



**Tupperware®**

# **SQUEEZE IT BOTTLES**

*Recipes*

# SQUEEZE IT BOTTLES RECIPES

3. Balsamic Glaze
4. Basil Vinaigrette
5. Brown Sugar Syrup
6. Caramel Sauce
7. Caramel Syrup
8. Chocolate Syrup
9. Cilantro Lime Dressing
10. Cinnamon Sugar Syrup
11. Coconut Syrup
12. Creamy Cranberry Vinaigrette
13. Dulce de Leche Syrup
14. Honey Mustard Dressing
15. Icy Snow Cone Syrup
16. Ketchup
17. Lemon Basil Vinaigrette
18. Light Ranch Dressing
19. Poppy Seed Dressing
20. Ranch Dressing II
21. Ranch Dressing
22. Raspberry Syrup
23. Sizzlin' Vinaigrette
24. Strawberry Syrup
25. Vanilla Maple Syrup



Balsamic  
**GLAZE**

### INGREDIENTS

- 2 cups balsamic vinegar
- 1 cup granulated sugar

### DIRECTIONS

1. Pour vinegar into **Chef Series 3-Qt. Saucepan** and bring to a boil. Let simmer for 20-30 minutes or until reduced by half.
2. Stir in sugar. Let return to a simmer and watch closely until it begins to boil. In about 5-10 minutes it begins to bubble up and it is done, should be able to coat the back of a spatula.
3. Let cool to fully thicken and pour into **Squeeze It Bottle**. Store in refrigerator up to 2-3 months.



Basil  
**VINAIGRETTE**

### **INGREDIENTS**

- ½ cup fresh basil
- 1 tbsp. honey
- 2 tbsp. balsamic vinegar
- ½ cup extra virgin olive oil
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

### **DIRECTIONS**

1. In the **SuperSonic Chopper Compact**, add basil leave, cover and pull cord until minced. Transfer to the **Quick Shake Container**.
2. In the base of the **Quick Shake Container**, add all ingredients. Secure Quick Shake cover.
3. Shake until well combined.
4. Pour unused portion into a **Squeeze It Bottle**.
5. Refrigerate and use, up to three days.



# Brown Sugar SYRUP

## INGREDIENTS

- ¾ cup water
- ¾ cup brown sugar

## DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together water and brown sugar, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir. Let stand 30 minutes.
2. Pour syrup into **Squeeze It Bottle**.
3. Refrigerate and use, up to seven days.

*Add 2 tsp. to your favorite 8 oz. cup of coffee, cocoa or tea.*

A photograph showing a white bowl of ice cream with a drizzle of caramel sauce. In the foreground, a glass bowl contains more caramel sauce. The background is a wooden surface and a red and white striped cloth.

## Caramel SAUCE

### INGREDIENTS

- 1½ cup granulated sugar
- 1 cup water
- 1½ cup heavy cream
- 1 tsp. vanilla extract
- 1½ tbsp. coarse sea salt, optional

### DIRECTIONS

1. Place granulated sugar and water in **Chef Series II Saucepan**.
2. Cook on medium heat for 10-15 minutes or until temperature reaches 325° F/162° C and syrup is deep amber color.
3. Remove from heat and carefully stir in heavy cream.
4. Add vanilla and salt. Let cool completely before pouring into **Squeeze It Bottle**.

Store in refrigerator for one month.

**Tupperware**



# Caramel SYRUP

## INGREDIENTS

- ¾ cup sugar
- ½ cup water
- ¼ caramel sauce

## DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together water and sugar, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir. Let stand 30 minutes
2. Add caramel sauce, stir.
3. Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.



# Chocolate **SYRUP**

## **INGREDIENTS**

- 1½ cups granulated sugar
- ¾ cups unsweetened cocoa powder
- 1 cup water
- ¼ tsp. salt
- 1 tsp. vanilla extract

## **DIRECTIONS**

1. In **Chef Series 3-Qt. Saucepan** with Strainer Cover, combine granulated sugar and cocoa powder. Mix until no lumps remain, add water and stir until well combined .
2. Bring to a boil, reduce heat and simmer for 15- 20 minutes until sauce has thickened, stirring constantly. Remove from heat add salt, vanilla extract and mix until well incorporated. Let cool.
3. Pour chocolate syrup into **Squeeze It Bottle**.
4. Refrigerate and use within six weeks.





# Cilantro Lime **DRESSING**

## **INGREDIENTS**

- ¼ cup cilantro, chopped
- 2 garlic cloves, peeled and chopped
- ⅓ cup extra virgin olive oil
- ½ lime, juiced
- 1 tbsp. Dijon mustard
- 1 tbsp. your favorite taco seasoning
- ¼ tsp. coarse kosher salt

## **DIRECTIONS**

1. In the **Quick Shake Container**, add all ingredients, cover. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.

# Cinnamon Sugar SYRUP



## INGREDIENTS

- ¾ cup water
- ¾ cup brown sugar
- 3 cinnamon sticks

## DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together water and sugar, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir.
2. Add cinnamon sticks after microwaving. Let stand 30 minutes.
3. Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.



# Coconut SYRUP

## INGREDIENTS

- ¾ cup water
- ¾ cup sugar
- ¼ cup cream of coconut\*
- 2 tsp. coconut extract

## DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together water, sugar and cream of coconut, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir.
2. Add coconut extract, stir. Let stand 30 minutes.
3. Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.

\* found near cocktail supplies



# Creamy Cranberry VINAIGRETTE

## INGREDIENTS

- ¼ cup plain full-fat yogurt
- ¼ cup canned jellied cranberry sauce
- 3 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 2 tbsp. freshly squeezed orange juice
- 1 garlic clove, crushed
- ¼ tsp. coarse kosher salt

## DIRECTIONS

1. In the **Quick Shake Container**, add yogurt, cranberry, olive oil, vinegar, garlic, and salt. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.



*Dulce de Leche*  
**SYRUP**

## INGREDIENTS

- $\frac{3}{4}$  cup water
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  cup heavy cream

## DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together water and sugar, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir.
2. Add heavy cream, stir. Let stand 30 minutes
3. Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.



# Honey Mustard DRESSING

## INGREDIENTS

- ½ cup light mayonnaise
- 2 tbsp. honey
- 2 tbsp. Dijon mustard
- 2 tbsp. lemon juice
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

## DIRECTIONS

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.



# Icy Snow Cone **SYRUP**

## **INGREDIENTS**

- 5 oz. fresh or frozen fruit, depending on desired color and flavor
- 1¼ cups water, divided
- 1 cup sugar
- ⅛ tsp. salt

## **DIRECTIONS**

1. Stir together fruit, 1 cup water, sugar and salt in **2 Cup Micro Pitcher**. Microwave on high power 2 minutes, 30 seconds. Remove from microwave, let stand 5 minutes or until fruit is soft.
2. Transfer mixture to the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to puree.
3. Strain mixture into **Squeeze It Bottle**.



# KETCHUP

## INGREDIENTS

- 7 oz. tomato paste
- ½ cup white vinegar
- 5 tbsp. granulated sugar
- ¼ cup water
- 1 tsp. salt
- ½ tsp. onion powder
- ¼ tsp. garlic powder

## DIRECTIONS

1. In **Chef Series 3-Qt. Saucepan**, combine all ingredients and mix using spatula.
2. Bring to a boil, reduce heat and simmer for 15 minutes. Let cool.
3. Pour into **Squeeze It Bottle**.
4. Refrigerate and use within one month.





# Lemon Basil VINAIGRETTE

## INGREDIENTS

- ⅓ cup basil leaves, minced
- 1 garlic clove, minced
- ¼ small onion, diced finely
- 2 tsp. Dijon mustard
- 1 tsp. granulated sugar
- ½ tsp. coarse kosher salt
- 1 lemon, juiced
- ⅔ cup extra virgin olive oil

## DIRECTIONS

1. In the **Quick Shake Container**, all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.

Tupperware



# Light Ranch DRESSING

## INGREDIENTS

- ½ cup reduced-fat (2%) milk
- ½ cup light sour cream
- ½ cup light mayonnaise
- 1 tbsp. lemon juice
- 1 tbsp. chives
- 1 garlic clove, minced
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

## DIRECTIONS

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.

Tupperware



Poppy Seed  
**DRESSING**

### **INGREDIENTS**

- ⅓ cup sugar
- 2 tbsp. vinegar
- 1 tbsp. lemon juice
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ½ cup vegetable oil
- 1 tbsp. poppy seeds

### **DIRECTIONS**

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.



# Ranch DRESSING

## INGREDIENTS

- 1 cup sour cream
- ¼ cup full fat Greek yogurt
- 2 tbsp. buttermilk
- ½ tsp. white wine vinegar
- 1 garlic clove, crushed
- ¼ tsp. coarse kosher salt
- ½ tsp. onion powder
- 1 tbsp. fresh dill, chopped
- 1 tbsp. fresh parsley, chopped

## DIRECTIONS

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.



# Ranch DRESSING

## INGREDIENTS

- 1 cup mayonnaise
- ½ cup sour cream
- ½ tsp. dry dill
- ¼ tsp. onion powder
- ½ tsp. garlic powder
- 1 tbsp. dry parsley
- ¼ tsp. salt
- ⅓ cup milk
- ⅛ tsp. pepper

## DIRECTIONS

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.



## Raspberry SYRUP

### INGREDIENTS

- ¾ cup fresh raspberries
- 1 cup water
- 1 cup sugar

### DIRECTIONS

1. Place raspberries in the **SuperSonic Chopper Extra**, with blade attachment, place cover on and pull cord until puréed.
2. In the **1 Qt. Micro Pitcher**, mix together raspberry purée, water and sugar, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir.
3. Let stand 30 minutes
4. Pour syrup into **Squeeze It Bottle**.
5. Refrigerate and use, up to seven days.



Sizzlin'  
**VINAIGRETTE**

### **INGREDIENTS**

- ½ tsp. cayenne pepper
- ¼ cup white wine vinegar
- 1 tsp. dry mustard
- 2½ tsp. granulated sugar
- 1 tsp. garlic powder
- 10 drops hot pepper sauce
- 1 tsp. coarse kosher salt
- ¾ cup vegetable oil

### **DIRECTIONS**

1. In the **Quick Shake Container**, add all ingredients. Secure **Quick Shake** cover.
2. Shake until well combined.
3. Pour unused portion into a **Squeeze It Bottle**.
4. Refrigerate and use, up to three days.

A close-up photograph of a waffle topped with whipped cream, fresh strawberries, and a drizzle of red strawberry syrup. The syrup is being poured from a white pitcher at the top of the frame. The waffle is golden brown and sits on a white plate.

# Strawberry **SYRUP**

## **INGREDIENTS**

- 1 lb. fresh strawberries
- $\frac{3}{4}$  cup sugar
- 2 tbsp. maple syrup or corn syrup
- $\frac{1}{2}$  lemon, juiced
- 1 tbsp. unsalted butter

## **DIRECTIONS**

1. Place strawberries in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord 8–10 times until pureed.
2. Place puree in **1 Qt. Micro Pitcher** and add remaining ingredients. Microwave at 50% power 9–10 minutes until boiling, monitoring during last few minutes to prevent syrup from boiling over.
3. Serve warm and Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.





Vanilla Maple  
**SYRUP**

### INGREDIENTS

- ¾ cup water
- ¾ cup brown sugar
- 1 vanilla bean, seeds scraped
- ¼ cup maple syrup, A or B

### DIRECTIONS

1. In the **2 Cup Micro Pitcher**, mix together all ingredients, microwave on 50% power for 90 seconds, or until sugar has dissolved. Remove from microwave, stir.
2. Let stand 30 minutes.
3. Serve warm and Pour syrup into **Squeeze It Bottle**.
4. Refrigerate and use, up to seven days.