



Tupperware®

SUPERSONIC CHOPPER TALL

Recipes



ADD SOME FLAVOR TO YOUR LIFE!

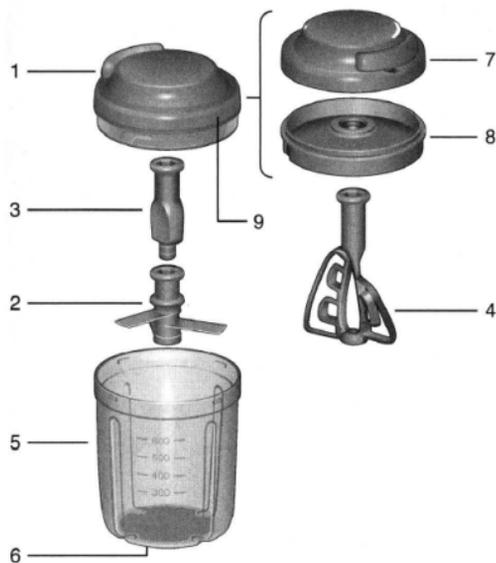
Congratulations and thank you for choosing the SuperSonic Chopper Tall from Tupperware. This fantastic tool chops, blends, whisks and emulsifies in almost no time. Thanks to its three blades and the speed of the cord mechanism, it chops food into tiny pieces quickly and with very little effort. In addition, the specially designed whisk helps you easily prepare smoothies, dressings, mousse or different types of sauces. The SuperSonic Chopper Tall is both efficient and quiet to operate. A virtually airtight and liquid-tight seal is included, so you can also store your creations for later use.

3 CUP CAPACITY

WARNING! Use extreme care when handling the blades, as they are very sharp.

TO ASSEMBLE AND OPERATE

1. To assemble the blade holder (2) and the connector (3), use one hand to pick up the blade holder by the top (a).
2. Use your other hand to pick up the connector and insert it into the blade holder (b). Please note: use extreme care when handling the blade holder, as its blades are very sharp.
3. Place the SuperSonic Chopper Tall (5) on a countertop and insert the complete blade axle (2+3) or the whisk assembly (4) with blades or whisk positioned towards the bottom into the center of the base over the pin.
4. Place ingredients in the base. To ensure best performance when using liquids, fill to no higher than the 400 ml (14 oz.) fill line. When preparing dry ingredients like herbs and vegetables, it is best to fill to no higher than the 600 ml (2½ cup) fill line. Note: When chopping herbs, always dry them completely and remove any stalks so that only the edible parts remain.
5. Place the cover (1) over the base and rotate the cover clockwise until you feel it lock onto the base.
6. Place the SuperSonic Chopper Tall on the countertop. Hold the SuperSonic Chopper Tall firmly by grasping the cover with one hand. With your other hand, pull the cord in fast movements. The anti-slip base (6) will prevent the SuperSonic Chopper Tall from sliding around while pulling the cord. After two or three pulls, take the SuperSonic Chopper Tall in both hands and shake it to regroup ingredients. Place it back on the countertop and continue pulling the cord until you've achieved the desired result.
7. Remove the cover by turning it counterclockwise. If using the blade assembly, remove it carefully before dispensing the food.



SUPERSONIC CHOPPER TALL RECIPES

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Almond Basil **PESTO**



Tupperware

INGREDIENTS

- 1½ cups packed fresh basil leaves from about 3 oz. fresh basil
- ¼ cup almonds
- ¼ cup grated parmesan cheese
- 1 garlic cloves
- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- ¼ cup extra virgin olive oil

DIRECTIONS

1. Place all ingredients except oil in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Slowly drizzle in the olive oil until well combined.
4. Store in a sealed Tupperware container in the refrigerator.

A close-up photograph of several small, round, golden-brown pastries or tarts arranged on a wooden surface. Each pastry is topped with a generous dollop of white whipped cream and garnished with sliced almonds. The background is softly blurred, showing more of the same pastries.

Almond **WHIPPED CREAM**

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 3 Tbsp. powdered sugar
- ½ tsp. almond extract
- 2 Tbsp. toasted slivered almonds, optional

DIRECTIONS

1. Place heavy cream, powdered sugar and almond extract in the **SuperSonic Chopper Tall** with whip attachment.
2. Place cover on and pull cord until you get stiff peaks.
3. Fold in slivered almonds.

Apple Kiwi SMOOTHIE

INGREDIENTS

- 2 kiwis, peeled and cubed
- $\frac{1}{3}$ cup applesauce
- $\frac{2}{3}$ cup almond milk
- $\frac{1}{2}$ banana

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** fitted with blade attachment.
2. Place cover on and pull cord until well combined.

Apple Pie SMOOTHIE



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INGREDIENTS

- ¼ cup apple juice
- ½ cup frozen yogurt
- ½ cup unsweetened apple sauce
- ⅛ tsp. ground cinnamon

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Avocado SMOOTHIE

INGREDIENTS

- ½ medium avocado
- ½ banana
- ¼ cup plain Greek yogurt
- ⅓ cup almond milk
- 2 Tbsp. honey

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Avocado TRUFFLES

INGREDIENTS

- 1 medium avocado
- $\frac{3}{4}$ cup semi sweet chocolate chips
- $\frac{1}{2}$ tsp. vanilla extract
- Dash of salt
- Toppings of choice, cocoa powder, shredded coconut, sprinkles, etc.

DIRECTIONS

1. Place all ingredients, except toppings, in the **SuperSonic Chopper Tall** with blade attachment. Replace cover and pull cord until the mixture is smooth and well combined.
2. Transfer mixture to freezer for 15-30 minutes to harden.
3. Scoop 1 inch balls using a tablespoon and roll in the desired toppings in a shallow plate.

Banana Cream Pie SMOOTHIE



INGREDIENTS

- 3 vanilla wafer cookies
- 1 bananas, sliced and frozen
- ¼ cup low-fat vanilla Greek yogurt
- 1 tsp. vanilla extract
- ½ cup unsweetened vanilla almond milk
- 1 Tbsp. honey
- ⅛ tsp. freshly grated nutmeg
- ⅛ tsp. ground cinnamon
- ½ heaping cup of ice

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

A close-up photograph of two glasses filled with a vibrant red smoothie. The smoothie is topped with fresh raspberries. The background is softly blurred, showing more raspberries and a wooden surface.

Berry & Beets SMOOTHIE

INGREDIENTS

- ¾ cup mixed berries, fresh or frozen
- 1 overripe small banana
- ¼ cup Greek yogurt
- ½ cup coconut milk
- ¼ cup sliced beets
- 1 Tbsp. honey

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

Blackberry Apple SMOOTHIE



INGREDIENTS

- 1 cups frozen blackberries
- ⅓ cup apple cider
- 1 gala or fuji apple, peeled & cubed
- 1 (5 oz.) container lemon yogurt

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Bourbon
WHIPPED CREAM

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 3 Tbsp. powdered sugar
- 1½ tsp. bourbon
- 2 Tbsp. walnuts, toasted, chopped, optional

DIRECTIONS

1. Place heavy cream, powdered sugar and bourbon in the **SuperSonic Chopper Tall** with whip attachment.
2. Place cover on and pull cord until smooth until stiff peaks form.
3. Fold in walnuts, if desired.



Cake **TRUFFLES**

INGREDIENTS

- 1 (15.25 oz) box cake mix prepared, any flavor
- 1 cup frosting , any flavor
- ¼ cup candy sprinkles or chopped nuts
- 2 chocolate bars, white, milk or dark
- ¼ cup candy sprinkles or chopped nuts, for garnish

DIRECTIONS

1. Add cake in large chunks to base of **SuperSonic Chopper Tall** with blade attachment, cover and pull cord until fine crumbs form. Transfer cake crumbs to **Thatsa Medium Bowl**.
2. Add frosting and ¼ cup candy sprinkles or nuts and mix until well combined. Roll into 2-inch truffles and place in **Freezer Mates PLUS Large Shallow**. Seal and freeze for 30 minutes
3. Melt chocolate in the microwave until melted and dip in each truffle, quickly then sprinkle with the remaining candy sprinkles or nuts and set aside to set.



Chimichurri SAUCE

INGREDIENTS

- 1 bunch fresh parsley, chopped
- ½ cup red onion, diced
- 2 garlic cloves, peeled
- 1 lime, juiced
- 1 cup red wine vinegar
- ½ cup olive oil
- ¼ tsp. red pepper flakes (optional, more or less to taste)

DIRECTIONS

1. Place parsley, onion and garlic in the **SuperSonic Chopper Tall** fitted with blade attachment.
2. Place cover on and pull cord until finely minced.
3. Add remaining ingredients, cover, pull cord until combined.



Chocolate Avocado **TRUFFLES**

INGREDIENTS

- 1 avocado
- $\frac{3}{4}$ cups semi-sweet chocolate chips, melted
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ tsp. ground cinnamon

1 cup toppings of choice, coconut, candy sprinkles etc.

DIRECTIONS

1. Place avocado, chocolate chips, vanilla and cinnamon in the **SuperSonic Chopper Tall** with paddle attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Place in the freezer for 15-30 minutes to harden.
4. Scoop 1 inch balls using a tablespoon or scoop and roll in desired toppings in a shallow plate. Roll each truffle until covered in topping.



Chocolate Covered Strawberry **SMOOTHIE**

INGREDIENTS

- 1 cups frozen strawberries
- $\frac{1}{4}$ cup yogurt
- $\frac{1}{2}$ cup reduced-fat (2%) milk
- 1 $\frac{1}{2}$ tsp. chocolate hazelnut spread

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Chunky Coconut
Mango
SMOOTHIE

INGREDIENTS

- 2 Tbsp. lime juice
- ¼ cup orange juice
- 4 oz. frozen mango
- 3 oz. low-fat yogurt
- 1½ Tbsp. shredded coconut

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Coffee Banana
SMOOTHIE

INGREDIENTS

- 1 frozen bananas, peeled & sliced
- ½ cup Greek yogurt, plain or vanilla
- ½ cup reduced-fat (2%) milk
- 1 Tbsp. instant coffee or 2 Tbsp. Cold Brew coffee concentrate

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Fruity Cereal MINI CHEESECAKE

INGREDIENTS

Crust

- 2¼ cups fruity cereal
- 2-3 Tbsp. butter melted

Whipped topping

Cheesecake

- 16 oz. cream cheese, softened
- ¾ cup granulated sugar
- 2 eggs
- 1 tsp. vanilla extract
- 2 tsp. lemon juice

DIRECTIONS

1. Preheat oven to 350° F/180°C. Place **Silicone Muffin Form** on a baking sheet, for transferring to the oven.
2. Place ¼ cup of fruity cereal in a snack cup; set aside.
3. Add 2 cups of fruity cereal to the **SuperSonic Chopper Tall** with blade attachment, cover and pull cord until finely ground.
4. Transfer to medium bowl and add melted butter. Mix until well coated. Divide cereal mixture evenly among the **Silicone Muffin Form** cavities and use bottom of a glass to press cereal down to form crust.
5. Bake for 10 minutes. Allow to cool 15 minutes. Place cooled Silicone Muffin Form in **Freezer Mates PLUS Large Shallow** container.
6. Mix cheesecake ingredients in **Whip 'N Mix Chef**, on gear II until fluffy and well combined. Divide evenly between the **Silicone Muffin Form** cavities. Garnish with whipped topping and remaining cereal. Seal and place in the refrigerator to set for 2-4 hours. Garnish with whipped topping



INGREDIENTS

- ¾ cup green tea, chilled
- 1 cups frozen mixed berries
- 2 Tbsp. honey

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

A close-up photograph of a glass filled with a thick, yellow-orange smoothie. The smoothie has a frothy top with small bubbles. The glass is set against a dark background.

Mango & Ginger SMOOTHIE

INGREDIENTS

- ¾ cup mango chunks, fresh or frozen
- ½ cup vanilla Greek yogurt
- ⅔ cup unsweetened almond milk
- 1 tsp. ground turmeric
- Pinch black pepper
- ½ tsp. grated ginger

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

Mango & Pineapple SMOOTHIE



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INGREDIENTS

- 1 cup frozen mango
- ½ cup vanilla yogurt
- 1 cup pineapple juice

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Maple **BUTTER**

INGREDIENTS

- ½ cup unsalted butter, softened
- ¼ cup powdered sugar
- 3 Tbsp. pure maple syrup
- Dash of salt

DIRECTIONS

1. In base of the **SuperSonic Chopper Tall** with paddle attachment add all ingredients.
2. Place cover on and pull cord until well combined and smooth in texture.
3. Store in fridge until ready to use, allow to soften at room temperature for 5 minutes.



Mixed Berry SMOOTHIE

INGREDIENTS

- ½ cup blueberries, blackberries, strawberries or mixed berries
- ¼ cup vanilla yogurt
- ¼ cup orange juice

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

Orange & Pomegranate **SMOOTHIE**



Tupperware

INGREDIENTS

- ¾ cup pomegranate juice
- ½ cup orange juice
- 1 cup low-fat vanilla frozen yogurt

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.

Orange & Strawberry SMOOTHIE



INGREDIENTS

- ½ cup fresh orange juice (1 orange)
- 1 cup frozen strawberries
- 6 oz. low-fat vanilla yogurt

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Peach Cobbler SMOOTHIE

INGREDIENTS

- 1 cup frozen sliced peaches
- 2 frozen bananas, peeled & sliced
- $\frac{3}{4}$ cup plain of Greek yogurt
- $\frac{1}{4}$ tsp. cinnamon
- Pinch of ground ginger
- Pinch of ground nutmeg

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Peach & Grapefruit SMOOTHIE

INGREDIENTS

- ⅓ cup fresh grapefruit juice (about ½ grapefruit)
- 1 cup frozen peaches
- 6 oz. low-fat vanilla yogurt

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Peanut Butter
& Banana
SMOOTHIE

INGREDIENTS

- 1 cup sliced and frozen bananas
- 2 tsp. peanut butter
- 3 Tbsp. vanilla yogurt
- 1 cup skim milk

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Strawberry & Banana **SMOOTHIE**

INGREDIENTS

- 1 banana, frozen
- $\frac{3}{4}$ cup strawberries, frozen
- $\frac{3}{4}$ cup plain yogurt
- 1 tsp. stevia (1 Tbsp. honey or agave nectar)
- 1 tsp vanilla
- $\frac{1}{2}$ cup water
- 4 ice cubes

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Strawberry & Banana **SMOOTHIE II**

INGREDIENTS

- ½ banana
- 2 Tbsp. plain Greek yogurt
- cup frozen strawberries
- 1 cup almond milk

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Strawberry & Orange **SMOOTHIE**

INGREDIENTS

- 1 cup strawberries
- ½ cup vanilla or strawberry yogurt
- ½ cup orange juice

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Strawberry & Peach **SMOOTHIE**

INGREDIENTS

- ½ cup frozen strawberries
- ¼ cup frozen sliced peaches
- ½ cup yogurt
- ¾ cup coconut water

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Tangy Raspberry SMOOTHIE

INGREDIENTS

- 1 Tbsp. lime juice
- ¼ cup orange juice
- 4 oz. frozen raspberries
- 3 oz. low-fat yogurt
- 1 Tbsp. fresh mint

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Tropical Sunset SMOOTHIE

INGREDIENTS

- ½ cup frozen raspberries
- ¼ cup frozen mango
- ¼ cup pineapple chunks
- ¼ cup pineapple juice
- ¾ cup coconut milk

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Tall** with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Serve immediately.



Tzatziki SAUCE

INGREDIENTS

- 1 garlic clove
- ½ Tbsp. fresh dill
- 1 small cucumber, quartered
- 1 cup whole milk plain Greek yogurt
- 1 tsp. lemon juice
- ¼ tsp. salt

DIRECTIONS

1. Place garlic, dill and cucumber in base of **SuperSonic Chopper Tall** fitted with blade attachment. Place cover on and pull cord until finely chopped.
2. Add remaining ingredients and continue pulling cord until well combined.
3. Store in fridge until ready to use.
4. Serve with falafel or as topping for gyros.



Veggie Spread DIP

INGREDIENTS

- 10 fresh basil leaves
- 2 garlic cloves
- 1 fresh mozzarella ball, quartered
- 4 Tbsp. tomato paste
- Salt and pepper to taste

DIRECTIONS

1. Place basil and garlic in the **SuperSonic Chopper Tall** fitted with blade attachment.
2. Place cover on and pull cord until smooth and well combined.
3. Add remaining ingredients and keep pulling cord until smooth and well combined.
4. Serve over bread or as dip for veggies.