



# Quick Shake Recipes

## CRUMPETS (PANCAKES)

Place the following ingredients into a Quick Shake in the following order.

1 egg, 3/4 cup milk, 1 cup flour, pinch of salt, 1 heaped tablespoon of sugar and 1 teaspoon oil. Shake well until blended. Add 3 teaspoons baking powder and shake six times, release cap, seal and shake another six times.

Pour into frying pan with butter over medium heat.

## CHEESE AND ASPARAGUS TART

Grease pie plate and cover bottom with 1 tin asparagus cuts.

Put into sifter the following:

1 seal of flour, 1 teaspoon baking powder, pinch of salt and pinch of cayenne pepper. Put into Quick Shake the following: oil cover the floor of the seal, 1 seal of milk, 1 egg and shake until mixed. Sift dry ingredients into the Quick Shake. Add 1 seal of grated cheese and mix together.

Pour over asparagus and bake at 350° 30 – 40 minutes.

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## Apple Tart

Grease Pie Plate and cover bottom with pie apples (or other suitable fruit) sprinkle with cinnamon and sugar. Place the following ingredients in Quick Shake and shake until mixture thickens: 1 egg, a seal filled with milk, a seal full of sugar, a seal full of flour, small seal filled with oil, sprinkle 2 teaspoons of baking powder on top. Shake six times, release cap, close and shake another six times.

Pour over apples and bake at 350° 30—40 minutes.

## GINGER CAKE OR PUDDING

Put the following ingredients into the Quick Shake and shake well: 1/2 cup milk, 3 tablespoons oil and 1 egg. Add the following and shake well. 1/2 cup of flour, 1/2 cup of sugar. Add 1 tablespoon melted apricot jam or marmalade, 1 heaped teaspoon ginger, 1 level teaspoon baking soda, and shake, release cap, close and shake again. Pour into buttered plate.

Bake at 375° for 30 minutes. Cover dish with foil or a lid when serving as a pudding.