



Breakfast Maker Instructions

Cooking Instructions & Timing

- Remove cover from Microwave Breakfast Maker.
- For poaching, Carefully place Egg Inserts inside the Microwave Breakfast Maker, ensuring the opening is facing upward, fill to water drop with water (3 tbsp.). Crack egg(s) into the Egg Insert(s).
- If scrambled eggs are desired, no inserts are needed, unless desired. scramble with a utensil before cooking one or two eggs (per insert) for 90 seconds (1:30) (900 watt microwave oven).
- If poached eggs are desired, cook one egg (per insert) for 75 seconds (1:15) with water (900 watt microwave oven).

Tupperware

Ultimate Egg Salad



- 4 large eggs
- 6 tbsp. water, divided
- 2 tbsp. mayonnaise
- 1 tsp. lemon juice
- 1/4 cup chopped parsley
- 2 tbsp. fresh chive, minced
- 2 tbsp. bread and butter pickles, minced
- ¼ tsp. coarse kosher salt



1. Place Egg Inserts into Microwave Breakfast Maker. Pour 3 tbsp. of the water into each Egg Insert; water fill line should be completely covered.
2. Crack 2 eggs into each Egg Insert.
3. Place cover on Microwave Breakfast Maker. Microwave on high power 50 seconds or until yolk is cooked through. Remove eggs from Egg Inserts, pat dry with paper towel.
4. Finely chop eggs; transfer to bowl. Stir in mayonnaise, lemon, parsley, pickles and salt.
5. To serve, spoon onto bread or scoop into lettuce cups.

Breakfast Sandwich



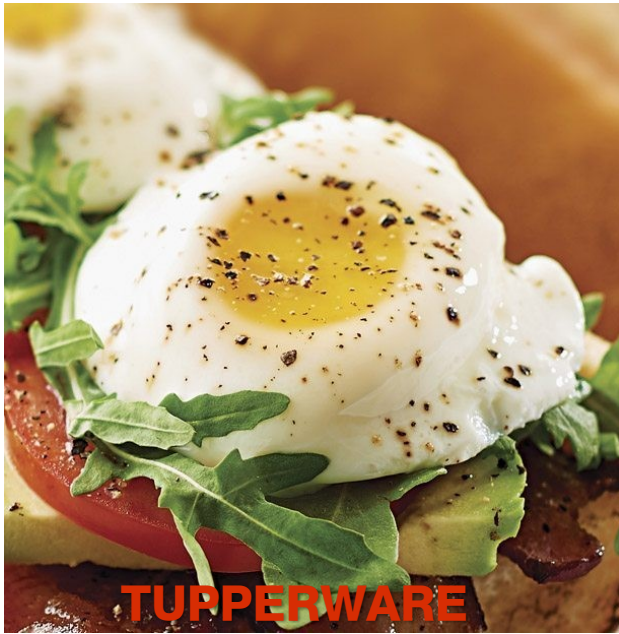
- 2 English muffins
- $\frac{3}{4}$ cup liquid egg whites
- 2 slices desired cheese
- 2 pieces desired breakfast meat (Canadian bacon, sausage, bacon)



1. Cut muffins in half and toast them in toaster, or at 350° F/175° C for 15 minutes or until lightly browned.
2. Pour egg whites into Microwave Breakfast Maker and microwave at 70% power 3–4 minutes or until egg white is cooked through. (If using two Microwave Breakfast Makers at once, cook four minutes.)
3. Allow both muffin(s) and egg whites to cool.
4. Cut one egg white in half and place on half of English muffin. Add cheese and meat, then top with remaining muffin half. Repeat for each sandwich.

Easy Poached Eggs

- 2 eggs
- 6 tbsp. water



1. Pour 3 tbsp. water into each Egg Insert; water fill line should be completely covered.
2. Place Egg Inserts into Microwave Breakfast Maker.
3. Crack 1 egg into each Egg Insert filled with water and cover.
4. Microwave on high power for 50–70 seconds, depending on microwave wattage and desired doneness of egg yolk.
5. Eggs can be placed on baguette with arugula, bacon, tomato and avocado if desired.



Eggs Cordon Bleu

- 1 slice low sodium turkey
- ⅛ tsp. smoked paprika
- ¼ tsp. fresh Italian parsley
- 2 tbsp. shredded low-moisture, part-skim mozzarella cheese
- 3 whole eggs
- ¼ cup egg whites
- 1 tbsp. water
- ⅛ tsp. black pepper
- ⅛ tsp. kosher salt
- 1 tbsp. minced scallion



1. Dry the slice of turkey with a paper towel. Place the smoked paprika, parsley, and cheese in the center of the turkey slice. Roll the turkey and make sure there is no cheese on the edges.
2. In the Smooth Chopper using the paddle attachment, mix the remaining ingredients and set aside.
3. Place the turkey roll in the center of the Breakfast Maker. Pour in the egg mixture.
4. Microwave on high power for 2 minutes and 30 seconds.

French Toast Twist

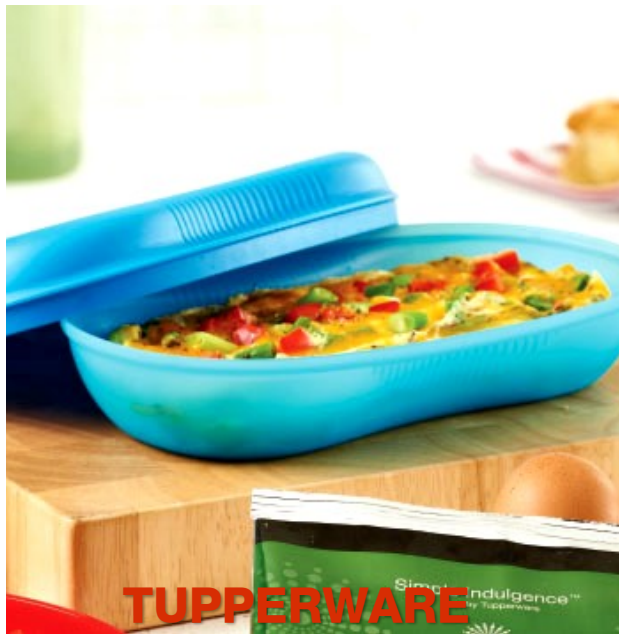


- 1 ½ slices whole wheat bread
- 1 tbsp. light buttermilk, 1.5% milk fat
- ¼ tsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend
- 1 whole egg
- ⅛ tsp. kosher salt



1. Lightly toast bread in toaster.
2. While bread is toasting, in the Smooth Chopper fitted with the paddle attachment, mix remaining ingredients together.
3. Trim toasted bread to fit, then place 1 1/2 slices on the bottom of the Breakfast Maker.
4. Pour the egg and buttermilk mixture over the bread, allowing it to coat both sides.
5. Place covered Breakfast Maker in the microwave and cook on high power for 1 minute.
6. Remove and serve.

Italian Frittata



- $\frac{3}{4}$ cup frozen country-style hash browns
- 1 green onion
- $\frac{1}{8}$ red bell pepper
- 2 tbsp. cold water
- $\frac{1}{2}$ tsp. Simple Indulgence Italian Herb Seasoning Blend
- $\frac{1}{4}$ cup reduced fat shredded cheddar cheese
- 3 large eggs



1. Place hash browns in the Breakfast Maker, cover and microwave on high 1 minute.
2. Meanwhile, place green onion and bell pepper in Smooth Chopper with blade attachment. Pull several times to chop.
3. Spread over hash browns. Change Smooth Chopper to paddle attachment, add eggs, water and seasoning blend, and pull cord several times to blend.
4. Pour mixture over vegetables and top with cheese.
5. Cover and microwave on high 1 minute, 45 seconds. Allow to rest 2 minutes while covered, then serve.



Garden Frittata

- ¼ onion
- ½ tsp. garlic
- ½ tsp. Italian Herb Seasoning
- ¼ cup of mushrooms, sliced
- ¼ cup asparagus cut in ½” slices
- ½ tbsp. fresh basil, chopped
- ¼ cup spinach, shredded
- 2 whole eggs ¼ cup egg whites
- 1 tbsp. water
- 2 tbsp. shredded low-moisture, part-skim mozzarella cheese
- 3 slices Roma tomatoes, medium thickness
- ⅛ tsp. kosher salt
- ⅛ tsp. ground black pepper



1. Combine onion, garlic and Italian Herb Seasoning in the Power Chef™ System fitted with the blade attachment. Process by pulling cord until ingredients are diced. Set aside in bowl.
2. Add sliced vegetables to bowl, toss to season and mix.
3. Combine basil, spinach, eggs, egg whites and water in base of Power Chef System fitted with paddle whisk attachment. Cover and pull cord until well blended.
4. In the Microwave Breakfast Maker, place seasoned sliced vegetables. Add half the egg mixture and all of the cheese. Cover with remaining egg mixture. Top with sliced Roma tomatoes. Sprinkle slices with salt and pepper. Place the covered Microwave Breakfast Maker in the microwave and cook on high power 2 minutes 20 seconds

Turkey Avocado Melt



- 2 eggs*
- 1 tbsp. water
- 1/8 tsp. coarse kosher salt
- ¼ cup cooked turkey breast, diced
- 3 slices tomato
- ¼ avocado, sliced



1. In a small bowl, whisk together eggs, water and salt. Pour into base of Microwave Breakfast Maker.
2. Add diced turkey breast to egg mixture and top with tomato slices.
3. Cover and microwave on 70% power 2–3 minutes or until eggs are cooked through.
4. Serve topped with avocado. *

*Substitute with egg whites or egg substitute, if desired.

Spinach Mushroom Omelet



- ¼ cup spinach
- ¼ cup mushrooms, sliced
- 2 eggs*
- 1/8 tsp. coarse kosher salt
- 2 tbsp. shredded Swiss cheese



1. Place spinach and mushrooms in base of Microwave Breakfast Maker.
2. In small bowl, whisk together eggs and salt, and pour over mushrooms and spinach.
3. Cover and microwave at 70% power 2–3 minutes, or until eggs are cooked through.
4. Top with cheese and serve warm.

*Substitute with egg whites or egg substitute, if desired.



Hearty Breakfast Bowl

- ½ cup russet potato, peeled & diced into ½" pieces
- 3 eggs*
- 2 tbsp. water
- ¼ cup desired cooked breakfast meat (bacon, sausage or ham)
- 2 tbsp. shredded cheddar cheese



1. Place potatoes in base of Microwave Breakfast Maker. Cover and microwave on high power 1 minute.
2. In small bowl, whisk together eggs, water and breakfast meat.
3. Pour over par-cooked potatoes, cover and microwave at 70% power 3 minutes or until eggs are cooked. 4. Top with cheese and serve warm.

*Substitute with egg whites or egg substitute, if desired.

Good Morning Breakfast Sandwich



- 4 eggs
- ¼ tsp. coarse kosher salt
- 2 tbsp. water
- 2 English muffins, halved & toasted
- 2 slices cheddar cheese
- 2 tomato slices
- ¼ cup spinach leaves
- 2 strips precooked bacon (optional)



1. Whisk together eggs, salt and water.
2. Pour into base of Microwave Breakfast Maker, cover and microwave at 70% power 3–4 minutes or until eggs are cooked through.
3. Cut egg patty in half and place each half on an English muffin topped with cheese, tomato, spinach and bacon (if desired).

Breakfast Maker Brownies



- 2 packets of hot chocolate mix
- 2-3 Tbsp. flour
- 2 Tbsp. Canola oil
- 2 Tbsp. Water
- ¼ tsp Vanilla extract
- ¼ cup Chocolate Chips



1. Mix hot chocolate, flour oil, water and vanilla extract and spread evenly in the microwave breakfast maker. Sprinkle the chocolate chips on top.
2. Cover and microwave 60-90 seconds.

Flip Flop Cakes

- One box of cake mix, prepared according to instructions
- 1 container Whipped vanilla frosting
- Assorted gel food colors
- About 40 small round candy-coated fruit-flavored chewy candies
- Fruit by the Foot™ chewy fruit snacks
- Edible pansy or silk daisy flowers

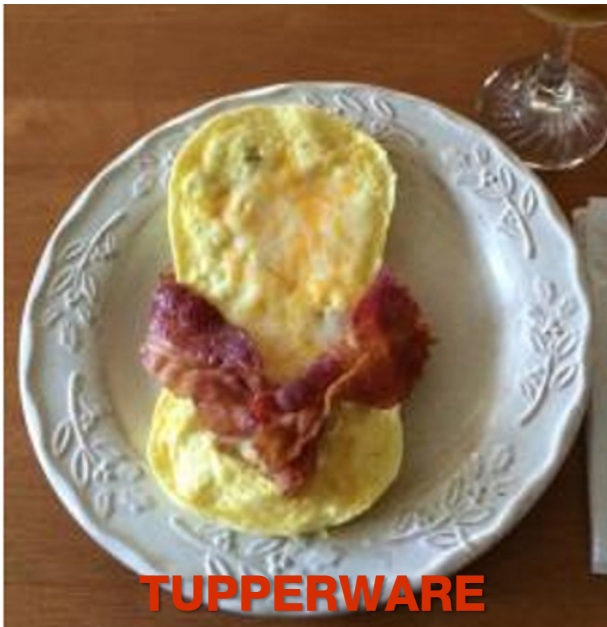


1. In a medium bowl, mix cake mix according to package instructions.
2. Pour approximately one cup of cake mix into the breakfast maker.
3. Microwave for 2-3 minutes, check to see if done.
4. Mix ¼ container of frosting with colored food gel. (for trim)
5. After cake is completely cooled, frost with white frosting, use squeeze it decorator to do the trim.
6. Apply candies, flowers and fruit snacks

Flip Flop Omelets

- 2 strips of bacon
- 3 eggs
- 2 T. water
- Your choice of omelet ingredients

Cheese, bell peppers, onions, mushrooms.



TUPPERWARE



1. Place bacon on Ultrapro oven plate microwave for 2-3 minutes.
2. In quick shake container add 3 eggs and 2 T. water, shake until well mixed. Pour into Breakfast Maker, add you choice of ingredients
3. Cover and microwave for 2-3 minutes.
4. Decorate egg flip flop with bacon.
- 5.

Minute Muffins

- 1 (6-5 oz.) package any flavor muffin mix
- ½ cup milk



1. Place bacon on Ultrapro oven plate microwave for 2-3 minutes.
2. In quick shake container add muffin mix and milk, shake until well mixed.
3. Pour ½ batter into Breakfast Maker.
4. Cover and microwave for 1 minute, additional 15 seconds if needed. Repeat for 2nd muffin.

Sweet and Simple French Toast



- 2 slices bread
- 1 egg
- 2 tbsp milk
- 1 tsp sugar
- 1/2 tsp Cinnamon



1. Toast bread in toaster to desired amount.
2. Combine remaining ingredients in medium bowl and whisk.
3. Cut/tear bread into 1" pieces.
4. Toss bread in egg mixture until coated and add to base of Microwave Breakfast Maker.
5. Cover and microwave on high power 1 minute.
6. Serve warm with powdered sugar, syrup, or favorite toppings.

Chocolate Chip Cookie



- 1 Tbsp. Butter, melted
- 1 Tbsp. Granulated White Sugar
- 1 Tbsp. Dark Brown Sugar
- 3 Drops of Vanilla Extract
- Small Pinch of Kosher Salt
- 1 Egg Yolk (*save egg white for different recipe*)
- ¼ cup All Purpose Flour (remove one tablespoon and throw away)
- 2 Tbsp. Semi Sweet Chocolate Chips



1. In the base of the breakfast maker, mix butter, sugar, vanilla and salt together, add egg yolk, mix.
2. Mix in flour and chocolate chips, stir until well mixed. Press into Breakfast maker.
3. Microwave for 45 seconds, and additional 15 seconds if needed.

Minute Cinnamon Rolls

- 1 package refrigerated Cinnamon rolls



1. Lightly spray base of the Breakfast Maker
2. Add 3 rolls to the base of the Breakfast Maker.
3. Microwave for 1 minute.
4. Frost and enjoy!