



Tupperware

Silicone Form
MUFFIN
Recipes

Silicone Forms

MUFFIN FEATURES



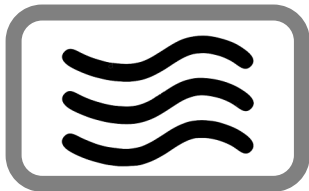
- No need for grease or spray with our non-stick interior coating
- Raised handles
- Heat distributes evenly throughout the mold
- Fits in all microwaves and ovens
- It has six 3.75 oz. sections.
- Measures 11¼" x 7½" x 1"
- 483 Royal Amethyst

Our durable Silicone Baking Forms feature non-stick coating on the interior for easy cleaning and cooking (up to 428° F/220°C). They produce no odor or smoke and can be used in the fridge, freezer, oven or microwave.

*Features Limited Lifetime Warranty.

Silicone Forms

MUFFIN FEATURES



Microwave Safe



Refrigerator Safe



Dishwasher Safe



Oven Safe
up to 428° F/220°C



Freezer Safe

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Bacon Cheddar **MONKEY MUFFINS**

INGREDIENTS

- 1 egg
- 2 tbsp. whole milk
- 1 can biscuit dough
- 5 slices of bacon, cooked and chopped
- $\frac{3}{4}$ cup cheddar cheese, shredded
- $\frac{1}{4}$ cup green onions

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place the **Silicone Muffin Form** on a baking sheet, and set aside.
2. In a medium bowl, using a whisk, beat egg and milk until smooth.
3. Separate biscuit dough, cut into quarters, stir biscuits into egg mixture until evenly coated. Using a spatula, fold in bacon, cheese and onions.
4. Spoon mixture into **Silicone Muffin Form**. Bake 20–25 minutes. Allow to cool before unmolding. Serve as side dish or appetizer.

Note: To cook in microwave, follow steps 2–3. Place Silicone Muffin Form in microwave and place 4 pieces of biscuit dough mixture into each muffin form. Microwave on high power 4 minutes. Let rest 1 minute, unmold and serve. Microwave remaining dough for 2 minutes.



Blueberry MUFFINS

INGREDIENTS

- 1½ cups self-rising flour
- 4½ tbsp. unsalted butter, room temperature
- ⅓ cup whole milk
- ⅓ cup sour cream or yogurt
- 1 egg
- ¾ cup granulated sugar
- ⅔ cup frozen blueberries

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. In the **SuperSonic Chopper Extra** with the blade attachment, combine flour and butter. Cover and pull cord until coarse crumbs form; set aside.
3. In **All-in-One Shaker**, combine milk, sour cream, egg and sugar. Replace seal and shake until well combined.
4. Pour liquid ingredients into dry ingredients and mix until just combined. Fold in blueberries.
5. Divide batter evenly between **Silicone Muffin Form** cavities bake 30–35 minutes or until toothpick inserted in center comes out clean. 6. Allow to cool 10 minutes before unmolding.

Note: Sprinkle tops of muffins with sugar before baking for a crispy top

Cherry Filled CUPCAKES



INGREDIENTS

- 1 (9-oz .) Jiffy Golden Yellow Cake Mix
- ½ cup cold water
- 1 (4 oz.) individual applesauce cup
- 1 (21 oz.) can cherry pie filling

Icing or whipped cream for topping

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. In a small bowl mix together cake mix, water and applesauce.
3. Add 2 Tbsp. of cake batter to each **Silicone Muffin Form** cavity, add 2 Tbsp. cherry pie filling to each muffin cavity, followed by 1 Tbsp of cake batter in each muffin cavity.
4. If baking in the oven: Bake for 20–25 minutes or until toothpick inserted in center comes out clean.
5. If microwaving: Microwave for 2-3 minutes, check, add additional increments of 30 seconds, if needed.
6. Allow to cool 10 minutes before unmolding.



Chocolate Cayenne CUPCAKES

INGREDIENTS

- ¾ cup all-purpose flour
- ½ cup granulated sugar
- 2½ Tbsp. cocoa powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup water
- ¼ cup vegetable oil
- 1 Tbsp. white vinegar
- ½ Tbsp. vanilla extract

Your choice of frosting

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. In medium bowl, whisk dry ingredients; in separate small bowl, mix wet ingredients. Pour wet ingredients into dry ingredients and mix until combined.
3. Divide batter evenly in the cavities of **Silicone Muffin Form**.
4. Bake for 15-18 minutes or until toothpick inserted in center comes out clean.
5. Serve as is or decorate with frosting of choice.

Cinnamon Streusel

MUFFINS



INGREDIENTS

1 cups all-purpose flour
¼ cup granulated sugar
½ tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
1 egg
½ cup milk
1 tsp. vanilla
½ cup unsalted butter, melted and cooled

Streusel

⅓ cup brown sugar, packed
⅓ cup all-purpose flour
½ tsp. ground cinnamon
1 Tbsp unsalted butter, cut into pieces

DIRECTIONS

1. Preheat oven to 375° F/195° C. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. Whisk together dry ingredients in a medium bowl then set aside.
3. In a separate bowl, whisk together egg, milk, vanilla and melted butter. Add wet ingredients to the bowl containing the dry ingredients then mix until just combined.
4. Mix streusel ingredients in a small bowl using a fork to mash the until combined but still crumbly.
5. Add ½ tsp of the streusel mixture to the bottom of each **Silicone Muffin Form**, pour enough muffin batter over the streusel to fill each cup half full. Add an additional ½ tsp streusel mixture over the batter then fill each cup with remaining muffin batter.
6. Use a straw or butter knife to lightly swirl the batter and distribute the streusel through the center of the muffin. Sprinkle all remaining streusel over the top of the muffins.
7. Bake 18–20 minutes or until a toothpick comes out clean. Cool muffins for 5 minutes then remove from pan and transfer to a wire rack to cool completely.

Cranberry Oatmeal **MUFFINS**



Tupperware®

INGREDIENTS

- 2 ripe bananas, mashed
 - 1 organic egg
 - $\frac{1}{4}$ cup coconut oil, melted
 - $\frac{1}{3}$ cup milk of choice
 - $\frac{1}{3}$ cup unrefined sugar
 - 1 cup whole wheat pastry flour
 - $1\frac{3}{4}$ cup rolled oats
 - 3 tsp. baking powder
 - $\frac{1}{4}$ cup walnuts, chopped
 - $1\frac{1}{2}$ cup fresh cranberries
- Pinch cinnamon

DIRECTIONS

1. Preheat oven to 350°F. Place two **Silicone Muffin Form** on baking sheet, and set aside.
2. In a bowl, with a wire whisk, combine bananas, milk, oil, sugar and egg. Add dry ingredients, flour, oats, cinnamon and baking powder and whisk until well incorporated. Fold in cranberries and walnuts.
3. With a medium cookie scoop, fill each **Silicone Muffin Form** cavity $\frac{3}{4}$ of the way. Bake for 25-30 minutes or until tester comes out clean.
4. Make sure you remove muffins immediately after they are done. Let them cool on a wire rack.

Decadent Sour Cream **CHEESECAKE**



Tupperware

INGREDIENTS

- ½ cup sugar
- 1 envelope gelatin
- 1 cup water
- 1 (8-oz.) block of cream cheese, softened
- 3 Tbsp. sour cream
- 1 tsp. vanilla extract
- 6 graham crackers, crushed
- 3 Tbsp. butter, melted

DIRECTIONS

1. In **2 Cup Micro Pitcher**, place sugar, gelatin and water. Microwave on high 1 minute 30 seconds, until sugar is dissolved and gelatin is melted. Let it cool.
2. In the **SuperSonic Chopper Extra** with whip attachment, place cream cheese, sour cream and vanilla extract. Replace cover and pull cord until well combined. Add gelatin mixture and combine, pulling cord until mixture is smooth.
3. Place **Silicone Muffin Form** on a baking sheet and distribute mixture evenly among **Silicone Muffin Form** cavities.
4. Mix crushed graham crackers with melted butter and sprinkle evenly among all muffin forms. Press down lightly to form a crust. Freeze 4 hours or until cheesecake is set.
5. Allow 5 minutes to defrost before unmolding.



Egg White **BITES**

INGREDIENTS

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

DIRECTIONS

1. Place tomato and spinach in the **SuperSonic Chopper Extra** 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.



Focaccia BITES

INGREDIENTS

*Dough**

- ¾ cups lukewarm water
- 1 tsp active-dry or instant yeast
- 1½ cups all-purpose flour
- 1½ tsp salt

- Olive oil
- Salt and pepper
- Chopped rosemary
- ¼ cup pesto sauce
- 5-6 grape or cherry tomatoes sliced

Makes 12

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. Combine water and yeast in a bowl, stir to dissolve the yeast. Add the flour and salt to the bowl and mix until you've formed a dough.
3. Turn the dough out onto a clean work surface. Knead until all the flour is incorporated, and smooth and elastic, about 5 minutes. The dough should still feel moist and slightly tacky. Transfer dough into an oiled bowl, cover with a clean damp kitchen towel and let rise for an hour.
4. Press 1.2 oz. dough into each **Silicone Muffin Form cavity**. Let sit for one hour.
5. Brush top of each dough with olive oil, sprinkle with salt, pepper and chopped rosemary. Spread each top with 1 teaspoon pesto and couple slices of tomatoes.
6. Bake for 15-18 minutes, or until puffed and golden.

* You can use refrigerated pizza dough.



French Toast **MUFFINS**

INGREDIENTS

- | | |
|---|-------------------------------------|
| 1 cup whole milk | $\frac{1}{3}$ cup all purpose flour |
| $\frac{1}{4}$ cup heavy cream | $\frac{1}{4}$ cup brown sugar |
| 2 tbsp granulated sugar | $\frac{1}{2}$ tsp ground cinnamon |
| 4 eggs | $\frac{1}{4}$ cup unsalted butter |
| 2 tsp vanilla extract | |
| $\frac{3}{4}$ tsp ground cinnamon | |
| $\frac{1}{4}$ tsp kosher sea salt | |
| 6 cups dried cubed bread (white, challah, brioche, croissants or cinnamon raisin) | |

DIRECTIONS

1. Preheat oven to 350°F. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. In a large bowl, whisk together the milk, cream, sugar, eggs, vanilla, cinnamon and salt.
3. Add the cubed bread into the mixture, toss gently to combine. Scoop a $\frac{1}{3}$ cup of the mixture into each **Silicone Muffin Form** well.
4. Meanwhile, to make the topping, in a medium bowl, whisk together the flour, brown sugar and cinnamon. Using a pastry blender or your fingers, break the butter into small pea-size clumps. Sprinkle the streusel mixture over the tops of the muffins.
5. Place in the oven and bake for 25-30 minutes or until golden brown on top. Remove from the oven and allow to cool for 5 minutes before removing and serving



Granola CUPS

INGREDIENTS

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

3 cups Greek yogurt
Fresh Fruit

DIRECTIONS

1. Place granola and nuts in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until roughly chopped. Transfer to bowl and set aside.
2. In the **2 Cup Micro Pitcher**, place remaining ingredients and microwave for 45 seconds. Pour mixture over granola and stir to combine.
3. Distribute mixture amongst **Silicone Muffin Form** cavities 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.



Ham & Egg CUPS

INGREDIENTS

- 6 slices Black Forest or Virginia ham
- 6 large eggs
- Salt and pepper (to taste)
- Fresh basil (scallions or parsley, optional)

DIRECTIONS

1. Preheat oven to 350°F. Place **Silicone Muffin Form** on baking sheet, and set aside.
2. Lightly coat **Silicone Muffin Form** with nonstick cooking spray. Fit 1 slice of ham into each muffin cup (ham will hang over edges of cups). Crack 1 egg into each cup.
3. Bake in middle of oven until whites are cooked but yolks are still runny, about 13 minutes.
4. Season eggs with salt and pepper and remove cups carefully. Sprinkle with chopped basil, scallions or parsley.



Ham & Cheese **QUICHE MUFFINS**

INGREDIENTS

- 3 eggs
- ½ cup cubed ham (small cubes)
- ½ large green onion, chopped including greens
- ½ small diced tomato
- ½ tsp salt
- ¼ tsp pepper
- ½ cup grated cheddar cheese

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In a small **That'sa Bowl** whisk eggs, add the ham, onion, tomato, salt, pepper and half of the cheese to the bowl, mix thoroughly.
3. Divide mixture between six muffin cups.
4. Sprinkle cheese over all muffins.
5. Bake for 15-20 minutes.

MAC & CHEESE

Cups



INGREDIENTS

- 16 oz. macaroni or ditalini noodles
- 2 tsp. coarse kosher salt
- 6 cups water
- 8 oz. cheddar cheese, shredded, divided
- 8 oz. parmesan cheese, shredded, divided
- ½ cup heavy cream
- 6 tbsp. unsalted butter
- 1 tsp. dry mustard, optional
- Dash of nutmeg, optional

DIRECTIONS

1. Preheat oven to 180°C/350°F.
2. Place macaroni noodles into **Microwave Pasta Maker**. Add salt and 6 cups water. Microwave 10 minutes uncovered, or until pasta is al dente.
3. Drain pasta and place in a large bowl. Add most of the grated cheese (save a couple tablespoons for sprinkling before baking), heavy cream, butter and dry mustard, if using. Stir until butter and cheese are melted.
4. Divide macaroni and cheese between **Silicone Muffin Form cups**. Sprinkle with remaining shredded cheese.
4. Bake in the oven for 20-25 minutes.



Margarita CUPCAKES

INGREDIENTS

3 eggs

1 cup margarita mix

½ cup vegetable oil

2 limes, zested and juiced, divided

1 (15.25 oz.) box vanilla cake mix

Lime buttercream Frosting

½ butter

1 Tbsp. lime juice

3 cups powdered sugar

2 Tbsp. heavy cream

DIRECTIONS

1. Preheat oven to 180°C/350°F.
2. In the **Whip 'N Mix Chef**, add eggs, margarita mix, oil, half of lime zest and mix on gear I until fully combined.
3. Add half the dry cake mix, and switch to gear II and mix. Add remaining cake mix and continue mixing until smooth. Pour batter in **Silicone Muffin Form**, filling up to $\frac{2}{3}$ full, and bake for 12-14 minutes or until toothpick inserted in center comes out clean. Allow to cool completely.
4. In the clean **Whip 'N Mix Chef** add butter, lime juice and remaining lime zest, mix on gear I until smooth, switch to gear II and add powdered sugar a ½ cup at a time, add heavy cream and continue turning until thoroughly mixed.
5. Decorate cupcakes with lime buttercream frosting, garnish with lime wedges or slices



Mini Zucchini Crusted **CAPRESE QUICHE**

INGREDIENTS

2 medium zucchinis
6 large eggs
½ cup diced tomato
½ cup milk
salt, to taste
pepper, to taste
½ cup fresh mozzarella cheese, diced
fresh basil, chopped, for sprinkling

Makes 12

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place two **Silicone Muffin Forms** on a baking sheet, and set aside.
2. Trim the ends from the zucchini, then slice lengthwise with a vegetable peeler.
3. Line the muffin cups with the zucchini strips on the bottom and sides..
4. In a large bowl, whisk together the eggs, tomato, milk, salt, and pepper.
5. Add a few pieces of mozzarella to each zucchini cup.
6. Divide the egg mixture evenly among the cups. Sprinkle the basil on top.
7. Bake for 18 minutes, until the edges are slightly browned.



Mini Zucchini Crusted

SPINACH MUSHROOM & FETA QUICHE

INGREDIENTS

2 medium zucchinis
6 large eggs
½ cup crumbled feta cheese
½ cup spinach, chopped
⅔ cup mushroom, diced
½ cup milk
salt, to taste
pepper, to taste

Makes 12

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Muffin Forms** on a baking sheet, and set aside.
2. Trim the ends from the zucchini, then slice lengthwise with a vegetable peeler.
3. Line the muffin cups with the zucchini strips on the bottom and sides.
4. In a large bowl, whisk together the eggs, feta, spinach, mushrooms, milk, salt, and pepper.
5. Divide the egg mixture evenly among the zucchini cups, using a spoon to distribute the mushrooms.
6. Bake for 18 minutes, until the edges are slightly browned.



Mini Zucchini Crusted

TOMATO MUSHROOM & ZUCCHINI QUICHE

INGREDIENTS

2 medium zucchinis, plus 1/3 cup diced
6 large eggs
1/3 cup diced tomato
1/3 cup mushroom, diced
1/2 cup milk
salt, to taste
pepper, to taste
1/2 cup crumbled feta cheese

Makes 12

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Muffin Forms** on a baking sheet, and set aside.
2. Trim the ends from the zucchini, then slice lengthwise with a vegetable peeler.
3. Line the muffin cups with the zucchini strips on the bottom and sides.
4. In a large bowl, whisk together eggs, tomato, diced zucchini, mushroom, milk, salt, and pepper.
5. Add a bit of crumbled feta to each zucchini cup.
6. Divide the egg mixture evenly among the cups.
7. Bake for 18 minutes, until the edges are slightly browned.



Mini Zucchini Crusted **TURKEY BACON SPINACH & CHEESE QUICHE**

INGREDIENTS

2 medium zucchinis
6 large eggs
½ cup shredded cheddar cheese
⅓ cup turkey bacon
½ cup spinach, chopped
½ cup milk
salt, to taste
pepper, to taste

Makes 12

DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Muffin Forms** on a baking sheet, and set aside.
2. Trim the ends from the zucchini, then slice lengthwise with a vegetable peeler.
3. Line the muffin cups, bottom and sides, with the zucchini strips on the bottom and sides.
4. In a large bowl, whisk together the eggs, cheddar cheese, turkey bacon, spinach, milk, salt, and pepper.
5. Divide the egg mixture evenly among the zucchini cups.
6. Bake for 18 minutes, until the edges are slightly browned.



Pecan STICKY BUNS

INGREDIENTS

- 1 tbsp. salted butter
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{3}$ cup pecans, chopped
- 1 pkg. refrigerator tube cinnamon buns

DIRECTIONS

1. Preheat oven to 375° F/190° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In the **2 Cup Micro Pitcher**, stir together butter, sugar and pecans. Microwave on high power 40 seconds. Remove from microwave and stir to coat pecans. Distribute pecan mixture evenly among all muffin forms.
3. Remove cinnamon buns from tube and cut dough into quarters. Place three pieces of the dough into each **Silicone Muffin Form** well on top of pecans.
4. Bake 20 minutes or until just golden brown on top. Remove from oven, let stand 3 minutes. Turn pan over a plate to release sticky buns. Serve warm.

Note: Quickly and easily chop whole pecans using the **SuperSonic Chopper Compact**. Note: To cook in microwave, follow steps 2–3. Microwave on high power 3 minutes and 30 seconds. Let cool slightly, unmold and serve.



Pumpkin CUPCAKES

INGREDIENTS

1 cup (125g) all-purpose flour (spoon
& leveled)
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. ground cinnamon
1½ tsp. pumpkin pie spice
½ cup canola or vegetable oil
2 large eggs
¾ cup packed brown sugar
1 cup canned pumpkin puree
1 tsp. pure vanilla extract

12 cupcakes

Frosting

8 oz. full-fat block cream cheese,
softened to room temperature
½ cup unsalted butter, softened
to room temperature
3 cups powdered sugar
1 tsp. pure vanilla extract
½ tsp. salt
Orange Food coloring
Black icing

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside. Whisk the oil, eggs, brown sugar, pumpkin, and vanilla extract together until combined. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick.
3. Pour/spoon the batter into the **Silicone Muffin Form** – fill only 2/3 full to avoid spilling over the sides. Bake for 20-22 minutes, or until a toothpick inserted in the center comes out clean. Allow the cupcakes to cool completely before frosting.
4. Make the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 powdered sugar, vanilla, salt and orange food coloring. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add more powdered sugar. Decorate cupcakes.



Pumpkin MUFFINS

INGREDIENTS

- 4 eggs
- 1 cup coconut sugar
- 1 cup salted butter, melted
- 2 cups pumpkin, mashed
- 3 cups self-raising flour
- 1 tsp. baking powder
- 1 Tbsp. cinnamon

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. Add eggs and sugar into a **Thatsa Bowl Junior**. Whisk to combine.
3. Add butter and pumpkin puree. Continue to whisk until smooth. Fold through remaining ingredients.
4. Using a spoon, divide batter between the **Silicone Muffin Form** cavities. Place into the oven and bake for 20 minutes or until golden and cooked through.
5. Remove from oven. Unmold muffins and serve.



Rainbow Colada Mousse

INGREDIENTS

- 1 (15-oz.) can coconut cream
- 1 cup vanilla yogurt
- 1 (8-oz.) can crushed pineapple
- 1 envelope unflavored gelatin
- $\frac{1}{4}$ cup cold water
- Red, blue and yellow food coloring

DIRECTIONS

1. In **Thatsa Mini Bowl**, mix coconut cream and yogurt until smooth and well combined. Fold in crushed pineapple.
2. In **1 Cup Micro Pitcher**, place water and sprinkle with gelatin to soften. Place in microwave for 15 seconds at a time to melt.
3. Pour melted gelatin into colada mixture and mix well.
4. Separate mixture into three bowls, add 1 drop of food coloring to each, and mix well.
5. Scoop from each colored mixture into **Silicone Muffin Form** and swirl with a toothpick to create a marbled effect.
6. Store in fridge for 6 hours or overnight to set.

Simply Delicious

SOUR CREAM MUFFINS



INGREDIENTS

- 1½ cup self-rising flour
- 4½ tbsp. unsalted butter
- ⅓ cup milk of choice
- ⅓ cup sour cream
- 1 egg
- ¾ cup granulated sugar
- 1 tsp. vanilla extract

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In **All-in-One Shaker**, combine milk, sour cream, egg and sugar. Replace seal and shake until well combined. Place dry ingredients in **Thatsa Bowl**, pour liquid ingredients into dry ingredients and mix until just combined. Pour batter into **Silicone Muffin Form**.
3. Bake 25-30 minutes or until just golden brown on top. Remove from oven, let stand 3 minutes. Turn pan over a plate to release muffins. Serve warm.

Soft Coconut MUFFINS



Tupperware®

INGREDIENTS

- 4 large egg whites
- Pinch of salt
- ½ cup sugar
- 1 cup coconut flakes
- 2 Tbsp. cornstarch
- 2 Tbsp. coconut flour

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In the base of **Whip N' Mix Chef**, add the egg whites, salt, and sugar. Cover and whisk on gear I for 15-20 seconds until the mixture becomes foamy.
3. In small bowl, combine remaining ingredients, and then add them to the egg whites. Switch to gear II and mix for 15 seconds until you have a consistent mixture.
4. Divide batter evenly in cavities of **Silicone Muffin Forms**.
5. Bake 30 minutes or until toothpick inserted in center comes out clean.
6. Allow to stand for 5 minutes then unmold. Serve immediately.



Southwest Corn **MUFFINS**

INGREDIENTS

- 1 pkg. (6.5 – 8.5 oz.) corn muffin mix
- ¼ cup red pepper, diced
- 1 extra-large egg
- ⅓ cup whole milk
- ½ (4.5 oz.) can of chopped green chilies
- 1 tsp. southwest chipotle seasoning blend*

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In a small **That'sa Bowl** mix together all ingredients. Let rest 5 minutes.
3. Pour batter into **Silicone Muffin Form**.
4. Bake 15-20 minutes or until just golden brown on top. Remove from oven, let stand 3 minutes. Turn pan over a plate to release muffins. Serve warm.

* Ask your consultant for this recipe or use Taco seasoning.



Squash BLOSSOMS

INGREDIENTS

- 1 garlic clove
- 10-12 basil leaves
- 2 cup whipped cream
- 2 eggs
- Salt and pepper
- 2 squash (450–500 g)

DIRECTIONS

1. Preheat oven to 350° F/175° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. Chop garlic and basil leaves in **SuperSonic Chopper Compact**.
3. Pour the whipped cream, eggs, salt and pepper and the contents of the **SuperSonic Chopper Compact** into **Quick Shake Container** and shake.
4. Cut the squash into slices lengthwise using the **Click Series Vegetable Peeler** and place the squash slices in the molds to form a flower.
5. Shake the egg mixture then distribute it evenly over the squash slices.
6. Bake in the oven for about 25-30 minutes.
7. Allow the squash flowers to cool for 10 minutes before removing them from the **Silicone Muffin Form**.



Strawberry Lemonade CUPCAKES

INGREDIENTS

- 1½ cups sliced strawberries
- 3 Tbsp. vegetable oil
- 1 lemon, zested and juiced
- 1 cup all-purpose flour
- ½ cup granulated sugar
- 1 tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt

Frosting of your choice

DIRECTIONS

1. Preheat oven to 350°F/180°C; place **Silicone Muffin Form** on baking sheet and set aside.
2. Place strawberries in the **SuperSonic Chopper Extra** fitted with blade attachment and pull cord to puree. Add oil, lemon juice and zest.
3. In a medium bowl, combine remaining ingredients and mix well. Pour wet ingredients into dry and whisk until combined.
4. Divide batter evenly into the cavities of **Silicone Muffin Form** and bake 15-18 minutes or until toothpick inserted in center comes out clean.
5. Allow cupcakes to cool and decorate with frosting of your choice.



Taco CUPS

INGREDIENTS

- 2 tsp. olive oil
- 1 lb. ground beef
- 2 Tbsp. taco seasoning
- 1 (14 oz.) can petite diced tomatoes, drained
- 24 wonton wrappers
- 1¼ cups shredded cheddar cheese
- ½ cup sour cream
- ¼ cup sliced green onions
- ¼ cup diced fresh tomatoes
- cooking spray

DIRECTIONS

1. Preheat the oven to 400°F; place **Silicone Muffin Form** on baking sheet and set aside.
2. Heat the olive oil in a large pan over medium high heat. Add the beef to the pan. Use a spatula to break up the meat, stirring constantly. Add the taco seasoning and salt to taste.
3. Cook the meat for 4-5 minutes or until cooked through. Stir in the canned tomatoes.
4. Place one wonton wrapper into the bottom of each **Silicone Muffin Form** cup.
5. Spoon approximately 1 tablespoon of meat into each cup and top with approximately 2 teaspoons of cheese.
6. Place a second wonton layer on top of the cheese, then add the remaining meat and cheese across all the **Silicone Muffin Form** cups .
7. Bake for 10-15 minutes or until edges are browned and cheese is melted.
8. Top each taco cup with a small dollop of sour cream and a sprinkle of green onions and tomato, then serve.

Tie Dye CUPCAKES



INGREDIENTS

- 1 box white cake mix (plus ingredients per box)
- 3 food coloring gel colors of choice
- Frosting of choice
- Sprinkles

DIRECTIONS

1. *If baking: Preheat oven to 350° F/180° C.
2. Place **Silicone Muffin Form** on a baking sheet; set aside.
3. Mix box cake batter according to box instructions.
4. Divide batter into three **Thatsa Bowls** and add 3-4 drops of one food coloring per bowl.
5. Add approximately ⅓ cup of each color into each **Silicone Muffin Form** cavity, making sure not to pass halfway filled. Gently swirl with toothpick or **Silicone Spatula** to create pattern.
6. *Microwave for 3 minutes on high power or until toothpick inserted in center comes out clean. Let cool slightly before unmolding and repeat process with remaining batter.
7. Once completely cooled, decorate with frosting of choice, add sprinkles and serve.

*If baking in oven, bake 17 to 23 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove cupcakes from pans; place on cooling racks. Cool completely, about 30 minutes.

Turkey Meatloaf MUFFINS



Tupperware

INGREDIENTS

1 lb. lean ground turkey
1 egg, slightly beaten
1 tsp. dry mustard
½ tsp salt
¼ tsp. ground black pepper
1 garlic clove, minced
1 tsp. Worcestershire sauce
½ cup onion, diced

Topping
½ cup ketchup, divided

DIRECTIONS

1. Preheat oven to 375° F/190° C. Place **Silicone Muffin Form** on a baking sheet, and set aside.
2. In a **Thatsa Bowl** mix together meatloaf ingredients plus ¼ cup of the ketchup.
3. Divide mixture into 6 balls, place in each cavity of the **Silicone Muffin Form**, press lightly, then top each meatloaf with 1-2 Tbsp. of ketchup.
4. Bake for 35-40 minutes