
- 1 Tbsp butter
- 1 cup rice krispy cereal

DIRECTIONS

1. Combine butter and marshmallow into a **Vent 'N Serve Soup Mug**. Microwave for 30 seconds, watch to make sure it doesn't over flow, stir to combine.
2. Stir in rice krispy cereal until well blended.
3. Eat warm or allow to cool.

Rice Krispy TREATS



INGREDIENTS

- 1 cup marshmallow fluff
- 3 Tbsp. unsalted butter
- 1 tsp. vanilla extract
- 6 cups crispy rice cereal

DIRECTIONS

1. In the **Large Shallow Vent 'N Serve**, add marshmallow and butter in the **Large Shallow Vent 'N Serve**, microwave for one minute, stir, if more time is needed to melt to in 15 second increments; add vanilla and stir.
2. Add all the rice cereal to the marshmallow mixture and stir to combine and press into **Large Shallow Vent 'N Serve**.
3. Let cool for at least 30 minutes.
5. Refrigerate until firm. Unmold onto a cutting board and cut into squares.

Saints & Sinners

MUG CAKE



INGREDIENTS

1 (16 oz.) box Angel Food cake mix

1 (16 oz.) box Devil's Food cake

3 Tbsp. Cake Mix

2 tbsp. water

Toppings are optional

DIRECTIONS

1. Mix together cake mixes and store in an airtight Tupperware Container.
2. Add 3 Tbsp. cake mix and 2 Tbsp. water to the **Vent 'N Serve Soup Mug**, mix to combine, microwave on high for 1 minute.
3. If desired, top cake with strawberries, whip cream, chocolate or ice cream.



S'mores
MUG CAKE

INGREDIENTS

- 2 Tbsp. coconut flour
- 2 Tbsp. graham cracker crumb
- 1 tsp. brown sugar
- ¼ tsp. baking powder
- ¼ cup unsweetened vanilla almond milk
- 1 large egg
- 1 Tbsp. chocolate chips or chunks
- 1 large marshmallow, sliced in half lengthwise

DIRECTIONS

1. Add coconut flour, graham cracker crumbs, sugar, and baking powder to a **Vent 'N Serve Soup Mug**. Mix until well combined.
2. Add milk, stirring until no clumps remain before adding in your egg. Use a fork or whisk to gently beat the egg into the batter, making sure that it is fully incorporated. Sprinkle with chocolate chips before topping with marshmallow and additional graham cracker crumbs.
3. Microwave on high for 2½ to 3 minutes.



Spanish RICE

INGREDIENTS

- ⅓ lb. ground beef
- ⅛ tsp. garlic salt
- ½ Tbsp. cumin
- ⅓ small round onion
- ½ stalk celery
- ¼ cup green bell pepper
- ⅓ cup of rice
- 3 oz. tomato sauce
- ⅓ cup water

DIRECTIONS

1. In the **3½ Cup Round Vent 'N Serve**, stir together ground chuck, garlic and cumin until combined.
2. Break apart mixture into small crumbles. Cover and microwave on high power 3 minutes.
3. Remove from microwave, remove cover. Drain fat; break mixture into small crumbles.
4. Place onion, celery and bell pepper in the base of the **Power Chef System** with the blade attachment, cover and pull cord until chopped, pour over ground beef.
5. Rinse rice until clear, pour over ground beef.
6. Stir to mix all ingredients, cover and microwave for 15-20 minutes.
7. Stir and cook for an additional 3-5 minutes if needed.



Spicy
VEGETABLE SOUP

INGREDIENTS

- 2 cups chicken or vegetable broth
- 2 oz. angel hair pasta
- 2 button mushrooms, thinly sliced
- ½ zucchini, halved and thinly sliced
- ½ red bell pepper, diced
- ¼ tsp. crushed red pepper
- ¼ tsp. coarse kosher salt
- ⅛ tsp. cracked black pepper

DIRECTIONS

1. In the **Medium or Medium Deep Vent 'N Serve** add broth and pasta, stir.
2. Microwave on high power 6 minutes. Remove from microwave.
3. Stir in mushrooms, zucchini, pepper, crushed red pepper, salt and pepper.
4. Microwave on high power 3 minutes or until vegetables are tender.
5. Season with salt and pepper to taste. Serve warm.

Spinach DIP



INGREDIENTS

- 1 cup frozen chopped spinach, thawed
- 1 cup softened cream cheese or farmer's cheese
- 1 cup shredded cheddar
- 3 garlic cloves, peeled, minced
- 4 dashes hot sauce
- ½ tsp. kosher salt
- ⅛ tsp. ground nutmeg (optional)

Crackers, assorted raw vegetables, or bread chunks

DIRECTIONS

1. Squeeze excess water out of spinach; transfer to the **Vent 'N Serve Large Shallow**. Stir in cream cheese, cheddar, garlic, hot sauce, salt and nutmeg.
2. Place cover on and Microwave on high power 2 minutes, or until warm in the center. Serve warm with crackers, assorted raw vegetables, or bread chunks.

Strawberry Cheesecake IN A MUG



Tupperware

INGREDIENTS

1 egg
¼ cup powdered sugar
¼ cup sour cream
½ cup whipped cream cheese
¼ tsp. lemon juice
¼ tsp. lemon zest
½ tsp vanilla extract

1 graham cracker
1 Tbsp. melted butter
1 Tbsp. granulated sugar

Strawberry Sauce

2-3 strawberries
½ tsp lemon juice
1-2 Tbsp. granulated sugar

Whipped cream, if desired

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add egg, over pull cord to lightly beat egg.
2. Add powdered sugar, sour cream, cream cheese, lemon juice, zest and vanilla extract, cover and pull cord until thoroughly combined. Pour mixture into the **Vent 'N Serve Soup Mug**.
3. In the **SuperSonic Chopper Compact**, add one graham cracker, cover and pull cord to sand consistency, add butter and sugar, cover and pull cord until well combined. Pour mixture over cheesecake mixture.
4. Cover **Vent 'N Serve Soup Mug** with seal, vent open.
5. Microwave on high for 4 minutes.
6. Remove from microwave, place on a plate and place in freezer for 5-10 minutes.
7. In a clean chop in prep add strawberries, lemon juice and sugar, cover and pull cord until chunky, pour over cooled cheesecake.

Strawberry LEMONADE CAKE



INGREDIENTS

- ¾ cups fresh strawberries, rinsed & sliced
- 1½ tbsp. vegetable oil
- 1 tbsp. lemon juice
- Zest of 1 lemon
- 1 large egg
- ¾ cup self-rising flour
- 4 tbsp. granulated sugar
- ½ tsp. baking soda

DIRECTIONS

1. In base of **SuperSonic Chopper Extra** fitted with blade attachment, mix strawberries, vegetable oil, lemon juice, lemon zest and egg.
2. Separately mix remaining flour, sugar and baking soda. Then, pour wet mixture into dry and mix until combined.
3. Pour batter in **3½ cup Round Vent 'N Serve** and microwave on 80% power for 4-5 minutes or until toothpick inserted in center comes out clean.
4. Serve with fresh strawberries, whipped cream and lemon wedge.

A close-up photograph of a rich, dark brown chocolate fudge. The fudge has a slightly cracked and moist texture. Several bright yellow, almond-shaped pieces are embedded within the chocolate, providing a visual contrast. The lighting is soft, highlighting the texture of the fudge.

Super Quick **FUDGE**

INGREDIENTS

- 1½ cups chocolate chips
- ⅔ cup sweetened condensed milk
- ¼ cup nuts, chopped, optional

DIRECTIONS

1. In the **Vent 'N Serve Large Shallow**, stir together the chocolate chips and sweetened condensed milk.
2. Microwave on high for 1 - 1½ minutes.
3. Remove from microwave and stir in nuts if desired.
4. Let set until firm.



Sweet Potato **CASSEROLE**

INGREDIENTS

- 1 can (16 oz.) sweet potatoes
- $\frac{1}{3}$ cup firmly packed brown sugar
- 1 $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup molasses
- 2 Tbsp. butter or margarine
- 1 tsp. vanilla extract
- 1 $\frac{1}{2}$ tsp. ground cinnamon
- 1 $\frac{1}{4}$ tsp. ground nutmeg

DIRECTIONS

1. In the base of **SuperSonic Chopper Extra** with paddle attachment, add sweet potatoes, sugar, milk, molasses, butter, vanilla, cinnamon and nutmeg, cover and pull cord until smooth.
2. Pour into the **Vent 'N Serve Large Shallow**.
3. Microwave on high for 7-9 minutes at 70% power.



Taco CASSEROLE

INGREDIENTS

- ¼ lb. ground chuck
- 1 tsp. Taco Seasoning
- 2 Tbsp. minced yellow onion
- 1 cup crushed tortilla chips
- 1 cup shredded cheddar

Toppings

- ½ cup fresh salsa
- ½ cup fresh guacamole
- ½ cup sour cream
- 1 green onion, thinly sliced
- Crushed tortilla chips for garnish

DIRECTIONS

1. In the **Vent 'N Serve Large Shallow**, stir together ground chuck, taco seasoning and onion until well combined.
2. Break apart mixture into small crumbles. Place cover on, vent opened and microwave on high power 3 minutes.
3. Remove from microwave, remove cover. Drain fat; break mixture into small crumbles.
4. Top ground chuck with crushed tortilla chips. Sprinkle cheddar evenly over tortilla chips. Microwave for 15-30 seconds to melt cheese.
5. Spoon salsa evenly over cheddar. Spoon and spread guacamole evenly over cheddar. Spoon and spread sour cream evenly over guacamole. Top with green onion and additional crushed tortilla chips



Zucchini BREAD

INGREDIENTS

- 3 eggs, beaten
- 1 cup vegetable oil
- 2 cups sugar
- 2 tsp. vanilla
- 3 tsp. cinnamon
- 3 cups flour
- 1 tsp. salt
- ½ tsp. baking powder
- ½ cup chopped walnuts
- 2 cups grated zucchini

DIRECTIONS

1. In a medium bowl mix eggs, oil, sugar, vanilla, and cinnamon.
2. Add dry ingredients and stir.
3. Pour into **Large Deep Vent 'N Serve**.
4. Microwave uncovered at 80% power for 10-12 minutes.

For individual size breads, bake in Medium Shallow for 4-6 minutes.