

Pancake MASTER MIX

Gluten-Free Pancake MASTER MIX



6 cups all-purpose flour
2 cup granulated sugar
4 tsp. baking powder
2 tsp. table salt

4 cups gluten-free flour mix (xanthum gum included in mix)
1 cup granulated sugar
5 tsp. baking powder
1 tsp. table salt

One simple mix, a lot of easily customizable morning favorites. Mix together all ingredients and store in the Modular Mates® Square 2 container. Always thoroughly shake the container again before using. The mix should last about six months (because of the included baking powder).

	MASTER MIX	MIX IN	PREP	COOK
PANCAKES	1½ cups	1 cup milk (any type) 1 egg	Stir wet ingredients into master mix until smooth.	Heat Chef Series Nonstick Griddle Pan over medium heat. Pour batter into pan and heat until air bubbles have formed in batter. Flip and cook until golden brown and cooked through.
GLUTEN-FREE PANCAKES	1½ cups gluten-free mix	1 cup milk (any type) 1 egg 1 tsp. vanilla extract	Stir wet ingredients into master mix until smooth.	
VEGAN PANCAKES	1½ cups	1 cup nondairy milk 2 tbsp. vegetable oil	Stir wet ingredients into master mix until smooth.	
WAFFLES	2 cups	1 cup milk (any type) ¼ cup vegetable oil or melted unsalted butter	Stir wet ingredients into master mix until smooth.	Grease waffle iron. Follow waffle iron directions.
GLUTEN-FREE WAFFLES	2 cups gluten-free mix	2 cups milk (any type) ¼ cup vegetable oil 1 tsp. vanilla extract	Stir wet ingredients into master mix until smooth.	
VEGAN WAFFLES	2 cups	1 cup nondairy milk ¼ cup vegetable oil	Stir wet ingredients into master mix until smooth.	
BISCUITS	2 cups	½ cup milk (2% or whole) 1 stick cold unsalted butter (½ cup) ½ cup all-purpose flour	Stir extra flour into master mix. Cut cold butter into flour mixture until crumbly and butter is in pea-sized pieces. Whisk in milk until thick batter forms. Drop biscuits, ½ cup dough at a time, onto baking sheet lined with Silicone Wonder® Mat.	Bake at 400° F/200° C 12–15 minutes or until golden brown and cooked through.

Serves 8 • Serving size: 1 waffle



PREP: 5 minutes
COOK: 3-4 minutes

Master Mix WAFFLES

1 cup milk (any type)
¼ cup vegetable oil or melted unsalted butter
2 cups Pancake Master Mix (see separate card)

1. Stir wet ingredients into master mix until smooth.
2. Grease waffle iron. Follow waffle iron directions.

Nutritional Information (per serving, regular waffles and ¼ cup of batter):
Calories: 200 Total Fat: 7g Saturated Fat: 4g Cholesterol: 20mg Carbohydrate: 32g
Sugar: 14g Fiber: 1g Protein: 3g Sodium: 210mg Vitamin A: 4% Vitamin C: 0%
Calcium: 8% Iron: 6%

Gluten-Free Waffles (makes approx. 2 cups)

2 cups milk (any type)
¼ cup vegetable oil
1 tsp. vanilla extract
2 cups Gluten-Free Pancake Master Mix (see separate card)

1. Stir wet ingredients into master mix until smooth.
2. Grease waffle iron, follow waffle iron directions.

Vegan Waffles (makes approx. 2 cups)

1 cup nondairy milk
¼ cup vegetable oil
2 cups Pancake Master Mix (see separate card)

1. Stir wet ingredients into master mix until smooth.
2. Grease waffle iron, follow waffle iron directions.

TO DEMO



Modular Mates®
Square 2

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula



date
me

Tupperware®

Serves 8 • Serving size: 1 biscuit

25
minutes

PREP: 10 minutes

COOK: 12–15 minutes

Master Mix BISCUITS

½ cup all-purpose flour
2 cups Pancake Master Mix (see separate card)
1 stick cold unsalted butter (½ cup)
½ cup milk (2% or whole)

1. Preheat oven to 400° F/200° C.
2. Stir extra flour into master mix.
3. Cut cold butter into flour mixture until batter is crumbly and butter is in pea-sized pieces.
4. Whisk in milk until thick batter forms.
5. Drop biscuits, ½ cup dough at a time, onto baking sheet lined with Silicone Wonder® Mat.
6. Bake 12–15 minutes or until golden brown and cooked through.

Nutritional Information (per serving):

Calories: 250 Total Fat: 25g Saturated Fat: 15g Cholesterol: 90mg Carbohydrate:
4g Sugar: 2g Fiber: 0g Protein: 4g Sodium: 320mg Vitamin A: 20% Vitamin C: 0%
Calcium: 10% Iron: 0%



TO DEMO



Modular Mates®
Square 2

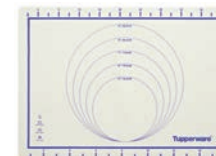
OPTIONAL



Measuring
Cups



Whisk



Silicone
Wonder® Mat

Chocolate Cake MASTER MIX

Gluten-Free Chocolate Cake MASTER MIX



- 6 cups all-purpose flour
- 4 cups granulated sugar
- 1 cup cocoa powder
- 4 tsp. baking powder
- 1 tsp. table salt

- 4 cups gluten-free flour (xanthan gum already in the flour mix)
- 4 cups granulated sugar
- 1 cup cocoa powder
- 4 tsp. baking powder
- 1 tsp. table salt

With these master mixes and the TupperWave® Stack Cooker, it's easy to make delicious options for all your party guests. Mix together all ingredients and store in the Modular Mates® Rectangular 4 container. Always thoroughly shake the container again before using. The mix should last about six months (because of the included baking powder).

See the MicroBake Chocolate Cake recipe card for the **Ganache** and **Vegan Ganache** recipes.

	MASTER MIX	MIX IN	PREP	COOK
MICROBAKE CHOCOLATE CAKE	5 cups	1½ cups milk (any type) 2 eggs ½ cup vegetable oil	Whisk together wet ingredients, and stir into master mix until smooth. Pour wet into dry mix and mix to combine. Pour into greased TupperWave® Stack Cooker 3-Qt./3 L Casserole with Cone.	Microwave 70% power 12–15 minutes Top with ganache (see separate card).
GLUTEN-FREE MICROBAKE CHOCOLATE CAKE	4½ cups gluten-free mix	1½ cups milk (any type) 3 eggs ½ cup vegetable oil	Whisk together wet ingredients, and stir into master mix until smooth. Pour into greased TupperWave® Stack Cooker 3-Qt./3 L Casserole with Cone.	Microwave 70% power 12–15 minutes Top with ganache (see separate card).
VEGAN MICROBAKE CHOCOLATE CAKE	5 cups	1½ cup nondairy milk 2 tbsp. white vinegar 2 tsp baking soda ½ cup vegetable oil	Whisk together white vinegar and baking soda. Make a well in center of dry ingredients; add milk, oil and white vinegar mixture; whisk until smooth. Pour into greased TupperWave® Stack Cooker 3-Qt./3 L Casserole with Cone.	Microwave 70% power 12–15 minutes Top with vegan ganache (see separate card).
FUDGY BROWNIES	2 cups	1 cup chocolate chips 1 stick unsalted butter (½ cup) 2 eggs	Microwave chocolate chips and butter on high power 1 minute and 30 seconds, stir to melt completely. Pour melted chocolate into medium bowl. Add eggs and mix until completely incorporated. Add master mix 1 cup at a time, until batter is smooth. Pour into greased UltraPro Square Pan.	Microwave 70% power 12–15 minutes
CAKEY BROWNIES	2½ cups	1 cup chocolate chips 1 stick unsalted butter (½ cup) 2 eggs	Microwave chocolate chips and butter on high power 1 minute and 30 seconds, stir to melt completely. Pour melted chocolate into medium bowl. Add eggs and mix until completely incorporated. Add master mix 1 cup at a time until batter is smooth. Pour into greased UltraPro Square Pan.	Microwave 70% power 12–15 minutes
GLUTEN-FREE BROWNIES	1½ cups gluten-free mix	1 cup chocolate chips 1 stick unsalted butter (½ cup) 2 eggs	Microwave chocolate chips and butter on high power 1 minute and 30 seconds, stir to melt completely. Pour melted chocolate into medium bowl. Add eggs and mix until completely incorporated. Add master mix and stir until smooth. Pour into greased UltraPro Square Pan.	Microwave 70% power 12–15 minutes
EASY CHOCOLATE COOKIES	5½ cups	2 sticks unsalted butter, softened (1 cup) ½ cup brown sugar 2 eggs	In a medium bowl, mix butter and sugar until light and creamy. Add eggs one at a time until well combined. Add master mix, one cup at a time. Dough will be very thick. Form into 2½/5 cm balls and place on baking sheet lined with Silicone Wonder® Mat.	Bake at 350° F/175° C 10–12 minutes

Serves 12 • Serving size: 1 piece

25
minutes

PREP: 10 minutes

COOK: 12–15 minutes

MicroBake Chocolate CAKE

1½ cups milk (any type)
2 eggs
½ cup vegetable oil
5 cups Chocolate Cake Master Mix (see separate card)

1. Whisk together wet ingredients, and stir into master mix until smooth.
2. Pour into greased TupperWave® Stack Cooker 3-Qt./3 L Casserole with Cone. Microwave 70% power 12–15 minutes.
3. Top with ganache, recipe below.

Note: Gluten-Free and Vegan MicroBake Chocolate Cake recipes on separate card.

Nutritional Information (per serving, 1 piece of cake no ganache):
Calories: 330 Total Fat: 11g Saturated Fat: 2g Cholesterol: 35mg Carbohydrate: 56g
Sugar: 32g Fiber: 2g Protein: 6g Sodium: 160mg Vitamin A: 2% Vitamin C: 0%
Calcium: 8% Iron: 10%

Ganache

½ cup heavy cream
1 cup chocolate chips

Microwave heavy cream on high power 1 minute. Pour chocolate chips into cream, let sit 2 minutes. Stir until thick ganache forms.

Vegan Ganache

¼ cup coconut milk
1 cup chocolate chips

Microwave coconut milk on high power 1 minute. Pour chocolate chips into cream, let sit 2 minutes. Stir until thick ganache forms.



TO DEMO



Modular Mates®
Rectangular 4



TupperWave® Stack Cooker
3-Qt./3 L Casserole with Cone

OPTIONAL



Measuring
Cups



Silicone
Spatula



Whisk

Serves 12 • Serving size: 1 brownie



PREP: 10 minutes

COOK: 25–30 minutes

Fudgy BROWNIES

- 1 cup chocolate chips
- 1 stick unsalted butter (½ cup)
- 2 eggs
- 2 cups Chocolate Cake Master Mix (see separate card)

1. Preheat oven to 350° F/175° C.
2. Microwave chocolate chips and butter on high power 1 minute and 30 seconds, stir to melt completely. Pour melted chocolate into medium bowl.
3. Add eggs and stir until completely incorporated. Add master mix 1 cup at a time, until batter is smooth. Pour into greased UltraPro Square Pan.
4. Bake 25–30 minutes or until knife comes out clean.

Note: Cakey Brownies and Gluten-Free Brownie recipes on separate card.

Nutritional Information (per serving):

Calories: 260 Total Fat: 14g Saturated Fat: 8g Cholesterol: 50mg Carbohydrate: 34g Sugar: 23g Fiber: 2g Protein: 4g Sodium: 65mg Vitamin A: 6% Vitamin C: 0% Calcium: 2% Iron: 4%

TO DEMO



Modular Mates®
Rectangular 4



UltraPro 2-Qt./2 L
Square Pan

OPTIONAL



Measuring
Cups



Silicone
Spatula



Serves 36 • Serving size: 1 cookie



PREP: 10 minutes

COOK: 10-12 minutes

Easy Chocolate COOKIES

2 sticks unsalted butter, softened (1 cup)
½ cup brown sugar
2 eggs
5½ cups Chocolate Cake Master Mix (see separate card)
1½ cups chocolate chips (optional)

1. Preheat oven to 350° F/175° C.
2. In a medium bowl, mix butter and sugar until light and creamy. Add eggs one at a time until well combined.
3. Add master mix, one cup at a time. Add chocolate chips, if desired. Dough will be very thick. Form into 2" x 5 cm balls and place on baking sheet lined with Silicone Wonder® Mat.
4. Bake 10-12 minutes.

Nutritional Information (per serving):

Calories: 140 Total Fat: 6g Saturated Fat: 3.5g Cholesterol: 25mg Carbohydrate: 23g Sugar: 14g Fiber: 1g Protein: 2g Sodium: 55mg Vitamin A: 4% Vitamin C: 0% Calcium: 2% Iron: 4%

date
me

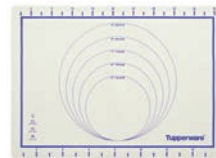
Tupperware®



TO DEMO



Modular Mates®
Rectangular 4



Silicone
Wonder® Mat

OPTIONAL



Measuring
Cups



Silicone
Spatula