



Tupperware®

SUPERSONIC CHOPPER EXTRA

Recipes

SUPERSONIC CHOPPER EXTRA FEATURES

With this remarkable prep system, you can:
Blend omelets, smoothies, guacamole, hummus & other dips and spreads. Mix batters for pancakes & cakes, mousses & other desserts.

Emulsify dressings, marinades, sauces & mayonnaise. Chop vegetables, fruit, nuts & herbs for meal or dessert prep.



- Funnel with measurements twists open or closed for slowly adding oils and other liquids.
- Ring adapts pull-cord cover to base.
- Base 5¼ cup base is large enough to mix an entire cake.
- Curved blades (with blade protector) which lift ingredients for incredibly thorough processing.
- Paddle whisk attachment uniquely designed for fast mixing.
- Anti-skid ring keeps it stable



Whip Attachment Sold Separately

SUPERSONIC CHOPPER EXTRA RECIPES

- | | | |
|---|---|--|
| 6. Aji Verde, <i>Peruvian Green Sauce</i> | 29. Caramel Pumpkin Cheesecake Dip | 47. Cinnamon Whipped Cream |
| 7. Almond Basil Pesto | 30. Cauliflower Tabbouleh | 48. Classic Mexican Pork Tacos |
| 8. Almond Whipped Cream | 31. Cheese Crackers | 49. Classic Salsa |
| 9. Apple A Day Pancakes | 32. Chicken Lettuce Wraps | 50. Crab Cake Burger |
| 10. Apple Caramel Truffle | 32. Peanut Vinaigrette | 51. Creamsicle Margaritas |
| 11. Avocado Fresco | 33. Chimichurri Skirt Steak | 52. Creamy Avocado Dip |
| 12. Bacon Beer Cheddar Spread | 34. Chipotle Cream Sauce | 53. Creamy Avocado Dressing |
| 13. Bacon Cheddar Deviled Eggs | 35. Chipotle Lime Dipping Sauce | 54. Creamy Chicken Dip |
| 14. Banana Cream Pie Smoothie | 36. Chocolate Avocado Truffles | 55. Creamy Chipotle Hummus |
| 15. Banana Split Pancakes | 37. Chocolate Chip Hazelnut Dip | 56. Cucumber Gazpacho |
| 16. Berry Patriotic Cookie Cake | 38. Chocolate Coconut Macaroons | 57. Dill Pickle Dip |
| 17. Berry Spritz | 39. Chocolate Covered Strawberry Smoothie | 58. Easy Guacamole |
| 18. Black Bean Salsa | 40. Chocolate Lava Cake | 59. Fall Spice Fruit Chip Dip |
| 19. Blackberry Apple Smoothie | 41. Chocolate Mousse | 60. Fall Spice Icing |
| 20. Blueberry Ice Cream | 42. Chocolate Whipped Cream | 61. Farro Salad with Pomegranate Vinaigrette |
| 21. Blue Margarita | 43. Chunky Coconut Mango Smoothie | 62. Fiesta Gazpacho |
| 22. Bourbon Whipped Cream | 44. Chunky Tableside Guacamole | 63. Flanchocho |
| 23. Breakfast Coffee Banana Smoothie | 45. Cinnamon Brown Sugar Whipped Cream | 64. French Onion Dip |
| 24. Broccoli Cheddar Vegetable Dip | 46. Cinnamon Honey Butter | 65. Frozen Cookie Blast |
| 25. Broccoli Salad | | 66. Garlic Aioli |
| 26. Buffalo Ranch Dip | | 67. Garlic Infused White Bean Dip |
| 27. Butterfinger Peanut Butter Cup Cheesecake Dip | | 68. Garlic Mayonnaise |
| 28. Caprese Capellini | | 69. Guacamole |
| | | 70. Green Goddess Hummus |
| | | 71. Green Tea Smoothie |

SUPERSONIC CHOPPER EXTRA RECIPES

- | | | |
|---|------------------------------------|---|
| 72. Heavenly Hummingbird Cake | Whipped Cream | 115. Porcini Butter |
| 73. Herbed Goat Cheese Spread | 94. Midori Sour | 116. Potato Salad Deviled Eggs |
| 74. Homemade Mayonnaise | 95. Mississippi Mud Pie Dip | 117. Power Bites |
| 75. Hummus | 96. Mixed Berry Crumble | 118. Protein Bites |
| 76. Hummus Deviled Eggs | 97. Nutty Gorgonzola Apple Rings | 119. Pumpkin Fluff Dip |
| 77. Icy Cone Syrup | 98. Orange Fig Butter | 120. Pumpkin Latte |
| 78. Jalapeño Cranberry Cream Cheese Dip | 99. Orange Strawberry Smoothie | 121. Pumpkin Spice Cake |
| 79. Jalapeño Popper Deviled Eggs | 100. Orchard Salsa | 122. Pumpkin Tomato Salsa |
| 80. Jalapeño Strawberry Lemonade | 101. Oreo Dip | 123. Pumpkin Yogurt Dip |
| 81. Key Lime Mousse | 102. Papaya Salsa | 124. Ranch Dip |
| 82. Kiwi Cucumber Salsa | 103. Papaya Mango Salsa | 125. Raspberry Butter |
| 83. Lemon Delight Whipped Dip | 104. Parmesan Spinach Balls | 126. Raspberry Lemonade Sangria |
| 84. Lemon Pudding Cake | 105. Peach & Mango Spritz | 127. Raspberry Tang Smoothie |
| 85. Lime Chipotle Butter | 106. Peach Cobbler Smoothie | 128. Remoulade Sauce |
| 86. Mango Freeze | 107. Peach Frozen Yogurt | 129. Restaurant Style Salsa |
| 87. Mango Lime Smoothie | 108. Peach Grapefruit Smoothie | 130. Ricotta Pimento Dip |
| 88. Mango Pineapple Salsa | 109. Peanut Butter Cup Hummus | 131. Roasted Red Pepper Salsa |
| 89. Mango Salsa | 110. Peanut Butter Nana Rama Shake | 132. Roasted Tomatillo Sauce |
| 90. Meringue | 111. Peppermint Whipped Cream | 133. Roasted Tomato Sauce |
| 91. Mermaid Whipped Cream | 112. Pesto Deviled Eggs | 134. Roasted Tomato Sauce II |
| 92. Mexican Chocolate Hummus | 113. Pineapple Upside Down Cake | 135. Roasted Turkey with Orange Sage Butter |
| 93. Mexican Chocolate | 114. Poblano Chicken Chowder | 136. Rustic Italian Soup with Rice Fritter |
| | | 137. Sage Whipped Cream |
| | | 138. Sandwich Cookies |

SUPERSONIC CHOPPER EXTRA RECIPES

- | | |
|--|--|
| 139. Sassy Strawberry Margarita | Guacamole |
| 140. Simple Black Bean Salsa | 161. Tarragon Sauce for Eggs Benedict |
| 141. Simply Salsa | |
| 142. Smoked Turkey Sandwich with Chipotle Mayonnaise | 162. Tangy Onion Dip |
| 143. S'mores Dip | 163. Tomatillo Chicken Nachos |
| 144. Sofrito | 164. Tropical Sunset Smoothie |
| 145. Southwest Cheese Spread | 165. Tupper Kids Dirt Cups |
| 146. Spicy Chili Mayo | 166. Turkey Waldorf Salad |
| 147. Spinach & Artichoke Hummus | 167. Tuscan White Bean Dip |
| 148. Spinach & Chicken Quiche | 168. Walnut Arugula Pesto |
| 149. Spinach Walnut Pesto | 169. Watermelon Daiquiri |
| 150. Steamed Dumplings | 170. Whipped Cream |
| 151. Strawberry and Peach Slushies | 171. Whipped Lemon ip |
| 152. Strawberry Cheesecake Dip | 172. White Chocolate Fruit Pie |
| 153. Strawberry Freezer Jam | 173. White Chocolate Peppermint Mousse |
| 154. Strawberry Ginger Dressing | 174. White Russian Pudding Shot |
| 155. Strawberry Cucumber Salsa | 175. Zesty Artichoke Pesto Shrimp |
| 156. Strawberry Kiwi Salsa | |
| 157. Strawberry Smoothie | |
| 158. Strawberry Whipped Topping | |
| 159. Super Food Chopped Salad | |
| 160. Tableside Chunky | |

A close-up photograph of a white ceramic bowl filled with a bright green, chunky sauce. The sauce is garnished with finely chopped green herbs. The background is softly blurred, showing more of the bowl and some greenery.

Aji VERDI

INGREDIENTS

- ½ medium bunch cilantro with stems (about 24 sprigs)
- 1-2 jalapeño, seeds removed
- 1 Tbsp. Aji Amarillo paste, optional
- ½ small lime, juiced
- 2 garlic cloves, pressed
- ¼ cup grated cotija or parmesan cheese
- 1 Tbsp. white vinegar
- ¼ tsp. salt
- ½ cup mayonnaise

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, add all ingredients. Cover and pull cord until your desired consistency is reached.



Almond Basil PESTO

INGREDIENTS

- 3 cups packed fresh basil leaves from about 3 oz. fresh basil
- ½ cup almonds
- ½ cup grated parmesan cheese
- 3 garlic cloves
- ½ tsp. salt
- ¼ tsp. ground black pepper
- ½ cup extra virgin olive oil

Your choice of cooked pasta

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, add the basil, almonds, parmesan, garlic, salt, and pepper. Cover and pull cord until the ingredients break down. Scrape down the sides of the **SuperSonic Chopper Extra**.
2. Slowly drizzle in the olive oil until well combined.
3. Store in a sealed **Tupperware container** in the refrigerator or serve over your choice of cooked pasta.

A close-up photograph of several small, round, orange-colored tarts or cookies arranged on a wooden surface. Each tart 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 tarts.

Almond **WHIPPED CREAM**

INGREDIENTS

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

DIRECTIONS

1. Pour heavy cream, confectioners' sugar and almond extract into the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
3. Open **SuperSonic Chopper Extra** and add almonds, fold into whipped cream.

Apple A Day PANCAKES



Tupperware®

INGREDIENTS

- ½ medium apple, cored and seeded
- 1 cup 1% milk
- ¼ cup egg substitute
- 1 Tbsp. prepared applesauce
- 1 cup mix whole wheat blend pancake/waffle mix
- ¼ tsp. Cinnamon-Vanilla Seasoning
- canola pan spray

DIRECTIONS

1. Place apple in the **SuperSonic Chopper Extra** with the blade attachment. Process by pulling the cord until apple is finely chopped. Switch to the paddle attachment and add wet ingredients, mix well and add dry ingredients.
2. Pre-heat a **Chef Series II Fry Pan** to medium-low heat. Add pan spray.
3. Scoop batter into pan and cook pancakes to golden.
4. Re-spray the pan when you flip the pancake, then cook until golden on second side.



Apple Caramel TRIFLE

INGREDIENTS

½ (leftover) Apple Spice Cake ([see UltraPro recipe](#))

Caramel sauce

2 Tbsp. salted butter

½ cup brown sugar

¼ cup heavy cream

Whipped cream

2 cups heavy cream

2 Tbsp. powdered sugar

1 tsp. vanilla extract

DIRECTIONS

1. Place the butter in the **2 Cup Micro Pitcher**. Microwave on high power 30 seconds. Whisk in brown sugar and heavy cream until well combined. Microwave on high power 30 seconds, stir. Microwave on high power another 30 seconds, stir. Microwave an additional 30 seconds. Remove from microwave, stir and set aside.
2. In the **SuperSonic Chopper Extra** with the paddle whisk attachment, add cream, powdered sugar and vanilla. Cover and pull cord until desired thickness, set aside.
3. To build the trifle, in a clear container, add ¼ cup of the cake. Drizzle caramel over cake, top with ¼ cup of the whipped cream. Repeat layers until container is full. Top with caramel and whipped cream. Serve immediately.



Avocado
FRESCO

INGREDIENTS

- 1 medium tomato, quartered
- ½ small onion, peeled and halved
- ¼ cup fresh cilantro
- 2 avocados, pitted and peeled
- 1 Tbsp. Cilantro Mojo Seasoning Blend

DIRECTIONS

1. Place tomato, onion and cilantro the **SuperSonic Chopper Extra** with blade attachment. Pull cord several times to roughly chop.
2. Add avocados and the seasoning blend and continue to chop until desired consistency is achieved.
3. Serve in a **Clearly Elegant Bowl**.



Bacon Beer Cheddar SPREAD

INGREDIENTS

- 1 cup farmer's cheese or cream cheese, softened
- 2 cups shredded cheddar, divided
- 3 strips cooked bacon, finely crumbled
- 3 dashes hot sauce
- ¼ cup plus 1 Tbsp. beer or broth
- 1 garlic clove, peeled and minced
- ½ tsp white vinegar
- ¼ tsp. kosher salt
- ⅛ tsp. nutmeg
- ½ cup chopped pecans

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, combine cream cheese, 1 cup of the cheddar, bacon, hot sauce, beer, garlic, vinegar, salt and nutmeg. Cover and pull cord until well blended.
2. In the clean **SuperSonic Chopper Extra** with the blade attachment, combine pecans and remaining cheddar. Cover and pull cord until pecans are finely minced.
3. Remove cheese spread from refrigerator, form into one large ball, several smaller balls, or log, and roll in pecan-cheddar mixture until well coated.
4. Serve immediately with a variety of crackers, breads, vegetables or fruit, or refrigerate, covered, up to 3 days.



Bacon Cheddar **DEVILED EGGS**

INGREDIENTS

- 6 hardboiled eggs, peeled
- ¼ cup mayonnaise
- 1 tsp. mustard, yellow or Dijon
- ⅛ tsp. coarse kosher salt
- ½ cup cheddar cheese, shredded
- 2 slices bacon, cooked & chopped

DIRECTIONS

1. Cut the hardboiled eggs in half and remove the yolk and add to a bowl. Set aside the whites.
2. Place yolks, mayonnaise, mustard, salt and cheese in the **SuperSonic Chopper Extra** fitted with paddle attachment. Cover and pull cord until mixture is combined and smooth.
3. Spoon yolk mixture back into the empty cavities in the egg whites. Top with chopped bacon and serve.



Banana Cream Pie SMOOTHIE

INGREDIENTS

- 5 vanilla wafer cookies
- 2 bananas, sliced and frozen
- ½ cup low-fat vanilla Greek yogurt
- 2 tsp. vanilla extract
- 1 cup unsweetened vanilla almond milk
- 2 Tbsp. honey
- ¼ tsp. freshly grated nutmeg
- ¼ tsp. ground cinnamon
- 1 heaping cup of ice (more or less to fit your desired consistency)

DIRECTIONS

1. Place vanilla wafer cookies in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord 3–4 times to chop.
2. Add remaining ingredients to **SuperSonic Chopper Extra**, cover and pull cord to blend until smooth.



Banana Split **PANCAKES** with Chocolate Syrup

INGREDIENTS

2 eggs
2 cups reduced-fat (2%) milk
2½ cups all-purpose flour
2 Tbsp. baking powder
1 tsp. coarse kosher salt
¼ cup granulated sugar
2 bananas, sliced
5–6 strawberries, cut into wedges
Whipped cream

Chocolate Syrup
¼ cup unsweetened cocoa
½ cup heavy cream
¼ tsp. cinnamon
3 Tbsp. light brown sugar
1 Tbsp. light corn syrup

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle whisk attachment, combine eggs and milk. Cover and pull cord until well combined. Add flour, baking powder, salt and sugar to **SuperSonic Chopper Extra**. Replace cover and pull cord until ingredients are fully combined.
2. Use batter immediately or store up to 2 days in the refrigerator.
3. Heat **Chef Series 12" Nonstick Griddle** over medium heat.
4. Cook pancakes about 2 minutes per side until browned and cooked through.
5. Serve topped with fresh fruit and Homemade Chocolate Syrup.

Chocolate Syrup

1. Combine all ingredients into **1-Qt. Micro Pitcher**, whisk together until combined.
2. Microwave on high power 1 minute. Stir well and serve over pancakes.
3. Store in refrigerator up to 4 weeks.



Berry Patriotic COOKIE CAKE

INGREDIENTS

- 1 (1 lb.) pkg. break apart sugar cookie dough
- 1 cup heavy cream
- 3 Tbsp. confectioners' sugar
- 1 tsp. vanilla extract
- 8–10 small strawberries, hulled & sliced
- ½ cup blueberries

DIRECTIONS

1. Preheat oven to 350° F/175° C.
2. Place dough ¼" apart on Silicone Baking Sheet with Rim so dough will touch when baking. Allow to cool completely, remove from mat and place on cutting surface or serving dish.
3. Place heavy cream, confectioners' sugar and vanilla in the **SuperSonic Chopper Extra** with Whip Accessory. Cover and turn handle until stiff peaks form.
4. Spread whipped cream over cooled cookie dough.
5. Place blueberries in top left corner. Then place sliced strawberries in lines to mimic the lines on a flag.

Berry SPRITZ



Tupperware®

INGREDIENTS

- 1 cup raspberries
- 1 cup blueberries
- 1 cup blackberries
- ½ cup vodka or gin
- ⅛ cup lemon juice
- Prosecco
- Ice

DIRECTIONS

1. Add ¼ of each berry into two glasses. Muddle with the end of a spatula.
2. Add the vodka/gin and lemon juice in the **SuperSonic Chopper Extra** with paddle whisk attachment.
3. Place cover on and pull cord until contents are well combined.
4. Place remaining berries and ice into two Tumblers.
5. Pour the contents into the glasses. Top with prosecco.

Tip: Use a sparkling rose or moscato for an extra pink cocktail!



Black Bean SALSA

INGREDIENTS

- 1 (15 oz.) can black beans, drained & rinsed
- 1 cup whole kernel corn
- 2 tomatoes, diced
- ½ cup cilantro
- ¼ cup red onion
- Juice of 1 lemon
- Juice of 1 lime
- 1 clove of garlic
- 1 tsp. chili powder
- Salt & pepper to taste

DIRECTIONS

1. Place beans, corn and tomatoes in medium-sized serving bowl. Toss well to combine.
2. In the **SuperSonic Chopper Extra** with the blade attachment place cilantro, onion and garlic. Cover and pull cord until chopped.
3. Pour contents into the bowl with bean mixture and mix again very well. Add remaining ingredients, mix. Serve immediately.

Blackberry Apple SMOOTHIE



INGREDIENTS

- 2 cups frozen blackberries
- $\frac{3}{4}$ cup apple cider
- 1 gala or fuji apple, peeled & cubed
- 1 (5-oz.) container nonfat lemon yogurt

DIRECTIONS

1. Place blackberries and apple cider in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.
2. Add remaining ingredients and continue pulling cord until well combined and no large lumps remain.



Blueberry ICE CREAM

INGREDIENTS

- 2 cups frozen blueberries or blueberries
- $\frac{1}{2}$ tsp. fresh rosemary
- $\frac{1}{3}$ cup blueberry or blueberry jam
- $\frac{2}{3}$ cup whipped cream
- Powdered sugar, optional

DIRECTIONS

1. Place frozen blueberries and rosemary in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.
2. Add remaining ingredients and continue pulling cord until well combined and no large lumps remain.
3. Depending on the sweetness of the fruit, add a little powdered sugar if necessary.
4. If the blueberry ice cream is too soft, put it in the freezer for a few minutes.

Blue MARGARITA



INGREDIENTS

- ¼ cup blue curacao
- ⅓ cup tequila
- 2 limes, juice only
- 2 tsp. agave nectar
- Ice
- Blueberries

DIRECTIONS

1. Add the blue curacao, tequila, lime juice and agave in the **SuperSonic Chopper Extra** with paddle whisk attachment.
2. Place cover on and pull cord until contents are well combined.
3. Place blueberries and ice into two Clear Tumblers. Pour the contents into the glasses.
4. Top with ice and additional blueberries as required.



Bourbon WHIPPED CREAM

INGREDIENTS

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

DIRECTIONS

1. Pour heavy cream, confectioners' sugar and bourbon in the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
3. Open and add walnuts, fold into whipped cream.



Breakfast Coffee
**BANANA
SMOOTHIE**

INGREDIENTS

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

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth and no coffee granules remain.

Broccoli Cheddar VEGETABLE DIP



INGREDIENTS

- 1 head of broccoli
- 2 cups sour cream
- 2 cups of cheddar cheese; shredded
- 1 (1.4 oz.) package Knorr Vegetable recipe mix

DIRECTIONS

1. Pre-heat oven to 425° F/218 C
2. Place broccoli in the **SuperSonic Chopper Extra** with blade attachment and chop broccoli into small bite-size pieces. Remove blades.
3. Add sour cream, cheddar cheese and Knorr Vegetable recipe mix using the Silicone Spatula, mix until blended.
4. Pour mixture into the **UltraPro 2-Qt. Square Pan** and bake in the oven for 25 minutes.

Serve and enjoy with tortilla chips, bagel bites, vegetables or crackers.



Broccoli SALAD

INGREDIENTS

- ½ red onion
- ½ red bell pepper
- ¾ cup mayonnaise
- ¼ tsp brown sugar
- 1 tbsp honey
- 1 tbsp apple cider vinegar
- Pinch of salt
- Pinch of fresh ground pepper
- Pinch of paprika
- ¾ cup dried cranberries
- 10 cups broccoli florets (about 3-4 medium sized heads)
- 5 strips bacon, cooked crispy and crumbled

DIRECTIONS

1. Pre-heat oven to 425° F/218 C
2. Place broccoli in the **SuperSonic Chopper Extra** with blade attachment and chop broccoli into small bite-size pieces. Remove blades.
3. Add sour cream, cheddar cheese and Knorr Vegetable recipe mix using the **Silicone Spatula**, mix until blended.
4. Pour mixture into the **UltraPro 2-Qt. Square Pan** and bake in the oven for 25 minutes.

Serve and enjoy with tortilla chips, bagel bites, vegetables or crackers.



Buffalo Ranch DIP

INGREDIENTS

- 1½ cups sour cream
- 2 Tbsp. buttermilk
- ¼ cup bleu cheese
- ½ tsp. celery salt
- 1½ Tbsp. hot sauce
- ¾ tsp. white vinegar
- 1 Tbsp. minced parsley

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, blend together sour cream, buttermilk, bleu cheese, celery salt, hot sauce, and vinegar until well combined and creamy.
2. Remove blade attachment; stir in parsley.
3. Transfer dip to the center bowl of the **Serving Center**. Serve with a variety of raw vegetables or chicken wings.



Butterfinger Peanut Butter Cup **CHEESECAKE DIP**

INGREDIENTS

- 1 (8 oz.) block cream cheese, at room temperature
- 1 cup creamy peanut butter
- ½ cup powdered sugar
- 1 (8 oz.) container whipped topping
- 1 cup chopped Butterfinger Peanut Butter Cups Minis, plus more for the top

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle attachment, beat cream cheese and peanut butter until combined. Slowly beat in powdered sugar until incorporated. Fold in whipped topping and Butterfinger Peanut Butter Cups Minis, trying not to deflate the whipped topping too much.
2. Top with more Butterfinger Peanut Butter Cups Minis before serving. Serve with fruit, cookies, or crackers.



Caprese **CAPPELLINI**

INGREDIENTS

- ½ lb. capellini pasta, broken in half
- 1 tsp. kosher salt, divided
- 2 garlic cloves, peeled
- ¼ cup loosely packed flat leaf (Italian) parsley
- ¼ cup extra virgin olive oil
- ⅛ tsp. freshly cracked black pepper
- 1 lb. cherry tomatoes
- 10 fresh basil leaves, torn
- 1 lb. fresh mozzarella, torn into bite-sized pieces

DIRECTIONS

1. Add water to the **Microwave Pasta Maker** maximum fill line for pasta. Stir in capellini pasta and ½ tsp. of the salt. Microwave on high power 7 minutes or until pasta is cooked to desired doneness.
2. Meanwhile, in the **SuperSonic Chopper Extra** with blade attachment, add garlic, parsley, olive oil, remaining salt and pepper. Cover and pull cord until well minced. Add tomatoes, cover and pull cord until tomatoes are chopped into about ¼".
3. Drain pasta and return to pasta maker base. Toss with tomato mixture, fresh basil and mozzarella. Serve warm or at room temperature.



Caramel Pumpkin CHEESECAKE DIP

INGREDIENTS

- 2 (8 oz.) cream cheese, softened
- 2 cups confectioners' sugar
- 1 cup canned pumpkin
- ¼ cup sour cream
- 1¼ tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. cloves
- ¼ cup caramel sauce

DIRECTIONS

1. Add cream cheese and confectioners' sugar to the **SuperSonic Chopper Extra**, cover and pull cord to blend until smooth. until frosting consistency.
2. Add pumpkin, sour cream, cinnamon, nutmeg, and cloves. Mix until it is fully incorporated, pour into serving bowl.
3. Pour the caramel sauce on top and create a marble look by swirling with a knife.
4. Serve with graham crackers, cinnamon sugar pita chips, or gingersnaps.

Cauliflower **TABBOULEH**



INGREDIENTS

- 18 oz. cauliflower florets
- ½ cucumber, deseeded and cut in pieces
- 2 shallots, peeled and cut in pieces
- 1 bunch herbs of choice (parsley, mint, etc.)
- 3 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and pepper to taste

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add cauliflower. Cover and chop in two batches until texture looks like rice then transfer in a large mixing bowl.
2. Place cucumber, shallots and herbs in the **SuperSonic Chopper Extra**, cover and pull cord until finely chopped. Add to cauliflower and mix to combine.
3. Replace the **SuperSonic Chopper Extra** blade attachment with the paddle and add remaining ingredients. Pull cord until well blended. Pour mixture over cauliflower and toss until fully coated. Cover and place in fridge for 30 minutes before serving.



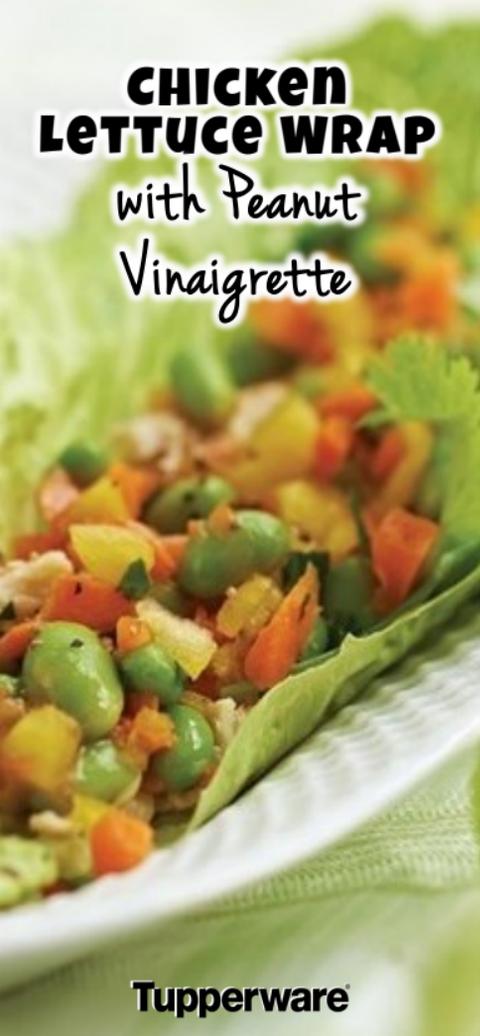
Cheese CRACKERS

INGREDIENTS

- ¼ cup all-purpose flour, plus more for rolling
- 2 Tbsp. salted butter
- ¼ tsp. baking soda
- ⅛ tsp. turmeric
- 2 tsp. water
- ¼ tsp. white vinegar
- ½ cup shredded sharp orange or yellow cheddar cheese
- 2 Tbsp. grated Parmesan cheese
- ½ tsp. kosher salt

DIRECTIONS

1. Preheat oven 350° F/175° C.
2. In the **SuperSonic Chopper Extra** with the blade attachment, combine flour, butter, baking soda, turmeric, water, vinegar, cheddar and Parmesan.
3. Cover and pull cord until dough forms. Remove dough from the **SuperSonic Chopper Extra** and form into a ball.
4. On a floured surface using a rolling pin, flatten dough into a 1/8"-thick rectangle. Using a cookie cutter, cut into desired shapes. Prick shapes with tines of a fork. Transfer cracker shapes onto a baking sheet lined with the **Silicone Baking Sheet with Rim**. Sprinkle crackers with salt.
5. Bake 10 minutes or until edges of crackers are lightly browned. Remove and transfer crackers to cooling rack. Let cool completely, about 15 minutes. Store in a liquid-tight container up to 3 days.



CHICKEN LETTUCE WRAP

with Peanut
Vinaigrette

INGREDIENTS

¾ lb. chicken breast, cooked
shredded
½ cup baby carrots
1 yellow bell pepper, cored &
quartered
1 green onion, trimmed & halved
¼ cup cilantro (optional)
1 cup frozen shelled edamame,
defrosted
8 whole romaine leaves

Peanut Vinaigrette
3 Tbsp. sesame oil
2 Tbsp. seasoned rice vinegar
1 Tbsp. soy sauce
2 Tbsp. water
½ tsp. Dijon mustard
½ Tbsp. peanut butter

DIRECTIONS

1. Place carrots, pepper, onion and cilantro in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until roughly chopped.
2. Mix edamame into vegetables.
3. Place a ¼ cup shredded chicken into each lettuce leaf. Add ¼ cup veggie mixture on top of the chicken.
4. To make vinaigrette, combine ingredients in the **Quick Shake Container**.
5. Seal and shake until ingredients are combined.
6. Drizzle Peanut Vinaigrette over the top and serve.



Chimichurri SKIRT STEAK

INGREDIENTS

- 1½ cups (1 bunch) cilantro
- 1½ cups (1 bunch) Italian parsley
- 2 garlic cloves, peeled
- 1 lime, juiced
- ¼ cup red wine vinegar
- ½ cup extra virgin olive oil
- 2 tsp. Steak & Chop Seasoning Blend Skirt Steak
- 2 lbs. skirt steak
- 2 tsp. Steak & Chop Seasoning Blend

DIRECTIONS

1. Combine ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are finely minced and combined.
2. Pat dry and season steak on both sides with seasoning blend. Preheat grill to highest temperature.
3. Grill seasoned steak 2-3 minutes per side over hottest part of grill, or until desired doneness.
4. Allow steak to rest off heat 10–15 minutes.
5. Cutting against the grain, slice steak into strips and serve with Chimichurri.



Chipotle CREAM SAUCE

INGREDIENTS

- 4-oz. can chipotle in adobo
- 2 Tbsp. adobo sauce
- 1 cup heavy cream
- ½ cup chicken stock
- ½ tsp. kosher salt
- 4 garlic cloves, peeled

DIRECTIONS

1. Transfer chipotle peppers to a strainer and rinse under cool running water; reserve 2 Tbsp. of the adobo sauce.
2. In the **SuperSonic Chopper Extra** with blade accessory add chipotle peppers, reserved adobo, cream, chicken stock, salt and garlic. Cover and pull cord until smooth.



Chipotle Lime DIPPING SAUCE

INGREDIENTS

- 1 (7 oz.) can chipotle peppers in adobo sauce
- 1 cup mayonnaise
- 1 Tbsp. fresh lime juice

DIRECTIONS

1. Add chipotle peppers to the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until diced.
2. Remove cover add the **SuperSonic Chopper Extra** paddle attachment, add mayonnaise and lime juice, pull cord until well blended.



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

Coatings of your choice, coconut, candy sprinkles etc.

DIRECTIONS

1. Place avocado, chocolate chips, vanilla and cinnamon in the **SuperSonic Chopper Extra** with paddle attachment.
2. Place cover 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 Chip **HAZELNUT DIP**



INGREDIENTS

- 1 cup heavy cream
- ½ Tbsp. granulated sugar
- ¼ cup chocolate hazelnut spread
- ¼ cup semi-sweet mini chocolate chips

Serve with graham crackers, fruit, pretzels, shortbread cookies and more.

DIRECTIONS

1. Pour heavy cream and sugar in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
2. Add hazelnut spread and chocolate chips to the whipped cream, cover, and turn handle until ingredients are combined.

Chocolate Coconut MACAROONS



INGREDIENTS

- 1½ cups sweetened coconut
- 2 large egg whites, room temperature
- ⅛ tsp. coarse kosher salt
- 1 Tbsp. unsweetened cocoa powder
- 3 Tbsp. granulated sugar
- ¼ cup mini chocolate chips, optional

DIRECTIONS

1. Preheat oven to 350°F/175°C.
2. While oven preheats, place coconut in a single layer on a **Silicone Baking Sheet with Rim placed on** a baking sheet.
3. Once oven is ready, place baking sheet into the oven 5-7 minutes or until coconut is light brown. Watch carefully so coconut doesn't burn.
4. Place egg whites and salt in the **SuperSonic Chopper Extra** with **SuperSonic Chopper Extra Whip Accessory**, whip until soft peaks form.
5. Add remaining ingredients, and whip until blended.
6. Fold in toasted coconut using **Silicone Spatula**.
7. Using a teaspoon, drop spoonfuls of the mixture onto the baking sheet, still covered with Silicone Wonder Mat.
8. Place cookies in oven and bake 15-20 minutes until outside is set but the insides should still be moist.



Chocolate Covered **STRAWBERRY SMOOTHIE**

INGREDIENTS

- 2 cups frozen strawberries
- ½ cup yogurt
- 1 cup reduced-fat (2%) milk
- 1 Tbsp. chocolate hazelnut spread

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.



Chocolate **LAVA CAKE**

INGREDIENTS

- 1 (18.25-oz.) pkg. devil's food cake mix, eggs, oil, and water according to the package directions
- 3 Tbsp. Chocolate Dessert Blend
- ½ cup brown sugar
- 1 tsp. Cinnamon-Vanilla Seasoning
- 1 cup hot water
- 4 chocolate sandwich cookies, finely chopped

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle whisk attachment, prepare cake mix according to package directions, placing liquids into the **SuperSonic Chopper Extra** first and then adding cake mix.
2. Process until combined and pour mixture into a greased, **Stack Cooker 3-Qt. Casserole with Cone**.
3. Combine brown sugar, dessert blend and seasoning and sprinkle over cake batter.
4. Pour hot water over batter, do not stir. Microwave at 70% power 10 –11 minutes or until a toothpick inserted into center of cake comes out clean. Remove and cover with **Stack Cooker Cover** for 15 minutes to cool.
5. Invert cake over a rimmed serving dish to catch the sauce. Sprinkle cookie crumbs over cake.



Chocolate MOUSSE

INGREDIENTS

- ¼ cup Chocolate Dessert Blend
- ½ cup egg substitute
- 1 tsp. vanilla extract
- 1 cup heavy whipping cream

DIRECTIONS

1. Place chocolate dessert blend, egg substitute and vanilla extract in the **SuperSonic Chopper Extra**. Cover with the **SuperSonic Chopper Extra Whip Accessory** and turn handle to blend until smooth and creamy.
2. Add cream and turn handle to whip until stiff peaks form.
3. Spoon into dessert cups and serve or chill further in refrigerator.
4. If desired, garnish with raspberries and shaved chocolate.



Chocolate **WHIPPED CREAM**

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 3 Tbsp. confectioners' sugar
- 2 Tbsp. unsweetened cocoa powder
- 1 tsp. vanilla extract

DIRECTIONS

1. Pour heavy cream, confectioners' sugar , cocoa and vanilla extract in **the SuperSonic Chopper Extra.**
2. Cover with **the SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.



Chunky Coconut
Mango
SMOOTHIE

INGREDIENTS

- ¼ cup lime juice
- ½ cup orange juice
- 8 oz. frozen mango
- 6 oz. low-fat yogurt
- 3 Tbsp. shredded coconut

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to process until mangoes are finely chopped and mixture is combined.



Chunky Tableside **GUACAMOLE**

INGREDIENTS

- ¼ cup cilantro
- 1 garlic clove, peeled
- ¼ red onion, peeled
- 2 Roma tomatoes, quartered
- 3 avocados, pitted and halved
- 1 lime, juiced
- 1 tsp. coarse kosher salt
- black pepper, to taste

DIRECTIONS

1. Add cilantro and garlic to base of **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped.
2. Add onion to **SuperSonic Chopper Extra**. Cover and pull cord until finely chopped.
3. Add tomatoes, lime juice and salt. Cover and pull cord until roughly chopped, and transfer ingredients to **Thatsa Bowl**.
4. Add avocados to ingredients in bowl and mash together to reach desired consistency.

Cinnamon Brown Sugar **WHIPPED CREAM**



INGREDIENTS

- 4 tsp. light brown sugar
- ½ tsp. Cinnamon Vanilla Seasoning
- 1 cup heavy cream

DIRECTIONS

1. Combine ingredients in the **SuperSonic Chopper Extra**. Using the **SuperSonic Chopper Extra Whip Accessory**, turn handle until stiff peaks form.



Cinnamon Honey
BUTTER

INGREDIENTS

- 1 cup (2 sticks) salted butter, room temperature
- 1 cup confectioners' sugar
- 1 cup honey
- 2 tsp. cinnamon

DIRECTIONS

1. Add all ingredients in the **SuperSonic Chopper Extra** with the **SuperSonic Chopper Extra Whip Accessory**. Cover and turn handle until mixed well.



Cinnamon

WHIPPED CREAM

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 2 Tbsp. confectioners' sugar
- 2 tsp. ground cinnamon
- $\frac{1}{8}$ tsp. ground nutmeg

DIRECTIONS

1. Add all ingredients in the **SuperSonic Chopper Extra** with the **SuperSonic Chopper Extra Whip Accessory**. Cover and turn handle until stiff peaks form.



Classic Mexican
PORK TACOS

Tupperware®

INGREDIENTS

- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 Tbsp. hot sauce
- 2 tsp. Cilantro Mojo Seasoning
- 1 Tbsp. lime juice
- 1 (16-oz.) bag coleslaw mix
- ¼ red onion thinly sliced
- 1 medium onion quartered
- 2 jalapeno peppers seeded
- ⅓ cup cilantro
- 1 (8-oz.) can tomato sauce
- 2 Tbsp. plus 2 tsp. Southwest Chipotle Seasoning, divided
- 2–2½ lb. pork tenderloin
- 16 (6") flour tortillas
- 1 lime cut into wedges

DIRECTIONS

1. In medium bowl, stir together sour cream, mayonnaise, hot sauce, cilantro mojo seasoning and lime juice. Add coleslaw mix and red onion, tossing well to coat. Cover and refrigerate at least 1 hour or overnight.
2. Preheat oven to 325°F/162°C. Place onion, jalapeno and cilantro in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord several times to finely chop. In **UltraPro 2.1-Qt. Casserole Pan**, combine tomato sauce with onion mixture and 2 tsp. southwest chipotle seasoning. Season pork with remaining 2 tbsp. southwest chipotle seasoning and place in casserole pan with sauce, tucking small ends under.
3. Cover and roast for 25 minutes or until internal temperature reaches 155°F/69°C. Remove from oven and allow to rest, covered, 10 minutes.
4. Place tortillas on a microwave-safe plate, cover with moist paper towel and microwave on high power 45 seconds.
5. Slice pork and divide between heated tortillas, top with sauce from casserole pan, spicy slaw and garnish with lime wedge.



Classic **SALSA**

INGREDIENTS

- 2 garlic cloves, peeled
- ¼ piece small red onion, peeled
- 15 oz. cherry tomatoes (about 15–20)
- ½ cup loosely packed fresh cilantro
- 1 tsp. kosher salt
- 1 Tbsp. fresh lime juice

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, combine garlic and onion. Cover and pull cord until minced.
2. Add half of the tomatoes. Cover and pull cord until roughly chopped. Add remaining tomatoes, cilantro, salt and lime juice. Cover and pull cord until desired consistency.
3. Transfer salsa to a serving bowl, serve cold, at room temperature or use as a base for other sauces or recipes



Crab Cake **BURGER**

INGREDIENTS

- 1 shallot, peeled and halved
- 8 oz. lump crab meat
- 1½ cups panko bread crumbs, divided
- 1 egg, lightly beaten
- 6 Tbsp. mayonnaise or plain Greek yogurt
- ½ tsp. coarse kosher salt
- 2 tsp. Cilantro Mojo Seasoning
- 2 tsp. Dijon mustard

Optional Toppings: Lettuce, tomato, avocado

DIRECTIONS

1. Place shallot in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped.
2. Add crab meat to the **SuperSonic Chopper Extra**, cover and pull cord until crab is roughly chopped. Place into medium bowl.
3. Add 1 cup breadcrumbs and remaining ingredients to crab mixture and stir to combine, shape into patties.
4. Add 2 Tbsp. vegetable oil in **Chef Series II Fry Pan** and heat over medium heat. Once oil is hot place patties two and a time in pan and cook until golden brown, flip and repeat on other side until golden brown and heated through.

Patties can be quartered before cooking to make small slider burgers.



Creamside
MARGARITAS

INGREDIENTS

- 1 (12-oz.) container frozen concentrated orange juice
- ½ cup heavy cream
- 1 cup tequila
- ½ cup triple sec
- Juice of 1 lime
- 2 Tbsp. honey
- Lime wedges, for rimming and garnish
- Granulated sugar, for rimming
- Orange slices, for garnish

DIRECTIONS

1. Place orange juice and heavy cream in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped.
2. Add tequila, triple sec, lime juice and honey, cover and pull cord until well blended.
3. Rim glasses with a lime wedge. Place sugar on a small plate and dip rim in sugar, turning to coat. Pour margarita into glasses and garnish with an orange and lime slice.



Creamy Avocado DIP

INGREDIENTS

- ¼ cup cilantro
- 1 ripe avocado, pitted
- ½ lime, juiced
- 1 cup nonfat Greek yogurt
- 1 tsp. Southwest Chipotle Seasoning Blend
- ¼ tsp. coarse kosher salt

DIRECTIONS

1. Place cilantro and avocado in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord 3–4 times to chop.
2. Remove blade attachment and replace with paddle whisk attachment.
3. Add remaining ingredients to **SuperSonic Chopper Extra**, cover and pull cord to blend until smooth.



Creamy Avocado DRESSING

INGREDIENTS

- 1 ripe avocado, pitted
- 1 Tbsp. lemon juice
- ½ cup nonfat Greek yogurt, plain
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper

DIRECTIONS

1. Combine all ingredients in the **SuperSonic Chopper Extra** with paddle whisk attachment. Cover and pull cord to process until creamy.

Creamy CHICKEN DIP



Tupperware

INGREDIENTS

- 1 (8 oz.) chicken breast, cooked
- 1 (8 oz.) pkg. cream cheese, softened
- ½ cup mayonnaise
- ¾ cup sour cream
- 2 green onions, chopped
- Pinch of salt and pepper to taste
- Milk of choice, optional

DIRECTIONS

1. Cut the chicken breast in quarters and then place in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until chicken breast is fully shredded.
2. Transfer shredded chicken breast to bowl and add remaining ingredients. Mix well until evenly combined. If mixture is too thick, add 1 Tbsp. milk until it reaches desired consistency.
3. Serve with veggie slices, chips, or crackers.



Creamy Chipotle Hummus

INGREDIENTS

- 1 cup chickpeas, rinsed and drained
- 1 cup sour cream
- 1 tsp. kosher salt
- 2 garlic cloves, peeled
- 2 (canned) chipotle peppers in adobo sauce
- 1 Tbsp. freshly squeezed lime juice

Serve with crackers, crudité or bread

DIRECTIONS

1. Place chickpeas, sour cream and salt in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until pureed.
2. Add remaining ingredients to the **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, serve at room temperature.
4. Serve with crackers, crudité or bread.



Cucumber **GAZPACHO**

INGREDIENTS

- 1 cucumber, peeled
- ½ cup watercress
- 1¼ cup buttermilk or yogurt
- 1-2 Tbsp. of lemon juice
- Dash of Tabasco or a pinch of cayenne pepper
- salt and pepper

Serve with crackers, crudité or bread

DIRECTIONS

1. Halve cucumber lengthwise, remove the seeds and cut the cucumber into large cubes.
2. Cut and wash the watercress.
3. Mix the cucumber, cress and buttermilk in the **SuperSonic Chopper Extra** fitted with blade attachment.
4. Add lemon juice and a dash of Tabasco. Season with salt and pepper.
5. Chill in the fridge for 30 minutes and serve chilled.



Dill Pickle DIP

INGREDIENTS

- 4 dill pickles, quartered
- ¼ cup pickle juice
- 8 oz. softened cream cheese
- 1 cup sour cream
- 2 cloves garlic, minced

DIRECTIONS

1. Place pickles in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to finely chop.
2. Remove blade attachment and replace with paddle whisk attachment.
3. Add remaining ingredients to the **SuperSonic Chopper Extra**, cover and pull cord to blend until smooth.

A top-down view of a white bowl filled with chunky green guacamole, garnished with small pieces of red onion and cilantro. The bowl is surrounded by a generous amount of golden-brown tortilla chips. In the upper left corner, a slice of lime is visible on a wooden cutting board. The background is a light-colored, possibly marble, surface.

Easy
GUACAMOLE

INGREDIENTS

- ½ medium onion
- 1 lime
- 2 avocados
- ½ can of tomatoes, or 1 medium roma tomato
- 1 handful cilantro
- 1 clove garlic, crushed
- ½ tsp. cumin
- ½ tsp. cayenne pepper
- ½ tsp. salt

DIRECTIONS

1. Place onion in the **SuperSonic Chopper Extra** fitted with blade attachment. Chop until desired consistency.
3. Cut lime in half and squeeze juice into **SuperSonic Chopper Extra** using the **Zest N' Press** gadget.
4. Cut avocados in half, remove pits, and scrape flesh into the **SuperSonic Chopper Extra**.
5. Add tomatoes, cilantro, garlic and spices as desired. Cover **SuperSonic Chopper Extra**, and pull cord until desired consistency is reached.



Fall Spice Fruit **CHIP DIP**

INGREDIENTS

- 2 apples, cored
- ½ lemon, juiced
- 1 cup heavy cream
- ¼ cup pumpkin puree
- ¼ cup confectioners' sugar
- ¼ tsp. pumpkin pie spice
- ½ tsp. vanilla extract

DIRECTIONS

1. Brush both sides of apple rings with lemon juice to prevent browning.
2. Pour heavy cream in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
3. Add remaining ingredients and turn handle until combined.
4. Serve immediately with dip.

A close-up photograph of a cupcake. The cupcake has a golden-brown base and is topped with a thick swirl of white frosting. The frosting is dusted with a fine brown powder, likely pumpkin pie spice. The background is a warm, blurred orange-red color.

Fall Spice ICING

INGREDIENTS

- 1 cup heavy cream
- $\frac{1}{4}$ cup pumpkin puree
- $\frac{1}{4}$ cup confectioners' sugar
- $\frac{1}{4}$ tsp. pumpkin pie spice
- $\frac{1}{2}$ tsp. vanilla extract

DIRECTIONS

1. Pour heavy cream in the **SuperSonic Chopper Extra**. Cover with the **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
2. Add remaining ingredients and turn handle until combined.
3. Top your favorite Fall cupcakes.

FARRO SALAD

with Pomegranate
Vinaigrette



INGREDIENTS

1 cup farro, rinsed
2 cups water

½ cup pistachio nuts
1 cup basil leaves
½ cup mint leaves
¾ cup cherry tomatoes, halved
½ cup shredded parmesan cheese
1 lemon zest

Vinaigrette
¼ cup pomegranate juice
⅓ cup olive oil
1 tsp. dijon mustard
¼ tsp salt
⅓ tsp. pepper

DIRECTIONS

1. In the **Microwave Rice Maker** add Farro and water; stir to combine. Microwave for 15 minutes. Remove from microwave, let stand 5 minutes.
2. In the **SuperSonic Chopper Extra** with the blade attachment, add nuts, basil and mint leaves. Cover and pull cord until roughly chopped. Stir into cooked Farro.
3. Add tomatoes, lemon zest and parmesan cheese to Farro, stir.
4. In the **Quick Shaker Container** add vinaigrette ingredients, cover and shake until well combined, pour over salad.



Fiesta
GAZPACHO

INGREDIENTS

4 large ripe tomatoes, roughly chopped

1 cup tomato juice

2 Tbsp. prepared horseradish

2 Tbsp. Southwest Chipotle

Seasoning

2 garlic cloves, peeled

½ small red onion, roughly chopped

1 small cucumber, peeled and grated

½ jalapeño, seeded, roughly chopped

1 small red bell pepper, seeded, roughly chopped

¼ cup loosely packed cilantro

½ tsp. coarse kosher salt

1 Tbsp. fresh lime juice

Optional toppings

Black beans

Queso fresco crumbles

Minced red onion

Thinly sliced green onion

Cilantro Sour cream

Tortilla strips

DIRECTIONS

1. In the **Microwave Rice Maker** add Farro and water; stir to combine. Microwave for 15 minutes. Remove from microwave, let stand 5 minutes.
2. In the **SuperSonic Chopper Extra** with the blade attachment, add nuts, basil and mint leaves. Cover and pull cord until roughly chopped. Stir into cooked Farro.
3. Add tomatoes, lemon zest and parmesan cheese to Farro, stir.
4. In the **Quick Shaker Container** add vinaigrette ingredients, cover and shake until well combined, pour over salad.



FLANCOCHO

INGREDIENTS

- 1 (16.5-oz.) devil's food cake mix (plus ingredients per box)
- 1 (8-oz.) cream cheese, softened
- 1 (12-oz.) can evaporated milk
- 1 (14-oz.) can condensed milk
- 1 tsp. vanilla extract
- 3 large eggs
- ½ cup caramel for flan

DIRECTIONS

1. In medium bowl mix devil's food cake mix with ingredients per box instructions, set aside. In the **SuperSonic Chopper Extra** with the paddle attachment, mix cream cheese, evaporated milk, condensed milk, vanilla and eggs until batter is smooth.
2. Pour half of cake mix into **3-Qt. Stack Cooker Casserole** and top with half of the flan mixture. Microwave on full power, uncovered, for 11 minutes. At the end of cooking time, remove from microwave and cover for 2 minutes.
3. Transfer your Flancocho to a serving plate, repeat cooking process with remaining batter. Refrigerate until ready to serve. Top with ¼ cup caramel to each cake just before serving.

French Onion DIP

INGREDIENTS

- 2 medium yellow onions, sliced thinly
- $\frac{3}{4}$ cup sour cream
- $\frac{1}{2}$ tsp. salt
- 2 Tbsp. heavy cream
- $\frac{1}{8}$ tsp. vinegar
- $\frac{1}{4}$ tsp. garlic powder
- 2 Tbsp. mayonnaise

DIRECTIONS

1. Place an even layer of sliced onions in the **MicroPro Grill**. Place cover on onions in the GRILL position. Microwave on high power 7 minutes. Remove from microwave and stir onions. Replace cover and microwave on high power an additional 7 minutes or until caramelized.
2. Transfer onions in the **SuperSonic Chopper Extra** with blade attachment. Let stand 10 minutes. Cover and pull cord until onions are well minced.
3. Replace **SuperSonic Chopper Extra** blade attachment with paddle attachment. Add sour cream, salt, cream, vinegar, garlic powder and mayonnaise. Cover and pull cord until well blended.
4. Remove **SuperSonic Chopper Extra** cover and refrigerate at least 10 minutes, up to overnight. Serve cold as a dip with vegetables, chips, or pita wedges, or serve as a sauce for steak, chicken, or fish.



Frozen Cookie **BLAST**

INGREDIENTS

- 6–8 cookies of choice
- 2 scoops of ice cream of choice
- 1 Tbsp. whole milk

DIRECTIONS

1. Place cookies in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until evenly chopped.
2. Add ice cream and milk. Replace cover and pull cord until well combined.
3. Transfer to a cup and enjoy now or to **Thermal Jar** and enjoy on-the-go frozen for up to 2 hours.



Garlic AIOLI

INGREDIENTS

- 4 cloves garlic
- 2 egg yolks
- 3 tsp. Dijon mustard
- Half a lemon, juiced
- 1½ cups vegetable oil
- Salt and pepper, to taste

DIRECTIONS

1. Place garlic in the **SuperSonic Chopper Extra** with the blade attachment and chop garlic.
2. Change to **SuperSonic Chopper Extra** paddle attachment and add egg yolks, Dijon mustard and lemon juice. Cover and pull cord until smooth.
3. Insert **SuperSonic Chopper Extra** funnel into spout and very slowly add the vegetable oil while pulling the cord, until well combined. Season to taste with salt and pepper. Store in liquid-tight **Tupperware Container** for 3-5 days.

Garlic Infused **WHITE BEAN DIP**



INGREDIENTS

- ¾ cup extra virgin olive oil
- 4 cloves of garlic, smashed
- 2 sprigs of rosemary
- 1 (15 oz.) can white beans, drained and rinsed
- ½ cup grated parmesan cheese
- 1 tbsp. lemon juice
- ¼ tsp. salt
- Pinch of black pepper

Pita or naan bread, crackers, or veggies

DIRECTIONS

1. Heat up oil over medium heat on **Daily Universal 9" Fry Pan** and add garlic and rosemary. Let cook for about 2-3 minutes until fragrant and lightly browned on all sides. Remove from heat, let cool completely and discard garlic and rosemary.
2. In the **Supersonic Chopper Extra**, add white beans, infused oil and remaining ingredients. Replace cover and pull cord until creamy and well combined.
3. Store in fridge until ready to serve.
4. When serving garnish with additional rosemary and oil.
5. Serve with toasted bread, crackers, or veggies.



Garlic
MAYONNAISE

INGREDIENTS

- 3 garlic cloves, crushed
- 1 egg yolk
- ¼ tsp. sea salt
- 1½ tsp. white wine vinegar
- ½ cup plus
- 2 Tbsp. olive oil

DIRECTIONS

1. Add garlic, egg yolk, salt, and vinegar in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
2. While rotating the handle, pour the oil through the **SuperSonic Chopper Extra** funnel in the handle.
3. Continue to whip until all the oil is incorporated into the mayonnaise.

GUACAMOLE



INGREDIENTS

- 1 jalapeño, deseeded and membranes removed
- ½ red onion
- 1 roma tomato, optional
- 3 avocados
- 1 lime, juiced
- 3 Tbsp. fresh cilantro, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Add jalapeño, onion and tomato if using, into the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until roughly chopped.
2. Halve and pit avocados, then scoop out flesh and add to the **SuperSonic Chopper Extra**, cover and pull cord 2-3 times.
3. Add lime juice, cilantro and salt and pepper, stir using a spatula and transfer to a serving dish.



Green Goddess Hummus

INGREDIENTS

- 1 cup chickpeas, rinsed and drained
- 1 cup sour cream
- 1 tsp. kosher salt
- 1 (10 oz.) pkg. frozen spinach, thawed and squeezed dry
- ½ cup fresh Italian flat leaf parsley
- 2 garlic cloves, peeled
- ¼ cup buttermilk

Serve with crackers, crudité or bread

DIRECTIONS

1. Place chickpeas, sour cream and salt in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until pureed.
2. Add remaining ingredients to **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, serve at room temperature.
4. Serve with crackers, crudité or bread.



Green Tea
SMOOTHIE

INGREDIENTS

- 1½ cup green tea, chilled (made with six tea bags)
- 2 cups frozen mixed berries
- 3 Tbsp. honey

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.



INGREDIENTS

Butter spray
1½ cups pecans, divided
2 ripe bananas, mashed
1 (8 oz.) can crushed pineapple,
with liquid
1 tsp. cinnamon
3 eggs
½ cup canola oil
1 (16.5 oz.) package yellow cake
mix

Cream Cheese Frosting
16 oz. cream cheese, softened
2 sticks unsalted butter, softened
2 cups confectioners' sugar
1 tsp. vanilla extract

DIRECTIONS

1. Place pecans in the **SuperSonic Chopper Extra** with blade attachment and finely chop.
2. In 12 cup mixing bowl, whisk together 1 cup chopped pecans with bananas, pineapple, ground cinnamon, eggs and oil.
3. Add yellow cake mix, stir until fully combined.
4. Coat inverted **Stack Cooker ¾ Qt. Casserole Cover, 1¾ Qt. Casserole and 3 Qt. Casserole** with butter spray and divide batter evenly among three layers.
5. Stack Casseroles in ascending order and microwave at 70% power for 14 minutes, or until knife inserted in cake comes out clean. Allow to settle 2 minutes before flipping onto serving dish.
6. Place cream cheese, butter, confectioners sugar and vanilla in a bowl, whisk all ingredients until fluffy and combined.
7. Ice cooled layers with cream cheese frosting and stack. Decorate with remaining chopped pecans on sides, tops or both.

Herbed Goat Cheese SPREAD



INGREDIENTS

- ¼ cup parsley
- 1 shallot, peeled
- 1 garlic clove, peeled
- 4 oz. soft goat cheese
- 1 cup plain nonfat Greek yogurt
- ½ lemon, juiced
- ¾ tsp. Steak & Chop Seasoning Blend
- 1 Tbsp. extra virgin olive oil

DIRECTIONS

1. Place parsley, shallot and garlic in base of **Chop 'N Prep Chef**. Replace cover and pull cord 4-5 times to finely chop.
2. Place parsley mixture in the **SuperSonic Chopper Extra** with paddle whisk attachment and add goat cheese. Replace cover, pull cord 4-5 times to blend.
3. Adding yogurt, lemon juice, zest and seasoning blend to the **SuperSonic Chopper Extra**. Place funnel in opening and drizzle in olive oil while blending cheese and yogurt.



Homemade
MAYONNAISE

INGREDIENTS

- 2 egg yolks
- 2 tsp. Dijon mustard
- 1 lemon, juiced
- salt, pepper - dash of each
- 1 cup oil (vegetable or canola)
- 1 tsp. water

DIRECTIONS

1. Place egg yolks, mustard, lemon juice, and salt and pepper in the **SuperSonic Chopper Extra** with paddle attachment. Cover & pull cord several times to combine, about 5 slow spins should be enough.
2. Place SuperSonic Chopper Extra funnel in receptacle and slowly add oil while pulling cord until oil is fully incorporated and mayonnaise is thick.



Hummus

INGREDIENTS

- 1 (16 oz.) cans garbanzo beans (chick peas)
- ½ garlic clove (peeled)
- 1 Tbsp. olive oil
- 1 tsp. lemon juice
- 1 Tbsp. soy sauce

DIRECTIONS

1. Place garbanzo beans in the **SuperSonic Chopper Extra** with blade attachment. Cover & pull cord until thoroughly minced and smooth .
2. Place **SuperSonic Chopper Extra** funnel in receptacle and slowly add oil, lemon juice and soy sauce, while pulling cord until oil is fully incorporated.

Tupperware



Hummus DEVILED EGGS

INGREDIENTS

- 6 hardboiled eggs
- ½ cup hummus
- Salt and pepper to taste
- Paprika for dusting

DIRECTIONS

1. Cut the hardboiled eggs in half and remove the yolk. Set aside the whites.
2. Place yolks and hummus in the **SuperSonic Chopper Extra** with paddle attachment. Cover and pull cord until mixture is combined and smooth.
3. Add salt and pepper to taste.
4. Spoon yolk mixture back into the empty cavities in the egg whites. Dust with paprika and serve.



Icy Cone **SYRUP**

INGREDIENTS

5 oz. fresh or frozen fruit, depending on desired color and flavor

1¼ cups water, divided

1 cup sugar

½ 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**.



Jalapeno Cranberry **CREAM CHEESE DIP**

INGREDIENTS

- 12 oz. fresh cranberries rinsed and drained
- 4 green onions, minced (½ cup)
- ¼ cup cilantro or parsley, finely chopped
- 1-2 jalapeno peppers with seeds and ribs removed, finely minced
- 1 cup granulated sugar
- 1 Tbsp. fresh lemon juice
- ⅛ tsp. salt
- 16 oz. cream cheese, softened
- Assorted crackers, for serving

DIRECTIONS

1. Add cranberries to the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to roughly chop.
2. In a medium-sized bowl, add chopped cranberries, green onion, cilantro and jalapeños. Add sugar, lemon juice and salt on top of cranberry mixture and stir gently until blended. Cover and place in refrigerator overnight.
3. Take cranberry mixture out of the refrigerator and stir all ingredients together. Strain out all liquid.
4. Place softened cream cheese in the **SuperSonic Chopper Extra** with **SuperSonic Chopper Extra Whip Attachment**. Cover and turn handle until whipped, spread cream cheese over bottom of a pie plate or 9x9 dish.
5. Pour cranberry mixture atop cream cheese and keep in refrigerator until ready to serve.
6. Use a spoon to spread over crackers and enjoy!

Recipe by Alissa Pankaskie

Tupperware



Jalapeno Popper
DEVILED EGGS

INGREDIENTS

- 6 hardboiled eggs
- ¼ cup jalapeño s, chopped
- 2 Tbsp. cream cheese
- 1 Tbsp. mayonnaise
- 2–3 slices bacon, cooked & chopped

DIRECTIONS

1. Cut the hardboiled eggs in half and remove the yolk. Set aside the whites.
2. Place yolks, jalapeños, cream cheese and mayonnaise in the **SuperSonic Chopper Extra** with paddle attachment. Cover and pull cord until ingredients are combined and smooth.
3. Spoon yolk mixture back into the empty cavities in the egg whites. Top with chopped bacon and serve

Jalapeno Strawberry LEMONADE



Tupperware

INGREDIENTS

- 1 can (10 oz.) frozen non-alcoholic strawberry daiquiri mix, thawed
- 1½ cup fresh squeezed lemon juice (6-9 large lemons)
- ¾ cup sugar
- 1 Jalapeño, sliced, deseeded if you don't want it spicy
- 10 cups cold water

Whole strawberries, optional, for decoration

DIRECTIONS

1. Place daiquiri, lemon juice, sugar and jalapeño in the **SuperSonic Chopper Extra** with paddle attachment. Cover and pull cord until ingredients are combined and smooth.
2. Pour into the **Classic One Gallon Pitcher** and add water, stir to combine.
3. Serve over ice.

Key Lime **Mousse**



INGREDIENTS

Cinnamon oat crumble

- 1 cup mixed nuts
- 1 cup old fashioned oats
- ⅓ cup all-purpose flour
- ½ cup granulated sugar
- 6 Tbsp. unsalted butter, melted
- 1 Tbsp. cinnamon

Key Lime Mousse

- 1½ cups heavy whipping cream
- 2 oz. mascarpone cheese
- 2 Tbsp. sugar-free white chocolate pudding mix
- ⅓ cup lime juice
- 6-oz. carton plain or key lime Greek yogurt
- ¼ cup confectioners' sugar

DIRECTIONS

1. Preheat oven to 350° F/175° C.
2. Place ingredients for cinnamon oat crumbles in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord 6–10 times until nuts are roughly chopped and ingredients are mixed.
3. Spread out on the **Baking Sheet with Rim** placed on a baking sheet and bake 20–25 minutes, stir halfway through, until golden brown.
4. Place whipping cream and mascarpone cheese in the **SuperSonic Chopper Extra** with paddle whisk attachment, cover and pull cord until soft peaks form, about 50 pulls.
5. Add remaining ingredients, cover and pull cord another 8–10 times until ingredients combine, creating a thick mousse.
6. Place 2 Tbsp. of crumbles in bottom of 6 serving cups and top each with ½ cup mousse. Refrigerate and serve chilled. When ready to eat, garnish with whipped cream and lime slices if desired.

A vibrant green salsa is served in a teal-colored bowl. The salsa is chunky and contains pieces of cucumber, kiwi, and cilantro. The bowl is placed on a white plate. Surrounding the bowl are several slices of kiwi, showing their characteristic green flesh and black seeds. Some fresh cilantro leaves are also visible. The background is a bright orange color.

Kivi Cucumber **SALSA**

INGREDIENTS

- 1 large cucumber, peeled and cut in thirds
- 6 kiwis, peeled
- ½ bunch fresh cilantro
- 1 jalapeno, with seeds removed
- 1 lime, juiced
- Salt and pepper to taste

DIRECTIONS

1. Place all ingredients except seasonings in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until well combined.
2. Taste and add seasoning. Serve with chips.

Lemon Delight **WHIPPED CREAM**



INGREDIENTS

- 3 Tbsp. lemon curd
- 1 lemon, zested
- 1 cup heavy cream

DIRECTIONS

1. Combine ingredients in the **SuperSonic Chopper Extra**. Using **SuperSonic Chopper Extra Whip Accessory**, turn handle until stiff peaks form.

Lemon Pudding **CAKE**



INGREDIENTS

Cake

- 1 pkg. Lemon Cake Mix
- 1 (3.4 oz.) package instant lemon pudding and pie filling
- 3 large eggs
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup vegetable oil

Lemon Delight Whipped Cream

- Tbsp. lemon curd
- Zest of 1 lemon
- 1 cup heavy cream

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle whisk attachment, add cake mix and pudding mix, add eggs and oil, to cake mix, cover and pull cord until combined and pour mixture into a greased **3-Qt. Stack Cooker Casserole with Cone**.
2. Microwave at 70% power 10–12 minutes or until a toothpick inserted into center of cake comes out clean. Allow to cool for 15 minutes.
3. Invert cake onto the cake taker and frost when cooled.
4. Combine whipped cream ingredients in the **SuperSonic Chopper Extra**. Using **SuperSonic Chopper Extra Whip Accessory**, turn handle until stiff peaks form.

Lime Chipotle **BUTTER**



INGREDIENTS

- 4 Tbsp. unsalted butter at room temperature
- ½ lime, zested and juiced
- ½ tsp. minced chipotle pepper in adobo plus ¼ tsp. sauce
- ¼ tsp. kosher salt
- ¼ tsp. Southwest Chipotle Seasoning

DIRECTIONS

1. Add all ingredients in the **SuperSonic Chopper Extra** with **SuperSonic Chopper Extra Whip Attachment**. Cover and pull cord until mixed well.



Mango FREEZE

INGREDIENTS

- ¼ cup nonfat vanilla Greek yogurt
- 1 Tbsp. honey
- 2 cups frozen mango

DIRECTIONS

1. Combine yogurt, honey and ¼ cup mango in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are combined.
2. Add mango in ¼ cup increments, pulling cord for 30 seconds or until ingredients are smooth.
3. Serve immediately or store in freezer.



Mango Lime
FREEZE

INGREDIENTS

- 8 oz. frozen mangos
- 6-oz. container low-fat vanilla yogurt
- 1½ Tbsp. lime juice
- 1¼ cups orange juice

DIRECTIONS

1. Combine ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to process until mango is finely chopped and mixture is combined.



Mango Pineapple **SALSA**

INGREDIENTS

- ½ red onion, peeled and halved
- ½ red bell pepper, cored, seeded and halved
- ½ green bell pepper, cored, seeded and halved
- ¼ cup cilantro leaves
- 1 jalapeño pepper, or to taste, seeded and quartered
- 1 mango, peeled, pitted and chopped
- 1 Tbsp. southwest chipotle seasoning
- 1 (8 oz.) can pineapple tidbits, drained
- 1 lime, juiced

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are coarsely chopped.



Mango SALSA

INGREDIENTS

- ½ red onion, peeled and quartered
- 1 clove garlic, peeled and quartered
- 2 mangoes, peeled, pitted and coarsely chopped, or 2 cups frozen chunks, thawed
- ½ Tbsp. Southwest Chipotle Seasoning Blend
- 2 limes, juiced
- ¼ cup cilantro leaves (optional)
- 1 jalapeño pepper, seeded and quartered (optional)

DIRECTIONS

1. Place onion and garlic in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are combined.
2. Add remaining ingredients; cover and chop until mango is desired consistency.

Meringue



INGREDIENTS

- ¼ tsp. cream of tartar
- 2 egg whites, room temperature
- 4 Tbsp. sugar

DIRECTIONS

1. Pour all ingredients in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.



Mermaid
WHIPPED CREAM

INGREDIENTS

- 1¼ cup heavy whipping cream
- 1 tsp. vanilla extract
- 2 Tbsp. caramel topping
- ¼ cup powdered sugar
- 2-3 drops coloring food dye blue, green and red

DIRECTIONS

1. Place heavy whipping cream in the **SuperSonic Chopper Extra** with the **SuperSonic Chopper Extra Whip Accessory** and add vanilla extract, caramel topping and powdered sugar. Replace cover and turn knob until thick and well combined.
2. Divide whipped cream into three bowls, add each color food dye into each bowl and mix until well combined.
3. In medium bowl, add blue whipped cream, add red whipped cream and green whipped cream. Carefully fold together so it looks swirled. Use to frost a cake.



Mexican Chocolate Hummus

INGREDIENTS

- 1 cup chickpeas, rinsed and drained
- 1 cup sour cream
- 1 tsp. kosher salt
- ¼ cup honey
- 2 tsp. ground cinnamon
- 2 Tbsp. unsweetened cocoa

Serve with fruit or cookies.

DIRECTIONS

1. Place chickpeas, sour cream and salt in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until pureed.
2. Add remaining ingredients to **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, serve at room temperature.
4. Serve with fruit or cookies.

Mexican Chocolate **WHIPPED CREAM**



Tupperware

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 3 Tbsp. confectioners' sugar
- 2 Tbsp. unsweetened cocoa powder
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. cayenne pepper
- 1 tsp. vanilla extract

DIRECTIONS

1. Pour heavy cream, confectioners' sugar, cocoa, cinnamon, cayenne and vanilla extract in the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.

Midori **SOUR**



INGREDIENTS

¼ cup Midori liqueur

¼ cup vodka

1 lime, juice only

1 lemon, juice only

Soda water

Ice

Blackberries

1 lime, sliced into wedges

DIRECTIONS

1. Add the Midori, vodka, lime juice and lemon juice in the **SuperSonic Chopper Extra** with paddle whisk attachment.
2. Place cover on **SuperSonic Chopper Extra**, lock and pull cord until contents are well combined.
3. Place lime wedges, blackberries and ice into two Clear Tumblers. Pour the contents into the glasses.
4. Top with soda water.



Mississippi Mud Pie DIP

INGREDIENTS

- ½ package Oreo cookies
- 1 container cool whip
- 1 (3.9 oz.) pkg. chocolate pudding mix
- ¼ cup chopped pecans

graham crackers for dipping

DIRECTIONS

1. Place 10 Oreos in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until chopped. Pour into small bowl. Set aside.
2. Place Cool Whip and pudding mix in the **SuperSonic Chopper Extra** with paddle whisk attachment, mix until well blended, pour into serving dish.
3. Top dip with more crumbled Oreos and pecans, and serve with graham crackers.

Mixed Berry **CRUMB CAKE**



INGREDIENTS

¼ cup unsalted butter, melted
¼ cup granulated sugar
¼ cup brown sugar, light or dark
½ tsp. cinnamon
⅞ tsp. coarse kosher salt
1¼ cup cake flour

¾ cup unsalted butter, melted
2½ cups cake flour
½ tsp. baking soda
½ tsp. coarse kosher salt
1 cup granulated sugar
¾ cup buttermilk
3 eggs

½ cup raspberry preserves
1 pint blueberries
1 Tbsp. unsalted butter, room temperature

DIRECTIONS

1. Preheat oven to 350° F/ 175° C.
2. In medium bowl, combine melted butter, sugars, cinnamon, salt and cake flour. Stir set aside.
3. Microwave the raspberry preserves in the 1 Cup Micro Pitcher on high power for 20-30 seconds.
4. Place blueberries in medium bowl; Pour warm preserves over berries; set aside.
5. Coat **3.5 Qt. UltraPro Lasagna Pan**, with butter; set aside.
6. Add melted butter in the **SuperSonic Chopper Extra**, set aside to cool.
7. Add buttermilk and eggs in the **SuperSonic Chopper Extra** with the paddle attachment, cover and pull cord 3-4 times to mix.
8. In medium bowl, combine flour, baking soda, salt and sugar; set aside.
9. Gradually add flour mixture to liquids in the **SuperSonic Chopper Extra**, pulling 3-4 times to mix.
10. Pour batter into lasagna pan. Spoon berry mixture over cake batter, followed by topping mixture. Bake 35-40 minutes or until toothpick comes out clean when inserted into cake.



Nutty Gorgonzola APPLE RINGS

INGREDIENTS

Spicy Candied Walnuts

1 cup coarsely chopped walnuts

1 Tbsp. packed brown sugar

1 tsp. vanilla extract

Dash of salt

Dash of Red Pepper

4 oz. whipped cream cheese

2 Tbsp. dark honey

2 tart green and/or red apples,
sliced

½ lemon, juiced

¼ cup crumbled Gorgonzola or
other blue cheese (1 ounce)

½ cup Spicy Candied Walnuts

DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with the **Silicone Baking Sheet with Rim**; set aside.
3. In a small bowl stir together the coarsely chopped walnuts, packed brown sugar, vanilla, salt and crushed red pepper.
4. Spread nut mixture on the **Silicone Baking Sheet with Rim**.
5. Bake about 10 minutes or until nuts are toasted, stirring twice. Cool.
6. Put cream cheese and honey in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form. Set aside.
7. Brush both sides of apple rings with lemon juice to prevent browning.
8. Spread Cream cheese mixture over apples.
9. Sprinkle with Gorgonzola cheese and Spicy Candied Walnuts. Serve immediately or cover and chill for up to 2 hours.

Orange Fig **BUTTER**



INGREDIENTS

- 3 dried figs
- ½ tsp. fresh rosemary
- 1 stick salted butter, softened
- 2 Tbsp. orange marmalade

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, combine figs and rosemary. Cover and pull cord until well minced.
2. Add butter. Cover the **SuperSonic Chopper Extra** and pull cord until well combined.
3. Remove blade. Swirl in orange marmalade. Transfer butter to liquid-tight container. Refrigerate, covered, up to 7 days.

A tall glass of orange strawberry smoothie with a strawberry garnish and a striped straw. The smoothie is a vibrant pinkish-orange color. In the background, another similar glass is visible, along with a banana and a yellow and white striped straw.

Orange Strawberry **SMOOTHIE**

INGREDIENTS

- ⅓ cup fresh orange juice (1–1½ oranges)
- 1 cup frozen strawberries
- 6 oz. low-fat vanilla yogurt

DIRECTIONS

1. Add all ingredients in the **SuperSonic Chopper Extra** with blade attachment.
2. Cover and pull cord until ingredients are well combined. Serve immediately.



Orchard **SALSA**

INGREDIENTS

- 3 small apples, cored and quartered
- ½ red pepper, seeded and quartered
- ¼ cup red onion
- 1 jalapeño pepper, seeded
- ½ Tbsp. Southwest Chipotle Seasoning Blend
- 3 limes, juiced
- 1 Tbsp. honey
- salt and pepper

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are coarsely chopped.



Oreo DIP

INGREDIENTS

- 2 cups crushed Oreos, divided
- 1 (8 oz.) package cream cheese, softened
- ½ cup butter, softened
- 1 cup whipped cream
- 1 cup confectioners' sugar
- 2 Tbsp. brown sugar
- 1 tsp vanilla extract

DIRECTIONS

1. Place Oreo cookies in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are coarsely chopped. Pout into a small bowl. Set aside.
2. In a clean **SuperSonic Chopper Extra** with the paddle attachment, add the remaining ingredients, pull cord until well combined, add crushed cookies, reserving a few to sprinkle on top.
3. Pour into serving dish, sprinkle remaining crushed cookies on top.

A hand is shown holding a tortilla chip that is topped with a vibrant papaya salsa. The salsa consists of diced yellow papaya, green cilantro leaves, and small pieces of red onion. Below the hand, a white bowl is filled with the same salsa, and several more tortilla chips are scattered around the base of the bowl. The background is a plain, light color.

Papaya SALSA

INGREDIENTS

- ½ cup fresh cilantro, packed
- ¼ cup red onion
- 1 papaya, peeled and deseeded
- 1 lime, juiced
- Salt and pepper, to taste

DIRECTIONS

1. Place cilantro and red onion in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until chopped.
2. Cut papaya in large chunks and add to the **SuperSonic Chopper Extra**. Continue pulling cord until all papaya is chopped.
3. Add lime juice, season to taste and serve with chips of choice.



Papaya Mango **SALSA**

INGREDIENTS

- ½ medium red onion, quartered
- 1 bunch cilantro, stems removed
- 1 cup papaya chunks
- 2 cups mango chunks
- juice of 1 lime
- ½ tsp. salt, or more to taste

DIRECTIONS

1. Place cilantro and red onion in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until chopped.
2. Add papaya and mango in **SuperSonic Chopper Extra**. Continue pulling cord until all fruit is chopped.
3. Add lime juice, season to taste and serve with chips of choice.



Parmesan Spinach BALLS

INGREDIENTS

- 2 cups fresh spinach
- 4 eggs
- ½ cup reduced-fat (2%) milk
- 3 cups stuffing mix
- 2 cups shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 425° F/218° C.
2. Place spinach in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped. Set aside.
3. In a medium bowl whisk together eggs and milk. Stir in stuffing mix, Parmesan cheese, and chopped spinach. Allow to sit 1–2 minutes for stuffing mix to absorb milk.
4. Form into ¼-cup sized balls and place onto baking sheet lined with **Silicone Baking Sheet with Rim**.
5. Bake 15-18 minutes or until golden brown. Serve warm.

Peach & Mango SPRITZ



INGREDIENTS

½ cup gin

⅓ cup Cointreau

½ cup mango nectar juice

⅛ cup lime juice

Prosecco

1 peach, sliced into wedges

1 apricot, sliced into wedges

½ small mango, sliced into thin wedges

Ice

DIRECTIONS

1. Add the gin, Cointreau and mango nectar in the **SuperSonic Chopper Extra** with paddle whisk attachment.
2. Cover the **SuperSonic Chopper Extra** and pull cord until contents are well combined.
3. Place sliced fruit and ice into two Clear Tumblers. Pour the contents into the glasses.
4. Top with prosecco.
5. Add ⅛ cup lime juice for an extra tropical flavor.



Peach Cobbler **SMOOTHIE**

INGREDIENTS

- 1 cup frozen sliced peaches
- 2 frozen bananas, peeled & sliced
- $\frac{2}{3}$ 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 Extra** with blade attachment. Replace cover and pull cord until smooth.



Peach Frozen **YOGURT**

INGREDIENTS

- ½ cup low-fat vanilla yogurt
- 2 Tbsp. honey
- 2 cups frozen peaches, divided

DIRECTIONS

1. Combine yogurt, honey and ½ cup of peaches in **the SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are combined.
2. Add another ½ cup of peaches, cover and pull cord until peaches have combined.
3. Continue adding peaches until all have been combined. Serve immediately.

Peanut Butter Cup Hummus



INGREDIENTS

- 1 cup chickpeas, rinsed and drained
- 1 cup sour cream
- 1 tsp. kosher salt
- ½ cup creamy peanut butter
- ¼ cup honey
- ½ cup mini chocolate chips or chopped chocolate

Serve with fruit or cookies.

DIRECTIONS

1. Place chickpeas, sour cream and salt in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until pureed.
2. Add remaining ingredients to **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, serve at room temperature.
4. Serve with fruit or cookies.

A clear glass filled with a thick, orange-colored smoothie. The smoothie has a slightly chunky texture with small pieces of fruit visible. A white and orange striped straw is inserted into the top of the glass. The background is plain white.

Peach Grapefruit SMOOTHIE

INGREDIENTS

- ½ cup low-fat vanilla yogurt
- 2 Tbsp. honey
- 2 cups frozen peaches, divided

DIRECTIONS

1. Combine yogurt, honey and ½ cup of peaches in **the SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are combined.
2. Add another ½ cup of peaches, cover and pull cord until peaches have combined.
3. Continue adding peaches until all have been combined. Serve immediately.

Peanut Butter Nana Rama **SHAKE**



Tupperware®

INGREDIENTS

- 1 banana, peeled
- 2 Tbsp. chocolate syrup
- 1 Tbsp. peanut butter
- 3–4 Tbsp. reduced fat (2%) milk

DIRECTIONS

1. Break banana into large chunks and place in the **SuperSonic Chopper Extra** with the blade attachment.
2. Add remaining ingredients, cover and pull cord until mixture is smooth.



Peppermint
WHIPPED CREAM

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 2 Tbsp. confectioners' sugar
- ½ tsp. peppermint extract
- 2 Tbsp. crushed peppermint candy

DIRECTIONS

1. Pour heavy cream, confectioners' sugar and peppermint extract in the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
3. Open **SuperSonic Chopper Extra** and add peppermint candy, fold into whipped cream.



Pesto DEVILED EGGS

INGREDIENTS

- ¼ cup pine nuts
- ¼ cup grated parmesan cheese
- 5–6 fresh basil leaves
- 6 hardboiled eggs
- ½ cup mayonnaise
- Salt and pepper to taste
- Paprika for dusting

DIRECTIONS

1. Place pine nuts, cheese and basil in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until roughly chopped.
2. Cut the hardboiled eggs in half and remove the yolk. Set aside the whites.
3. Replace blade in **SuperSonic Chopper Extra** with paddle whisk attachment, then add the egg yolks and mayonnaise. Cover and pull chord until ingredients are combined and smooth. Salt and pepper to taste if desired.
4. Spoon yolk mixture back into the empty cavities in the egg whites. Dust with paprika and serve.

Pineapple Upside Down CAKE



INGREDIENTS

- 4 Tbsp. unsalted butter, room temperature, divided
- 5 pineapple rings
- 5 maraschino cherries
- ¼ cup brown sugar
- 1 (16.5-oz.) package yellow cake mix, eggs, oil and water according to cake package directions

DIRECTIONS

1. Use 2 Tbsp. butter to coat **3 Qt. Stack Cooker Casserole and Cone**. Layer pineapple rings around the cone, in bottom of Casserole. Place a cherry in the center of each pineapple ring.
2. In **1 Qt. Micro Pitcher**, microwave brown sugar and remaining butter on high power 30–60 seconds until melted. Drizzle over pineapples.
3. In the **SuperSonic Chopper Extra**, fitted with paddle whisk attachment, combine eggs, oil and water. Cover and pull cord until well blended.
4. Add cake mix to liquids in the **SuperSonic Chopper Extra**, cover and pull cord until well combined. Pour batter into Casserole over pineapples.
5. Microwave at 70% power 10 minutes, or until knife inserted into cake comes out clean. Allow to rest 2 minutes before flipping onto serving dish.

Poblano

CHICKEN CHOWDER



INGREDIENTS

- 8 oz. (about 4) poblano chilies, seeded and quartered
- 1 Tbsp. extra virgin olive oil
- 1 lb. chicken breast, large dice (about 3–4 cups)
- 1 large onion, peeled and quartered
- 3 garlic cloves, peeled
- 12 oz. frozen corn
- 1 Tbsp. Southwest Chipotle Seasoning Blend
- 4 cups chicken stock
- ½ cup heavy cream

DIRECTIONS

1. Place poblano chilies in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord 6–8 times until roughly chopped.
2. Heat olive oil in **6 Qt. Chef Series Dutch Oven** over medium heat. Add chilies and chicken and sauté 2–3 minutes.
3. Place onion and garlic in the **SuperSonic Chopper Extra**, cover and pull cord 6–8 times until roughly chopped.
4. Add onion mixture, corn and seasoning blend to pot and sauté another 2–3 minutes.
5. Add chicken stock, bring to a boil; reduce heat and simmer 10 minutes.
6. During last 5 minutes, add heavy cream. Serve warm.

Porcini **BUTTER**



Tupperware

INGREDIENTS

- 2 garlic cloves, peeled
- 1 tbsp. shallots
- 8 dried porcini mushrooms*
- 1 stick salted butter, softened

DIRECTIONS

1. In the **SuperSonic Chopper Compact**, combine garlic, shallots and porcini mushrooms. Cover and pull cord until well minced.
2. In the **SuperSonic Chopper Extra** with the blade attachment, combine porcini mixture and butter. Cover and pull cord until well combined.
3. Transfer butter to a liquid-tight container. Refrigerate, covered, up to 7 days.



Potato Salad **DEVILED EGGS**

INGREDIENTS

- 1 garlic clove
- 1 Tbsp. red bell pepper
- 1 Tbsp. radish
- 1 Tbsp. parsley
- 6 hard cooked eggs, peeled
- $\frac{1}{4}$ cup mayonnaise
- 1 tsp. mustard, yellow or Dijon
- $\frac{1}{8}$ tsp. coarse kosher salt
- $\frac{1}{4}$ cup finely diced cooked potato

DIRECTIONS

1. Cut hard cooked eggs in half lengthwise and remove yolk. Set whites aside.
2. In the **SuperSonic Chopper Extra** with blade attachment add garlic, bell pepper, radish and parsley. Cover and pull cord until mixture is finely chopped.
3. Remove blade attachment and change to paddle attachment add yolks, mayonnaise, mustard, and salt. Cover and pull cord until mixture is well combined.
4. Fold in potatoes and spoon mixture into egg white wells.
5. Garnish with additional radish or parsley.



Power
BITES

INGREDIENTS

- 2 cups dried dates
- ½ cup quick cook oats
- 2 cups shredded coconut, divided
- ½ cup chopped toasted sunflower seeds, pecans or walnuts
- 2 Tbsp. sunflower or nut butter
- 1 Tbsp. honey

DIRECTIONS

1. Working in two batches, add dates in the **SuperSonic Chopper Extra** with the blade attachment, to finely mince.
2. Add oats, ¼ cup of the coconut, pecans, nut butter and honey to **SuperSonic Chopper Extra**. Cover and pull cord until well minced.
3. Transfer mixture to a medium bowl, roll into 1" balls and dredge in remaining shredded coconut.
4. Refrigerate, sealed in Snack Cup, up to 7 days

Protein BITES

INGREDIENTS

- 7 medjool pitted dates
- ¼ cup coconut oil, melted
- ¾ cup old-fashioned oatmeal, finely ground
- ¼ cup ground flaxseed
- ⅓ cup nut butter
- 1 tsp. vanilla extract
- ½ cup mix in of choice, chocolate chip, dried fruit, etc.
- ½ cup protein powder, optional

DIRECTIONS

1. Place dates in **2 cup Micro Pitcher** and cover with water. Cover with **1 cup Micro Pitcher**.
2. Micro Pitcher and microwave for 90 seconds. Let cool.
3. Once dates are cool, transfer to the **Supersonic Chopper Extra**. Replace cover and pull cord to form a paste. Add remaining ingredients and pull cord until combined.
4. Remove blade and use **Silicone Spatula** to continue mixing.
5. Portion bites using **Small Portioning Scoop**.
6. Store in fridge until ready to eat.



Pumpkin Fluff DIP

INGREDIENTS

- 1 (15 oz.) can solid pack pumpkin
- 1 (3.4 oz.) pkg. vanilla instant pudding
- 1 tsp. pumpkin pie spice
- 1 (8 oz.) tub whipped topping

Serve with vanilla wafers, ginger snaps, graham crackers and apple slices

DIRECTIONS

1. Add pumpkin, vanilla pudding and pumpkin pie spice in the **SuperSonic Chopper Extra** with the paddle attachment, cover and pull cord to thoroughly mix.
2. Remove paddle and fold in whipped topping.
3. Refrigerate for one hour.
4. Serve in a small pumpkin or bowl.

A glass of pumpkin latte with a pumpkin in the background. The latte is topped with a dusting of brown powder. The background shows a blue container and a whole pumpkin.

Pumpkin LATTE

INGREDIENTS

- ¾ cup pumpkin puree
- 4 cups reduced-fat (2%) milk
- 3 Tbsp. instant coffee
- ¼ cup granulated sugar
- 1 cup heavy cream

DIRECTIONS

1. Whisk together pumpkin puree, milk, sugar and coffee in the **3 Qt. Stack Cooker Casserole**. Cover and microwave on high for 5 minutes.
2. Meanwhile, pour 1 cup heavy cream in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
3. Whisk whipped cream into hot milk mixture and ladle warm into cups.



Pumpkin Spice **CAKE**

INGREDIENTS

- 1 (15.25 oz.) Spice cake mix
- 3 eggs
- 1 (16 oz.) can pumpkin
- 1 tsp. ground cinnamon

Cream cheese frosting, if desired

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle whisk attachment, add cake mix, pumpkin, eggs and cinnamon.
2. Process until combined and pour mixture into a greased **Stack Cooker 3-Qt. Casserole with Cone**.
3. Microwave at 70% power 10–12 minutes or until a toothpick inserted into center of cake comes out clean.
4. Allow at least 15 minutes to cool before frosting cake.



Pumpkin Tomato **SALSA**

INGREDIENTS

- ½ cup cilantro
- ¼ red onion
- 3 garlic cloves
- 1 jalapeno, deseeded
- 3 Roma tomatoes. Quartered
- 1 (15 oz.) can pumpkin puree
- ½ tsp. ground cumin
- 1 lime, juiced
- Salt, to taste

DIRECTIONS

1. Add cilantro, red onion, garlic and jalapeno to the **Supersonic Chopper Extra**. Replace cover and pull cord until finely chopped.
2. Add remaining ingredients and pull cord until well combined. Serve immediately or store in fridge for up to 3 days.

Pumpkin Yogurt DIP



INGREDIENTS

- ¼ cup plain (full fat) yogurt
- 1 cup pumpkin puree
- 1 tsp. cinnamon
- ⅛ tsp. nutmeg
- 3 Tbsp. honey
- 2 Tbsp. chopped roasted pumpkin seeds

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the paddle attachment add yogurt, pumpkin puree, cinnamon, nutmeg and honey until well combined.
2. Top with pumpkin seeds. Serve immediately with pretzel rods, sticks, apple and pear wedges, or cover and refrigerate up to 3 days.



Ranch DIP

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 **SuperSonic Chopper Extra** with paddle whisk attachment, add sour cream, yogurt, buttermilk, vinegar, garlic, salt, onion powder, dill, and parsley, cover and blend until well combined. Add salt and pepper to taste.
2. Refrigerate, covered, 30 minutes; serve cold with vegetables, chips, as a dip for wings, or in place of mayonnaise on a sandwich or slider.



Raspberry **BUTTER**

INGREDIENTS

- 2 sticks unsalted butter, softened
- ½ cup fresh raspberries
- 1 Tbsp. powdered sugar

DIRECTIONS

1. Place butter and confectioners' sugar in the **SuperSonic Chopper Extra** with the Whip Accessory and turn handle until cream has formed stiff peaks.
2. Add the fresh raspberries and turn handle until ingredients are combined.
3. Store in a bowl.
4. Chill for at least 2 hours until firm and keep refrigerated until ready to use.



Raspberry Lemonade **SANGRIA**

INGREDIENTS

- 2 cups vodka
- 1 (12 oz.) can frozen raspberry lemonade concentrate, thawed
- 5 cups lemon-lime soda
- 2 (750 ml) bottles white wine
- 1 (5 oz.) container raspberries, fresh
- 1 lemon, sliced

DIRECTIONS

1. Place vodka and raspberry lemonade in the **SuperSonic Chopper Extra** with the paddle Accessory and pull cord until well combined.
2. Pour lemonade mixture into the **Classic One Gallon Pitcher**.
3. Add soda, wine and raspberries to the pitcher, mix to combine.
4. Serve over ice, and place lemon slice on rim of glass.



Raspberry Tang **SMOOTHIE**

INGREDIENTS

- 2 Tbsp. lime juice
- ½ cup orange juice
- 8 oz. frozen raspberries
- 6 oz. low-fat yogurt
- 2 Tbsp. fresh mint

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to process until raspberries are finely chopped and mixture is combined.



Remoulade SAUCE

INGREDIENTS

- 2 garlic cloves, peeled
- ½ onion, cut in half
- small bunch Italian parsley, rinsed and dried
- 2 tsp. capers, rinsed and drained
- 1½ cups mayonnaise
- ¼ cup Creole or grain mustard
- 2 tsp. prepared horseradish, to taste
- 1½ tsp. pickle juice*
- 1½ tsp. sweet paprika
- 1 tsp. Old Bay seasoning
- 1½ tsp. Cajun or Creole seasoning
- 1 tsp. Tabasco sauce (to taste)

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment add garlic, pull cord several times to chop very finely.
2. Add onion, parsley and capers and chop finely.
3. Remove blade from **SuperSonic Chopper Extra** and replace with Paddle attachment.
4. Add remaining ingredients. Cover **SuperSonic Chopper Extra** and pull cord several times until well-blended.
5. Taste for seasoning. Use immediately or seal and keep in refrigerator up to 1 week.

* You can substitute 1 tsp fresh lemon juice or cider vinegar

Recipe by ChefMike McCurdy

Tupperware®



Restaurant Style
SALSA

INGREDIENTS

- 1 (14.5-oz.) can diced tomatoes, drained
- 2 jalapeños, seeded & halved
- ½ small onion, peeled & halved
- ¼ cup cilantro
- ½ tsp. coarse kosher salt
- ½ tsp. cumin

DIRECTIONS

1. Place ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are chopped.

Ricotta Pimento DIP



INGREDIENTS

- 1½ cups ricotta cheese
- 1 (4-oz.) jar pimentos, drained well
- 1 garlic clove, peeled and smashed
- ¼ tsp. coarse kosher salt
- Pepper, to taste

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, combine ricotta, pimentos, garlic, salt and pepper. Cover and pull cord until well processed.
2. Transfer mixture to the **Serving Center Set** dip bowl. Serve dip cold, or heat dip directly in the **Serving Center Set** dip bowl by microwaving on high power 2 minutes (without seal).
3. Artfully arrange a variety of vegetables in the **Serving Center Set**. Serve with dip.



Roasted Red Pepper **SALSA**

INGREDIENTS

- ½ cup cilantro
- 2 garlic cloves
- ¼ red onion
- 1 jalapeno, deseeded
- 1 (12 oz.) jar roasted red peppers, drained
- 1 lime, juiced
- Salt to taste

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, combine cilantro, garlic, onion, jalapeño and roasted red peppers. Cover and pull cord until processed in to a slightly chunky salsa.
2. Stir in the lime juice and salt, serve with chips.

Roasted Tomatillo SAUCE



Tupperware®

INGREDIENTS

- 6 medium tomatillos, peeled and rinsed, cut into quarters
- ½ small yellow onion, peeled, cut in half
- 6 garlic cloves, peeled
- 1 poblano pepper, seeded, roughly chopped
- 1 tsp. kosher salt
- 1 Tbsp. olive oil
- ¼ cup chicken stock

DIRECTIONS

1. Preheat broiler on high.
2. On a sheet pan toss together tomatillos, onion, garlic, poblano, salt and oil. Place pan in oven. Broil 7 minutes or until slightly charred. Remove from oven, let stand 15 minutes.
3. Transfer tomatillo mixture in the **SuperSonic Chopper Extra** fitted with blade attachment, add chicken stock. Cover and pull cord until well blended and almost smooth.



Roasted Tomato **SAUCE**

INGREDIENTS

- 3 plum tomatoes, quartered lengthwise
- ½ tsp. coarse kosher salt
- 2 Tbsp. extra virgin olive oil, divided
- 2 unpeeled garlic cloves
- 1 (5") rosemary sprig
- ¼ tsp. Italian Herb Seasoning

DIRECTIONS

1. Preheat oven to 400° F/200° C. Line a baking sheet with **Silicone Baking Sheet with Rim**, set aside.
2. Toss tomatoes with salt and 1 Tbsp. olive oil. Spread tomatoes on **Silicone Baking Sheet with Rim**, spacing apart. In center of mat, place rosemary sprig and garlic cloves. Bake 30 minutes.
3. Remove roasted garlic from peel and place in the **SuperSonic Chopper Extra** with blade attachment.
4. Remove toasted rosemary from woody stem and add to **SuperSonic Chopper Extra**.
5. Add remaining olive oil and warm roasted tomatoes to **SuperSonic Chopper Extra**. Cover and pull cord until mixture is chunky.



Roasted Tomato
SAUCE II

INGREDIENTS

- 1 pt. cherry tomatoes, rinsed
- 1 Tbsp. olive oil
- ½ tsp. thyme
- 3 garlic cloves
- 1 tsp. salt
- ¼ tsp. black pepper

DIRECTIONS

1. In medium sized **Thatsa Bowl**, place cherry tomatoes, olive oil, garlic cloves and thyme, toss until well combined.
2. Place tomato mixture in the **MicroPro Grill** and place cover in GRILL position.
3. Microwave on high power 10 minutes.
4. Carefully remove from microwave and let cool slightly.
5. Place roasted tomato mixture in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until blended. Season to taste.

ROASTED TURKEY

with Orange Sage Butter



INGREDIENTS

- 1 (12-lb.) fresh or thawed turkey
- 6 garlic cloves, peeled
- 10 fresh sage leaves, divided
- 1 lb. salted butter, room temperature
- ½ cup orange marmalade
- 1½ tsp. kosher salt
- 1 small yellow onion, peeled and quartered
- 1 orange, peeled, segments separated

DIRECTIONS

1. Preheat oven to 350° F/175° C.
2. Make the orange butter. In the **SuperSonic Chopper Extra** with blade attachment, add garlic, 5 sage leaves orange marmalade and butter. Cover and pull cord until garlic is well minced.
3. Prepare the turkey. Using disposable towels, pat turkey dry.* Spread ¾ of the butter mixture evenly under the skin of the turkey breasts. Rub remaining butter over entire turkey and sprinkle with salt.
4. Stuff turkey cavity with sage, onion and orange segments. Place on roasting pan.
5. Place roasting pan in oven on lower rack. Roast 1½ hours. Increase oven temperature to 400° F/205° C. 6. Continue roasting an additional 15 minutes per pound, basting every 30 minutes with pan juices, until an instant-read thermometer registers 160° F/70° C when inserted into the thickest part of the meat without touching bone.
7. Remove pan from oven, let stand 15 to 20 minutes before serving.



RUSTIC ITALIAN SOUP

with Rice Fritters

INGREDIENTS

- | | |
|--|---------------------------------|
| 1 large onion, peeled & quartered | leaves coarsely chopped |
| 1 Tbsp. extra virgin olive oil | 1 medium zucchini, quartered |
| 2–3 celery stalks, cut in large chunks | 1 medium onion, quartered |
| 12 oz. baby carrots | ½ red bell pepper, quartered |
| 1 Tbsp. Italian seasoning | 2 sprigs parsley |
| 1 (28-oz.) can whole tomatoes | 2 cups white rice, cooked |
| 1 (15-oz.) can cannellini beans, drained | 3 eggs, lightly beaten |
| 4 cups vegetable stock | 1½ cups panko bread crumbs |
| 12 oz. kale, stalks removed and | 1 Tbsp. Italian seasoning Blend |
| | ½ tsp. coarse kosher salt |
| | 1 Tbsp. extra virgin olive oil |

DIRECTIONS

1. Heat olive oil in **6-Qt. Chef Series Dutch Oven**, add onion and sauté.
2. Add celery and carrots in the **SuperSonic Chopper Extra**, cover and pull cord until roughly chopped; add to the Dutch Oven. Add Italian seasoning to vegetables in pot and sauté 2–3 minutes.
3. Pour tomatoes in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until smooth.
4. Add tomatoes, beans and vegetable stock to the Dutch Oven. Cook over medium-high heat 15–20 minutes or until vegetables are tender.
5. Add kale and simmer 3–5 minutes. Serve warm.
6. Place zucchini, onion, bell pepper and parsley in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to finely chop.
7. Place chopped vegetable mixture in medium bowl and add rice, eggs, bread crumbs, seasoning blend and salt, mixing well.
8. Place **12" Chef Series II Fry Pan** over medium heat and lightly brush with olive oil.
9. Form rice mixture into 24 patties and fry (three batches of 8) until browned, 6–7 minutes per side.

Tupperware



Sage
WHIPPED CREAM

INGREDIENTS

- ½ small garlic clove
- ¼ tsp. dried sage
- ⅛ tsp. coarse kosher salt
- ⅛ tsp. black pepper
- ½ cup heavy cream

DIRECTIONS

1. In the base of the **SuperSonic Chopper Compact**, add garlic, sage, salt, and pepper. Cover and pull cord until garlic is finely minced; set aside.
2. In the **SuperSonic Chopper Extra**, add heavy cream. Place **SuperSonic Chopper Extra Whip Accessory** in position over the base and turn handle until cream is at the soft peak stage.
3. Remove Whip Accessory and fold in garlic mixture; let stand 5 minutes before serving.
4. Serve with quiche, eggs benedict, or as a sauce for pasta or chicken.

Makes ¼ cup

Sandwich COOKIES



INGREDIENTS

Cookie

- 1 cup sugar
- $\frac{3}{4}$ cup softened butter
- $\frac{1}{2}$ tsp. salt
- 1 tsp. espresso powder
- 1 egg
- 2 Tbsp. cold water
- 1 tsp. vanilla extract
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{3}{4}$ cup cocoa powder

Filling

- $1\frac{1}{2}$ cups confectioners' sugar
- $\frac{1}{2}$ cup vegetable shortening
- 1 tsp. vanilla
- 1 Tbsp. cold water

DIRECTIONS

1. Preheat oven to 325° F/162° C.
2. In **Thatsa Medium Bowl**, mix sugar, butter, salt and espresso powder using spatula, until well combined.
3. Add egg, water, vanilla and mix until well incorporated. Then add flour, cocoa powder and mix until a stiff dough forms.
4. Scoop dough using a teaspoon and place on **Silicone Baking Sheet with Rim**, placed on baking sheet. Flatten dough using the bottom of a **Snack Cup**. Repeat process until all dough is used up.
5. Bake for 15 minutes; allow cookies to cool before removing from Silicone Wonder Mat.
6. Place shortening in the **SuperSonic Chopper Extra** with paddle attachment, replace cover and pull cord until smooth.
7. Add confectioners' sugar $\frac{1}{2}$ -cup at a time, until mixture is well combined. Add remaining ingredients, replace cover and pull cord until mixture is smooth.
8. To assemble cookies, place 1 tsp. filling in center of cookie and place another cookie on top. Squeeze to distribute the filling evenly. Repeat with remaining cookies. Store in airtight container. 138

Sassy Strawberry **MARGARITA**

INGREDIENTS

Simple syrup

¼ cup granulated sugar

¼ cup water

1 lb. strawberries, hulled

¾ cup orange juice

1 lime, juiced (about 3 Tbsp.)

3 oz. tequila

½–1 tsp. lime zest (optional)

DIRECTIONS

1. To create simple syrup, combine sugar and water in **1 Qt. Micro Pitcher**. Cover and microwave on high power 1 minute, or until sugar is dissolved. Set aside to cool.
2. Add strawberries in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord to until puréed.
3. Add simple syrup to strawberry mixture in the **SuperSonic Chopper Extra**, still fitted with blade attachment, cover and pull cord to mix until well combined.
4. Salt or sugar rim of glass, if desired. Pour over ice to serve.



Simple Black Bean **SALSA**

INGREDIENTS

- ¼ red onion
- ½ yellow bell pepper
- ½ cup cilantro
- 1 (15.25 oz.) can black beans, drained
- 1 lime, juiced
- Salt and pepper, to taste

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add onion, bell pepper and cilantro. Replace cover and pull cord until finely chopped.
2. Transfer veggies to small bowl and add remaining ingredients. Mix to combine and serve with chips or as a topping.



Simply
SALSA

INGREDIENTS

- 1 medium onion, peeled and quartered
- 2 garlic cloves, peeled
- ¼ cup cilantro
- 1 jalapeño pepper, seeded
- ½ lime, juiced
- 1 (15-oz.) can unsalted diced tomatoes
- 1 Tbsp. Southwest Chipotle Seasoning Blend

DIRECTIONS

1. Place onion, garlic, cilantro and jalapeño in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to combine ingredients well.
2. Add remaining ingredients, cover and pull cord a couple more times until salsa reaches desired consistency.



SMOKED TURKEY SANDWICH

with Chipotle
Mayonnaise

INGREDIENTS

Chipotle Mayonnaise

- ½ cup mayonnaise
- 1 chipotle pepper in adobo, seeds removed and roughly chopped
- ½ tsp. minced garlic
- ¼ tsp. salt
- ⅛ tsp. dried crushed oregano
- ¼ tsp. sugar
- 1 Tbsp. lime juice

- 1 Asiago cheese focaccia bread round
- 1 lb. of smoked turkey breast
- 1 cup field greens
- ½ cup red onions

DIRECTIONS

1. Add mayonnaise, chipotle, garlic salt, oregano, sugar and lime juice to the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord to blend until smooth.
2. Spread the inside of each bread with chipotle mayonnaise.
3. Layer the bottom pieces with field greens, red onions and top that with turkey.
4. Cut the sandwich into quarters.



S'mores DIP

INGREDIENTS

- 8 oz. cream cheese, softened and divided
- 1 cup confectioners' sugar, divided
- 3.5 oz. marshmallow fluff
- 1 cup mini marshmallows, divided (optional)
- ½ cup heavy whipping cream
- 1 tsp. vanilla extract
- ¼ cup cocoa powder
- graham crackers for dipping*

DIRECTIONS

1. Add 4 oz. cream cheese, ½ cup confectioners' sugar and marshmallow fluff to the **SuperSonic Chopper Extra** with the paddle attachment, cover and pull cord to blend until smooth.
2. Add ¾ cup mini marshmallows, pull cord a few more times to mix. Pour into small bowl, set aside.
3. In a clean **SuperSonic Chopper Extra** with the paddle attachment, add ½ cup confectioners' sugar, whipping cream, vanilla extract, pull cord until fluffy. Add 4 oz. cream cheese and cocoa powder and pull cord until whipped smooth.
4. Add fluffy marshmallow and chocolate dips to a single bowl, alternating between the two, use a knife, to gently swirl flavors.



SOFRITO

INGREDIENTS

- 1 red bell pepper, deseeded
- 1 white onion, peeled and halved
- 6-8 cloves of garlic, peeled
- 1 bunch of cilantro
- 1 Tbsp. water

DIRECTIONS

1. Add all ingredients in the **SuperSonic Chopper Extra** with the blade attachment, cover and pull cord to blend until puréed.
2. Store in refrigerator for 10-14 days or freeze up to 1 month.



Southwest CHEESE SPREAD

INGREDIENTS

- 1 whole (about 2-oz.) jarred fancy pimiento, drained
- ¼ cup mayonnaise
- 4 oz. cream cheese, room temperature
- 1 cup sharp cheddar cheese, shredded
- 1 cup Monterrey Jack cheese, shredded
- 1-1½ Tbsp. Southwest Seasoning Blend

DIRECTIONS

1. Place pimiento in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord 2-3 times to chop.
2. Add mayonnaise, cream cheese shredded cheese and seasoning blend to the **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, at least 1 hour and up to 3 days. Serve with crackers or on a sandwich.

Spicy Chili **MAYONNAISE**



INGREDIENTS

- 1 egg yolk
- 1 tsp. Dijon mustard
- ½ lemon, juiced
- ¼ tsp. coarse kosher salt
- ¾ cup canola oil
- 1 Tbsp. Southwest Chipotle Seasoning

DIRECTIONS

1. Place egg yolk, mustard, lemon juice and salt in the **SuperSonic Chopper Extra** with paddle whisk attachment. Cover and pull cord several times to combine.
2. Place **SuperSonic Chopper Extra** funnel in funnel recess and slowly add oil while pulling cord until all oil is fully incorporated and mayonnaise is thick.
3. Remove cover and paddle whisk, add seasoning blend and stir to combine.
4. Serve with sweet potato fries or as a sandwich spread.



Spinach & Artichoke **HUMMUS**

INGREDIENTS

- 1 cup chickpeas, rinsed and drained
- 1 cup sour cream
- 1 tsp. kosher salt
- 1 (10 oz.) pkg. frozen spinach, thawed and squeezed dry
- 1 (14 oz.) can artichoke hearts, packed in water
- 2 garlic cloves, peeled
- Few dashes hot sauce

Serve with crackers, crudité or bread

DIRECTIONS

1. Place chickpeas, sour cream and salt in the **SuperSonic Chopper Extra** with blade attachment, replace cover and pull cord until pureed.
2. Add remaining ingredients to the **SuperSonic Chopper Extra**. Cover and pull cord to blend until smooth.
3. Place seal on base and refrigerate until cold, serve at room temperature.
4. Serve with crackers, crudité or bread.

Spinach & Chicken QUICHE



INGREDIENTS

¼ + ¾ cup shredded cheddar
cheese, divided

1 (9") unbaked pie shell

1 cup cooked chicken, diced

½ cup frozen chopped spinach,
thawed and squeezed dry

¼ cup onion, finely chopped

2 eggs

¾ cup milk

¾ cup garlic mayonnaise

¼ tsp. salt

⅛ tsp. pepper

Garlic mayonnaise

3 garlic cloves, crushed

1 egg yolk

¼ tsp. sea salt

1½ tsp. white wine vinegar

½ cup plus 2 Tbsp. olive oil

DIRECTIONS

1. Preheat oven to 350°F/176°C.
2. Sprinkle ¼ cup cheese into the pie shell.
3. In a **Thatsa Bowl**, combine chicken, spinach, onion and remaining cheese, and pour into pie shell.
4. Add eggs, milk, garlic mayonnaise, salt, and pepper in the **SuperSonic Chopper Extra** with whisk attachment. Cover and pull cord several times to combine. Pour over chicken mixture.
5. Bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Let stand for 15 minutes before serving.
6. Add garlic, egg yolk, salt, and vinegar in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.
7. While rotating the handle, pour the oil through the **SuperSonic Chopper Extra** funnel in the handle. Continue to whip until all the oil is incorporated into the mayonnaise.

Spinach Walnut **PESTO**



Tupperware®

INGREDIENTS

- 2 cups baby spinach
- ½ cup walnuts, roughly chopped
- 1 clove garlic, smashed
- Salt to taste
- 3½ oz. Asiago cheese, shredded
- ½ cup olive oil

DIRECTIONS

1. Place spinach, walnuts, garlic, salt and asiago cheese in the **SuperSonic Chopper Extra** with the blade attachment. Cover and pull the cord until finely chopped.
2. Add olive oil, and mix well.

Serve as a dip with crackers, mix with pasta, serve on baguette, toss with shrimp, serve with chicken.

Steamed DUMPLINGS



INGREDIENTS

1 cup all-purpose flour
⅓ cup warm water
¼ tsp. salt
Water for sealing dumplings

Filling

12 oz. firm tofu, drained
2 green onions, chopped
2 tsp. grated ginger
1 large carrot, shredded
1 tsp. rice vinegar
2 Tbsp. soy sauce

DIRECTIONS

1. In small bowl, mix flour, water and salt until dough forms. When dough is cool enough to handle, knead with hands until smooth. Let rest 2 minutes.
2. Place green onions, carrot and cabbage in **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until finely chopped. Transfer to large bowl and add tofu, rice vinegar, soy sauce and mix well to combine.
3. Divide dough in 12 equal portions and roll each to a thin 4"/10 cm disc. Place 1 heaping tbsp. in middle of each disc, moisten rim with water, fold dumplings and pinch to seal then pinch together ends.
4. Pour 1¾ cups water into base/water reservoir of **Smart Multi-Cooker**, arrange 6 dumplings in simple layer in shielded colander, cover and microwave on high power 8 minutes. Let rest before removing and repeat with remaining dumplings. Serve with soy sauce.



Strawberry & Peach **SLUSHIES**

INGREDIENTS

- 2½ cups frozen strawberries
- 2½ cups frozen peaches
- 1½ cups Chardonnay, divided

DIRECTIONS

1. Place the frozen strawberries in the **SuperSonic Chopper Extra** with blade attachment and add $\frac{3}{4}$ cup Chardonnay. Cover and pull cord until smooth and slushy. Pour evenly among 4 glasses.
2. Rinse out your **SuperSonic Chopper Extra**, then add your frozen peaches to the blender with the remaining $\frac{3}{4}$ cup Chardonnay. Cover and pull cord until smooth and slushy and divide among your glasses.

Strawberry Cheesecake DIP



INGREDIENTS

- 1 cup milk
- 1 (8 oz.) pkg. cream cheese, softened
- 1 (3.4 oz.) pkg. JELL-O Cheesecake flavor instant pudding
- 1 (8 oz.) container whipped topping, thawed
- 2 cups strawberries, chopped
- ½ tsp. lime zest

DIRECTIONS

1. Add milk, cream cheese and dry pudding in the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until well combined.
3. Stir in whipped topping and strawberries.
4. Refrigerate 1 hour.
5. Sprinkle with lime zest before serving.

Strawberry **FREEZER JAM**



INGREDIENTS

- 1 lb. strawberries, cleaned and hulled
- $\frac{3}{4}$ cup water
- 1 (1.75 oz.) package fruit pectin
- 4 cups sugar

DIRECTIONS

1. Place strawberries in the **SuperSonic Chopper Extra** with the blade attachment. Cover and process until minced.
2. Switch to the paddle attachment in the **SuperSonic Chopper Extra**.
3. Combine water and fruit pectin in base of **1 Qt. Micro Pitcher**. Cover and microwave on high for 1 minute.
4. Stir and pour over strawberries. Pour 1 cup of sugar into the strawberry mixture. Cover and process until mixture is combined.
5. Repeat until all sugar is added.
6. Pour into **Freezer Mates Containers**. Let cool completely before storing.
7. Freeze until ready to enjoy and thaw beforehand or store in refrigerator.

(Makes 5 cups)



Strawberry Ginger **DRESSING**

INGREDIENTS

- 2 cups strawberries, hulled
- 2 Tbsp. honey
- 3 Tbsp. lime juiced
- 1 tsp. fresh ginger

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are well blended.



Strawberry Cucumber **SALSA**

INGREDIENTS

- ½ medium cucumber, seeded and cut into 1" pieces
- ½ lb. strawberries, hulled
- 1 Tbsp. honey
- ½ lime, juiced
- ½ tsp. cinnamon

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until ingredients are well chopped.



Strawberry Kiwi SALSA

INGREDIENTS

- 1 lb. strawberries, hulled
- 2 kiwis, peeled
- 2 granny smith apples, cored and quartered
- ¼ cup orange juice

DIRECTIONS

1. In the **SuperSonic Chopper Extra** fitted with blade attachment, add strawberries. Replace cover and pull cord until roughly chopped. Transfer to a bowl, set aside.
2. Add kiwis and apples to the **SuperSonic Chopper Extra** and chop, transfer to bowl with strawberries.
3. Add orange juice and toss to coat. Chill until ready to serve.



Strawberry SMOOTHIE

INGREDIENTS

- 1 cup frozen strawberries
- ½ cup frozen sliced peaches
- 1 cup yogurt
- 1¼ cup coconut water

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.

A glass bowl filled with light pink strawberry whipped cream sits on a wooden surface. In the foreground, a white scalloped-edge plate holds a strawberry shortcake dessert: a square of shortcake topped with a dollop of the whipped cream and garnished with fresh strawberries and blackberries. A silver fork is placed to the right of the plate.

Strawberry WHIPPED CREAM

INGREDIENTS

- ½ cup strawberries, hulled
- 2 Tbsp. confectioners' sugar
- 1 cup heavy cream

DIRECTIONS

1. Place strawberries in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until pureed.
2. Replace blade with the **SuperSonic Chopper Extra Whip Accessory**. Add remaining ingredients and turn handle until stiff peaks form.

SUPER FOOD CHOPPED SALAD

with Strawberry
Vinaigrette



Tupperware®

INGREDIENTS

¼ head (8 oz.) red cabbage, cut in large chunks

12-oz. bag broccoli/cauliflower mixture

4 oz. kale, stalks removed

5 oz. dried cranberries

½ cup pumpkin seeds

4 oz. feta cheese

Vinaigrette

3 Tbsp. balsamic vinegar

¾ cup strawberry Syrup, chilled

2 Tbsp. extra virgin olive oil

¼ tsp. coarse kosher salt

⅛ tsp. black pepper

Strawberry Syrup

1 lb. Strawberries

¾ cup granulated sugar

2 Tbsp. maple syrup

1 Tbsp. lemon juice

1 Tbsp. unsalted butter

DIRECTIONS

1. Place in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until finely chopped; add to **Salad on the Go Bowl**.
2. Chop broccoli, cauliflower and Kale with the **SuperSonic Chopper Extra**, cover and pull cord to chop; add to Salad on the Go Bowl. Repeat until done.
3. Add cranberries, pumpkin seeds, feta cheese and vinaigrette to **Salad on the Go Bowl** and toss salad to mix.
4. Place 1lb. in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until pureed.
5. Place puree in **1 Qt. Micro Pitcher** and add sugar, maple syrup, lemon juice and unsalted butter. Microwave at 50% power 9–10 minutes until boiling, monitoring to prevent syrup from boiling over. Serve warm and refrigerate any remainder for up to 5 days; warm before serving.
6. Combine balsamic vinegar, strawberry syrup and olive oil in base of **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until well blended, pour over Salad.



Tableside Chunky **GUACAMOLE**

INGREDIENTS

- ¼ cup cilantro
- 1 garlic clove, peeled
- ¼ red onion, peeled
- 2 Roma tomatoes, quartered
- 3 avocados, pitted and halved
- 1 lime, juiced
- 1 tsp. coarse kosher salt
- black pepper, to taste

DIRECTIONS

1. Add cilantro and garlic to the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped.
2. Add onion to **SuperSonic Chopper Extra**. Cover and pull cord until finely chopped. Add tomatoes, lime juice and salt. Cover and pull cord until roughly chopped, and transfer ingredients to **Thatsa Medium Bowl**.
3. Add avocados to ingredients in bowl and mash together to reach desired consistency.

TARRAGON SAUCE

for Eggs Benedict



INGREDIENTS

- 4 egg yolks
- 1 tsp. grainy mustard
- 1 cup canola oil
- 1 lemon, juiced
- 2 Tbsp. water
- 2 Tbsp. tarragon, minced
- ½ small garlic clove, crushed
- ½ tsp. coarse kosher salt

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle attachment, blend together egg yolks and mustard. While blending, slowly stream in oil through the **SuperSonic Chopper Extra** funnel attachment; mixture will thicken. Blend in lemon juice.
2. Transfer mixture to a small bowl. Stir in water, tarragon, garlic, and salt. Add additional lemon juice, salt, and pepper to taste.

Serve at room temperature on top of Poached Eggs or fish.



Tangy ONION DIP

INGREDIENTS

- 4 medium onions, peeled and quartered
- 2 Tbsp. extra virgin olive oil
- 4 green onions, trimmed and quartered
- 2 cups plain Greek yogurt
- 2 tsp. Steak & Chop Seasoning

DIRECTIONS

1. Place onions in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord several times to chop.
2. In **Chef Series 11" Fry Pan**, heat olive oil over medium-high heat, add onions and sauté, stirring occasionally, until onions just begin to brown, about 2–3 minutes.
3. Lower heat to medium and continue to sauté, stirring frequently, until onions are golden, about 7–8 minutes. Remove from heat and cool completely.
4. Place half of the cooled onions in the **SuperSonic Chopper Extra** with blade attachment, along with green onions. Cover and pull cord several times to finely mince.
5. Switch to **SuperSonic Chopper Extra** paddle attachment, add remaining ingredients, including reserved onions, cover and pull cord several times to fully blend.

Serve with fresh vegetables or potato chips

Tomatillo CHICKEN NACHOS



Tupperware®

INGREDIENTS

- | | |
|---|--|
| 4 boneless, skinless chicken thighs | ½ cup loosely packed cilantro leaves, chopped |
| Salt and pepper, to taste | 1 Tbsp. freshly squeezed lime juice |
| 2 garlic cloves, peeled | <i>Tortilla chips or taco shells, optional</i> |
| 1 small onion, peeled and quartered | |
| 4 medium tomatillos, papers removed, rinsed and diced | |
| 2 poblano peppers, seeded and quartered | |
| 2 Tbsp. extra virgin olive oil | |

DIRECTIONS

1. Preheat oven to 400° F/205° C.
2. Season chicken on all sides with salt and pepper.
3. Add garlic, onion, tomatillos and poblano peppers to the **SuperSonic Chopper Extra**; rough chop to a chunky salsa consistency.
4. In the **Chef Series II 11" Fry Pan**, heat olive oil over medium high heat until shimmering. Add chicken and cook 3 minutes, or until golden brown. Remove chicken from pan; set aside.
5. Add tomatillo salsa to pan and stir 30 seconds. Return chicken to pan.
6. Place pan in oven. Bake 20–22 minutes or until chicken thighs reach 160° F/70° C.
7. Remove pan from oven. Remove chicken from pan, set aside. Add cilantro and lime juice to pan and stir to combine. Season with salt and pepper, to taste.
8. Using two forks, shred chicken and combine with salsa.

Serve over tortilla chips or use as a filling for tacos.



Tropical Sunset **SMOOTHIE**

INGREDIENTS

- 1 cup frozen raspberries
- ½ cup frozen mango
- ½ cup pineapple chunks
- ½ cup pineapple juice
- 1 ½ cup coconut milk

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until smooth.



Tupper kids **DIRT CUPS**

INGREDIENTS

- 4 oz. instant pudding, chocolate or vanilla
- 2 cups cold milk
- 18 chocolate sandwich cookies
- 1 cup heavy cream
- ¼ cup confectioners' sugar
- gummy worms

DIRECTIONS

1. Place instant pudding and milk in the **Quick Shake Container**. Seal and shake until pudding forms, about 1 minute. Refrigerate.
2. Place cookies in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely crumbled. Set aside.
3. Pour heavy cream and confectioners' sugar in the **SuperSonic Chopper Extra** with the paddle attachment. Cover and pull cord for about 60–90 seconds until whipped cream forms.
4. Layer cookie crumbs, pudding and whipped cream in **Snack Cups** with a top layer of cookie crumbs. Top with desired amount of gummy worms.



Turkey
WALDORF SALAD

INGREDIENTS

2 cups cooked turkey meat,
shredded
2 stalks celery, sliced
½ cup celery leaves, coarsely
chopped, plus more for garnish
1 crisp apple, Gala or Macintosh,
cored and chopped
1 cup red seedless grapes, halved
½ cup pecans, toasted, and
coarsely chopped

½ cup non-fat yogurt
2 Tbsp. mayonnaise
1 tsp. honey
¼ tsp. salt, plus more as needed
1 small celery root, peeled and cut
into matchsticks
Freshly ground black pepper

DIRECTIONS

1. Place Turkey in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to roughly chop, transfer to a **Thatsa Bowl**.
2. Place celery in the **SuperSonic Chopper Extra** and pull cord to chop, transfer to the **Thatsa Bowl**.
3. Add the celery leaves, apple, grapes, and pecans, toss to combine.
4. Add yogurt, mayonnaise, honey, and ¼ teaspoon salt to the **SuperSonic Chopper Extra** with paddle attachment, cover and pull cord until smooth
5. Put the celery root in a small bowl, add 2 tablespoons of the dressing, and toss to coat completely. Add the remaining dressing to the turkey mixture, season with salt and pepper, and toss gently to evenly dress the salad.
6. To serve, spread the celery root evenly onto a serving platter, top with the dressed salad, garnish with celery leaves and serve immediately.

Tuscan **WHITE BEAN DIP**



INGREDIENTS

- 15-oz. can white beans, drained and rinsed, with liquid reserved
- 1 Tbsp. balsamic vinegar
- 2 garlic cloves
- 2 Tbsp. extra virgin olive oil
- ½ Tbsp. Italian Herb Seasoning Blend

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord several times until pureed.
2. If dip is too thick, add a tablespoon or two of the reserved bean liquid until reaching desired consistency.



Walnut Arugula **PESTO**

INGREDIENTS

- ¾ cup walnuts
- 2 cups packed arugula
- 1 garlic clove
- ½ cup shredded Parmesan cheese
- ¾ cup extra virgin olive oil

DIRECTIONS

1. Place walnuts, arugula and garlic clove in the **SuperSonic Chopper Extra** with blade accessory.
2. Cover and pull cord until a mixture forms. Add cheese and olive oil. Cover and continue to pull cord until mixture is well combined.

A close-up photograph of a watermelon daiquiri. The drink is a vibrant pinkish-red color, served in a clear glass. It is garnished with a fresh watermelon wedge and a slice of lime. The glass sits on a white surface with a red polka-dot pattern. The text 'Watermelon DAIQUIRI' is overlaid on the top left of the image.

Watermelon DAIQUIRI

INGREDIENTS

- 2 cups watermelon chunks, frozen
- 1 oz. lime juice
- 1 oz. orange juice
- 2 Tbsp. simple syrup
- 2 oz. light rum

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Extra** with blade accessory.
2. Cover and pull cord until a slushy mixture forms.
3. Pour in a glass and garnish with watermelon wedge and or lime slice.

A close-up photograph of a wooden bowl filled with fluffy white whipped cream. The bowl is surrounded by several bright red strawberries with green leaves. The text 'Whipped CREAM' is overlaid in the top left corner.

Whipped CREAM

INGREDIENTS

- 1 cup heavy cream, thoroughly chilled
- 1 tablespoon confectioners' sugar
- 1 tsp. vanilla extract

DIRECTIONS

1. Pour heavy cream, confectioners' sugar and vanilla extract in the **SuperSonic Chopper Extra**.
2. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form.

A close-up photograph of a white ceramic bowl filled with a thick, pale yellow whipped lemon dip. The dip has a soft, airy texture with visible peaks and valleys. In the bottom left corner, a single fresh raspberry is partially visible, adding a pop of red color to the scene.

Whipped Lemon DIP

INGREDIENTS

- 1½ cups heavy cream
- 1 Tbsp. granulated sugar
- 1 cup reduced-fat (2%) milk
- 1 (3.4-oz.) pkg. instant lemon pudding mix

DIRECTIONS

1. Pour heavy cream and sugar in the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until stiff peaks form. Transfer whipped cream into medium bowl.
2. Add milk and pudding mix to the **SuperSonic Chopper Extra**. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle until mixture thickens.
3. Fold in whipped cream to the pudding mixture until well combined. Serve with mixed fruit.



White Chocolate FRUIT PIE

INGREDIENTS

- 5 oz. white baking chocolate chips
- 2 Tbsp. reduced-fat (2%) milk
- 3 oz. cream cheese, room temperature
- $\frac{1}{3}$ cup confectioners' sugar
- 1 tsp. orange zest
- 1 cup cool whip
- 1 cup strawberries, sliced
- 1 package mini graham cracker pie crust (6 mini pies)

DIRECTIONS

1. In **1 Qt. Micro Pitcher**, combine chocolate and milk and microwave on high power for 1 minute, until chocolate is melted. Whisk until smooth and allow to cool to room temperature.
2. In the **SuperSonic Chopper Extra**, combine cream cheese and confectioners' sugar. Cover with **SuperSonic Chopper Extra Whip Accessory** and turn handle to whip until smooth.
3. Add orange zest, melted chocolate and whipped topping. Replace cover and turn handle to whip until well combined.
4. Divide mixture into mini pie crusts and top with sliced strawberries and any other desired fruit.
5. Refrigerate at least 1 hour before serving.

White Chocolate **PEPPERMINT MOUSSE**



INGREDIENTS

- 12 oz. white chocolate
- 1 ½ cups heavy whipping cream, divided
- ¼ tsp. peppermint extract
- Crushed peppermint candies

DIRECTIONS

1. Place white chocolate in **1 Cup Micro Pitcher**. Microwave at 50% power for 1 minute. Stir. If not fully melted, continue melting in 15 second intervals until melted.
2. Whisk ¾ cup heavy cream into melted chocolate. Place in refrigerator to allow mixture to cool completely.
3. Place remaining ¾ cup heavy cream and peppermint extract in the **SuperSonic Chopper Extra** with the **SuperSonic Chopper Extra Whip Accessory** and turn handle until cream has formed stiff peaks.
4. Pour cooled cream and chocolate mixture over whipped cream and turn handle until ingredients are combined.
5. Serve chilled.
6. Top with crushed peppermint candies if desired.

White Russian **PUDDING SHOT**



INGREDIENTS

- 1 small pkg, instant chocolate pudding
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup vodka
- $\frac{1}{2}$ cup Irish Cream Liqueur
- 1 cup whipped cream

$\frac{1}{2}$ cup whipped topping, for garnish

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with paddle attachment, mix chocolate pudding mix and milk.
2. Add vodka and Irish Cream Liqueur , until well blended.
3. Remove cover and gently fold in whipped cream.
4. Spoon into **Tupper Minis**, cover and refrigerate or freeze until ready to serve.
5. Garnish with shipped topping before serving.

Zesty Artichoke Pesto WITH SHRIMP



INGREDIENTS

1 lb. fettuccini
1 lb. medium uncooked shrimp,
peeled and deveined
Pesto
4 cups arugula, packed
½ cup basil leaves, loosely packed
3 garlic cloves, peeled
½ cup pecans
14.5-oz. can artichoke hearts,
drained with liquid reserved

2 Tbsp. Parmesan cheese, grated
¼ cup extra virgin olive oil
1 lemon, zested and juiced
1 Tbsp. Italian Herb Seasoning
½ tsp. coarse kosher salt

DIRECTIONS

1. Place pasta in **Microwave Pasta Maker**, fill with water to maximum fill line, microwave on high power 16 minutes or until al dente. Remove from microwave and add shrimp, pushing down to submerge in pasta water. Cover and allow to rest 5–6 minutes.
2. Place arugula, basil, garlic and pecans in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to finely chop.
3. Add remaining pesto ingredients to the **SuperSonic Chopper Extra**, replace cover and pull cord until finely chopped and thoroughly combined. If pesto is too thick, add reserved artichoke liquid 1 Tbsp. at a time until desired consistency is achieved.
4. Drain pasta and shrimp, reserving pasta water, and place in large bowl.
5. Add 1½ cups pesto to pasta and toss to combine, adding a little reserved pasta water to create a saucy consistency.

Note: you will have 1 cup left over pesto for other use.