



Tupperware

Time to Reconnect

SPRING & SUMMER CATALOG 2022

Homemade Electrolyte Drink

Serves: 6

Serving size: 8 oz.

Total time: 10 mins.

3 cups water

2 cups coconut water

1-cup 100% fruit juice

2 tbsp honey

1/8 tsp pink Himalayan salt

1 lemon, sliced

1 lime, sliced

1. Place all ingredients in base of Slim Line Pitcher. Add strainer, seal and shake to combine. Refrigerate until ready to serve.



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Protein Bites

Serves: 10

Serving size: 2

Total time: 20 mins

7 medjool pitted dates

¼-cup coconut oil, melted

¾-cup old-fashioned oatmeal, finely ground

¼-cup ground flaxseed

1/3 cup nut butter

1 tsp. vanilla extract

½ cup mix in of choice such as chocolate chip, dried fruit, etc.

½-cup protein powder, optional

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



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Garlic Infused White Bean Dip

Serves: 10

Serving size: 4 tbsp.

Total time: 15 mins.

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

1. Heat up oil over medium heat on Daily Universal 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 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. Garnish with additional rosemary and oil. Serve with toasted bread, crackers, or veggies.



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Bruschetta

Serves: 8

Serving size: 2 tbsp.

Total time: 15 mins.

3 roma tomatoes, deseeded

1 tbsp. balsamic vinegar

2 tbsp. extra virgin olive oil

½ shallot, finely chopped

2-4 basil leaves, finely chopped

Salt and pepper to taste

1. Cut tomatoes in small dice and mix in small bowl with remaining ingredients. Stir to combine and serve with toasted bread and garnish with cheese.



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Peanut Butter & Jelly Cookies

Serves: 8

Serving size: 2 cookies

Total time: 30 mins.

¼ cup unsalted butter, softened

½-cup smooth peanut butter

½-cup brown sugar

2 large eggs

½ tsp. vanilla extract

¼ tsp. salt

1 ½ all-purpose flour

¼ cup grape or strawberry jam

1. Preheat oven to 350F/180C. Place Silicone Baking Sheet on metal sheet and set aside.
2. In medium bowl, add butter, peanut butter, sugar and mix with Spatula until creamy. Add in eggs, vanilla and salt and mix until well incorporated.
3. Add flour ½ cup at a time until fully combined.
4. Scoop dough using Medium Portioning Scoops and place 2-inches apart on Silicone Baking Sheet. Use Small Portioning Scoop to make a small cavity in center of each cookie and fill with jam.
5. Bake for 10 minutes. Repeat with remaining dough. Let cool and serve.