



Tupperware

Silicone Form
STICKS
Recipes

Silicone Forms

STICKS FORM FEATURES



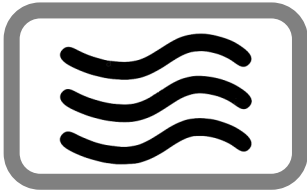
- No need for grease or spray with our non-stick interior coating
- Raised handles
- Heat distributes evenly throughout the mold
- Fits in all microwaves and ovens
- It has 16 cavities.
- Measures 11¾ (outside) 7½" x 1½"
- Individual 5 x ¼"
- Royal Amethyst

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

STICKS FORM FEATURES



Microwave Safe



Oven Safe
up to 428° F/220°C



Refrigerator Safe



Dishwasher Safe



Freezer Safe

STICKS FORM - RECIPE LIST

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6. Cheese Breadsticks
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Black Olive & Sundried Tomato **BREADSTICKS**

INGREDIENTS

- ½ cup water
- ½ tsp. salt
- 2 tbsp. minced black olives
- 2 tbsp. sun dried tomatoes
- ½ tsp. baking powder
- ¾ cup all-purpose flour
- 2 tbsp. olive oil
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 400° F/200° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Combine water, salt, garlic powder, Italian seasonings and baking powder in medium bowl until well combined.
3. Whisk in flour, olive oil and Parmesan cheese and mix until smooth dough forms.
4. Fill each **Sticks Baking Form** cavity with dough and bake 20–25 minutes.
5. Let cool 5 minutes before unmolding. Repeat process with remaining dough. Serve warm or room temperature.



Cheese **BREADSTICKS**

INGREDIENTS

- ½ cup water
- ½ tsp. salt
- ½ tsp. baking powder
- ¾ cup all-purpose flour
- 2 tbsp. olive oil
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 400° F/200° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Combine water, salt, garlic powder, Italian seasonings and baking powder in medium bowl until well combined.
3. Whisk in flour, olive oil and Parmesan cheese and mix until smooth dough forms.
4. Fill each **Sticks Baking Form** cavity with dough and bake 20–25 minutes.
5. Let cool 5 minutes before unmolding. Repeat process with remaining dough. Serve warm or room temperature.

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Chive **BUTTER COMPOUND**

INGREDIENTS

- 1 stick unsalted butter
- 3 Tbsp. fresh chives minced
- ½ tsp. sea salt
- ¼ tsp. ground black pepper

DIRECTIONS

1. In a small bowl mix butter with ingredients until well combined.
2. Evenly spread the butter into the cavities of the **Stick Baking Form**, tapping against a hard surface to remove any air bubbles. Scrape away any excess.
3. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** and freeze for 1 hour.
4. Gently unmold and keep stored in the freezer until use.

Chipotle Lime **BUTTER COMPOUND**



INGREDIENTS

- 2 chipotle peppers in adobo sauce, seeded, minced
- 1 tsp. adobo sauce
- Zest of a lime
- 1 tsp. fresh lime juice
- 1 large garlic clove minced
- 1 tsp. honey
- ½ tsp. sea salt

DIRECTIONS

1. In a small bowl mix butter with ingredients until well combined.
2. Evenly spread the butter into the cavities of the Silicone **Sticks Baking Form**, tapping against a hard surface to remove any air bubbles. Scrape away any excess.
3. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** and freeze for 1 hour.
4. Gently unmold and keep stored in the freezer until use.

Chocolate Chip COOKIE STICKS



INGREDIENTS

1 cup butter softened to room temperature
 $\frac{3}{4}$ cups sugar
1 tsp vanilla extract
 $\frac{1}{2}$ tsp salt
1 egg
 $2\frac{3}{4}$ cups flour
 $\frac{1}{2}$ cup mini chocolate chips
 $\frac{1}{2}$ cup turbinado or coarse sugar

Optional
12 oz. melting chocolate like Ghirardelli dark chocolate melting wafers
 $\frac{1}{3}$ cup Sprinkles

DIRECTIONS

1. Preheat oven to 375° F/180° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. In a bowl cream butter and sugar: Stir in vanilla extract, salt and egg, combine. Gradually add in flour. Stir in chocolate chips.
3. Break off about 1 Tbsp. of cookie dough and gently roll out until about 5" place into **Sticks Baking Form**, continue with remaining cookie dough.
4. Bake for 7-9 minutes.
5. If dipping in melted chocolate allow cookies to completely cool first.
6. Melt chocolate in a microwave proof bowl for 30 seconds, add more time as needed. Dip cookie sticks in chocolate then sprinkle with candy sprinkles if desired.



Chocolate ZEBRA STICKS

INGREDIENTS

$\frac{3}{4}$ cup white chocolate
 $\frac{3}{4}$ cup semi sweet chocolate chips
2 tsp. coconut oil

Resse's Peasces Candy
Butterscotch chips
Sea salt and caramel chips
Toffee chips
Espresso Chips
Irish cream chips
Peppermint chips
Caramel chips

Mix and match options

Peanut butter chips
Dark chocolate chips
White cream chips
Cinnamon Chips

DIRECTIONS

1. Add white chocolate chips and 1 tsp coconut oil, to the **1 Cup Micro Pitcher**, microwave for 30-60 seconds or until melted stir and pour in the **Sticks Baking Form**, alternating white and dark chocolate.
2. Add white chocolate chips and 1 tsp coconut oil, to the **2 Cup Micro Pitcher**, microwave for 30-60 seconds or until melted stir and pour in the **Sticks Baking Form**, alternating white and dark chocolate.
3. Place mold in the refrigerator for 15 minutes.
4. Carefully unmold and place in a Tupperware container.



Cilantro Lime **BUTTER COMPOUND**

INGREDIENTS

- ¾ cup salted butter, softened
- ½ cup cilantro
- 1 lime, zested
- 1 Tbsp. lime juice

DIRECTIONS

1. In a small bowl mix butter with ingredients until well combined.
2. Evenly spread the butter into the cavities of the **Stick Baking Form**, tapping against a hard surface to remove any air bubbles. Scrape away any excess.
3. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** and freeze for 1 hour.
4. Gently unmold and keep stored in the freezer until use.

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Cinnamon **BUTTER COMPOUND**

A close-up photograph of four cinnamon butter sticks, which are twisted and coated in a reddish-brown cinnamon powder. They are arranged in a white, rectangular paper holder that is slightly open at the top. The background is a light-colored, textured surface.

INGREDIENTS

- ¾ cup salted butter softened
- ½ tsp. vanilla extract
- 1 Tbsp. cinnamon
- ¼ cup powdered sugar

DIRECTIONS

1. In a small bowl mix butter with ingredients until well combined.
2. Evenly spread the butter into the cavities of the **Stick Baking Form**, tapping against a hard surface to remove any air bubbles. Scrape away any excess.
3. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** and freeze for 1 hour.
4. Gently unmold and keep stored in the freezer until use.



Fruity ICE STICKS Ideas

INGREDIENTS

- Strawberries
- Oranges
- Lemons
- Kiwi
- Watermelon
- Cranberry
- Cantaloupe
- Pineapple
- Apples
- Blueberries
- Grapefruit
- Cucumber
- Cherry
- Apples
- Raspberries
- Pomegranate
- Mint
- Lavender
- Rosemary
- Edible Flowers
- Wine
- Water
- Sparkling Water
- Orange juice
- Lemonade
- Cold Brew Coffee
- Coconut Milk
- Kool-Aid

DIRECTIONS

1. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** or a tray for transferring to the freezer.
2. Evenly spread the chopped fruit into the cavities of the **Sticks Baking Form**, pour liquid over fruits and freeze 2-4 hours. Gently unmold and keep stored in the freezer until use.

Great for Water Bottles.



Garlic **BREAD STICKS**

INGREDIENTS

- ½ cup water
- ½ tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. Italian seasonings
- ½ tsp. baking powder
- ¾ cup all-purpose flour
- 2 tbsp. olive oil
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 400° F/200° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Combine water, salt, garlic powder, Italian seasonings and baking powder in medium bowl until well combined.
3. Whisk in flour, olive oil and Parmesan cheese and mix until smooth dough forms.
4. Fill each **Sticks Baking Form** cavity with dough and bake 20–25 minutes.
5. Let cool 5 minutes before unmolding. Repeat process with remaining dough. Serve warm or room temperature.



Garlic BREAD STICKS II

INGREDIENTS

- ½ cup water
- ½ tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. oregano
- ½ tsp. baking powder
- ¾ cup all-purpose flour
- 2 tbsp. olive oil
- ¼ cup grated parmesan cheese

DIRECTIONS

1. Preheat oven to 400° F/200° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Combine water, salt, garlic powder and baking powder in medium bowl until well combined. Whisk in flour, olive oil, parmesan cheese and mix until smooth dough forms.
3. Fill each **Sticks Baking Form** cavity with the batter and bake for 20 -25 minutes or until golden brown. Let cool 5 minutes before unmolding. Repeat process with remaining batter. Serve warm or room temperature.

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Garlic Herb **BUTTER COMPOUND**

INGREDIENTS

- 1 stick unsalted butter
- 2 Tbsp. minced fresh parsley leaves
- 3 large garlic cloves, minced
- ½ tsp. sea salt

DIRECTIONS

1. In a small bowl mix butter with ingredients until well combined.
2. Evenly spread the butter into the cavities of the **Stick Baking Form**, tapping against a hard surface to remove any air bubbles. Scrape away any excess.
3. Place the **Sticks Baking Form** in the **Freezer Mate PLUS Large Shallow** and freeze for 1 hour.
4. Gently unmold and keep stored in the freezer until use.



Hot Chocolate **STICKS**

INGREDIENTS

1 cup semisweet chocolate chips
1 tsp. flavoring of choice
(cinnamon, orange zest, mint
extract, etc.)

1 cup hot milk for serving

DIRECTIONS

1. Place $\frac{3}{4}$ -cup chocolate chips in **2 Cup Micro Pitcher**. Place in microwave and cook on high power for 30 seconds at a time until fully melted. At the end add in remaining chocolate chips and stir in to fully melted. Add the flavoring of choice and gently stir until combined.
2. Place the **Sticks Baking Form** into the **Freezer Mate PLUS Large Shallow** and evenly fill the **Sticks Baking Form** cavities. Gentle tap the **Freezer Mate** against a hard surface to level the chocolate and remove air bubbles. Refrigerate for approximately 1 hour, then gently unmold.
3. To prepare hot chocolate, stir two sticks in an 8 oz. cup of hot milk and serve.

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A close-up photograph of several Mexican Chocolate Sticks. The sticks are twisted, showing a dark chocolate exterior and a lighter, possibly white chocolate or cream, filling. They are arranged diagonally across the frame. In the background, there are some orange zest shavings on a light-colored surface.

Mexican Chocolate STICKS

INGREDIENTS

1 cup dark chocolate melting wafers
⅛ tsp. cayenne pepper
1 cup white chocolate melting wafers
⅛ tsp. cinnamon

Other combinations

- White chocolate, green or red food dye, ¼ tsp. peppermint extract
- Milk chocolate and ¼ tsp. almond extract
- Top off with dried fruit, mini marshmallows, Peanut Butter, shredded coconut or finely chopped nuts

DIRECTIONS

1. Place chocolate wafers in the **2 Cup Micro Pitcher**, cover and microwave for 30 seconds at a time until fully melted; about 60 seconds. Add cayenne pepper and mix well.
2. Pour into **Sticks Baking Form**, drizzling into some cavities to make a design and half filling others.
3. Place white chocolate melting wafers in clean and dry **2 Cup Micro Pitcher** and microwave for 30 seconds at a time until fully melted. Add cinnamon and mix well.
4. Pour white chocolate to cavities and use spatula to scrape off excess. Refrigerate for approximately 1 hour, then gently unmold.

Once Baked **BISCOTTI**



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INGREDIENTS

- ½ cup granulated sugar
- 3 Tbsp. vegetable oil
- 1 large egg
- 1 Tbsp. extract of choice (almond)
- 1 cup + 2 Tbsp. all-purpose flour
- 1 tsp. baking powder

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. In a medium bowl add sugar, oil, egg, extract and whisk until frothy. Add flour, baking powder and mix until you have a consistent dough.
3. Transfer to lightly floured surface, roll out dough into 5" strips, and press into the cavities of the **Silicone Stick Form**.
4. Place the Silicone Stick Form on oven rack and bake for 15 minutes or until golden brown. Allow to stand for 5 minutes before gently unmolding. Serve warm or room temperature.



Pizza **BREADSTICKS**

INGREDIENTS

Refrigerated pizza or breadstick dough
¼ cup mozzarella cheese, finely shredded
Italian seasoning
Pepperoni or ham, thinly sliced, optional
1 cup marinara sauce

DIRECTIONS

1. Preheat oven to 350° F/180° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Remove the pizza or breadstick dough from the package and cut to size to fit into **Sticks Baking Form cavities**. Place them into the **Sticks Baking Form** pressing slightly.
3. Sprinkle with ham or pepperoni, Italian seasoning and cheese, pressing lightly into the dough.
4. Bake for 14-16 minutes or until golden brown.
5. Serve with marinara sauce

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A close-up photograph of a light blue ceramic plate. On the left side of the plate is a piece of white fish, possibly cod, topped with a brown sauce and some green herbs. To the right of the fish are several golden-yellow, stick-shaped polenta items. A small green herb sprig is placed on top of the polenta sticks. The background is a light-colored, textured surface.

Polenta STICKS

INGREDIENTS

- 1 cup water
- $\frac{1}{3}$ cup instant polenta
- Salt, to taste
- 3 Tbsp. milk
- 2 Tbsp. grated parmesan cheese

DIRECTIONS

1. Preheat oven to 350°/180 C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Mix the polenta, water and salt in the **1 Qt. Micro Pitcher** or $\frac{3}{4}$ **Qt. Stack Cooker Casserole**, mix and cook about 5 minutes at 600 watts.
3. Mix well with the Silicone Spatula to get a creamy polenta. Add the milk and grated parmesan.
4. Fill the **Sticks Baking Form** cavities with polenta and scrape the excess off the edges using the Silicone spatula.
5. Bake for about 15 minutes.
6. Allow to cool for 5 minutes before unmolding.



Pretzel STICKS

INGREDIENTS

- ¾ cup whole-wheat or rye flour
- 1 cup bread flour
- 1¼ cup barley flour
- ½ cup plus 1 Tbsp. water, divided
- ¼ tsp. active dry yeast
- ½ tsp. cane sugar
- 1 Tbsp. brown rice syrup
- ¼ teaspoon salt
- 1 egg white
- ½ Tbsp. baking soda
- 2 Tbsp. coarse sea salt

DIRECTIONS

1. Preheat oven to 375° F/180° C. Place **Sticks Baking Form** on a baking sheet for transferring to the oven.
2. Sift the flours, and barley flour together and set aside.
3. Warm ½ cup of the water to 115°F. In the bowl of a stand mixer fitted with the paddle attachment, combine the warm water, yeast, sugar, and brown rice syrup. Mix on low speed, let stand for 5 minutes. Add the salt and half of the flour mixture and mix on low speed about 1 to 2 minutes. Switch to the dough hook and, with the mixer on low speed, add the remaining flour. Increase the mixer speed to high and knead for 3 minutes. Punch down the dough and continue to knead on medium-low speed for another 2 minutes. If the dough is very sticky, add a bit more bread flour. Cover the dough and let it proof for 1 hour in a warm spot.
4. Divide the dough into 4 pieces. Keep the dough you aren't working with covered. Pinch off tablespoon-sized pieces and roll into long ¼-inch-thick logs. Place in the **Sticks Baking Forms**. Repeat with the remaining dough.
5. Whisk the egg whites with the baking soda and remaining 1 Tbsp. water. Brush each pretzel and sprinkle with the coarse salt.
6. Bake for 10 to 15 minutes, rotating the baking sheets every 5 minutes. Cool on a wire rack, and serve long or break into smaller sticks.