

Tupperware
MICROWAVE
BREAKFAST MAKER
WITH INSERTS
RECIPES & COOKING GUIDE



An absolute morning must-have, the Microwave Breakfast Maker helps you make omelets, oatmeal, and French toast quickly and easily in the microwave. It's especially amazing for busy moms, on-the-run commuters and dorm-room chefs. Make it part of your balanced breakfast.



OMELET OR SCRAMBLED EGGS ADDITIONS

- | | | |
|--|--|---|
| 1. Smoked salmon | 19. Fresh basil | 39. Crabmeat |
| 2. Bacon, Swiss cheese and tomatoes | 21. Leftover pizza toppings: spinach, mushrooms, prosciutto, olives, artichokes, peppers, broccoli | 40. Potatoes and fenukreek, Indian-style |
| 3. Jalapenos | 22. Spinach and ricotta | 41. Maple or apple chicken sausage, avocado, Monterey Jack cheese and sweet onion |
| 4. Spinach, red peppers | 23. Onion, sweet corn, pepper, cheese | 42. Spinach, garlic and cream cheese |
| 5. Mushrooms, bell peppers and cheese | 24. Soy chorizo and Cheddar | 43. Blue cheese, caramelized pear slices and toasted pecans |
| 6. Jalapenos, spinach and bell pepper with salsa topping | 25. Crab and avocado | 44. Sliced pimiento-stuffed green olives |
| 7. Cheese, peppers, tomato, onion, squash | 26. Chive, tomato and goat cheese | 45. Manchego cheese, caramelized |
| 8. Onions and mushrooms | 27. Smoked mozzarella, sun-dried tomato, basil pesto | 46. Vidalia onions and pancetta |
| 9. Crumbled bacon, diced mushrooms, diced tomatoes, diced onion and cheddar cheese | 28. Cooked ground beef and onion with chopped garlic and cheese | 47. Labne (condensed yogurt) with dillweed |
| 10. Avocado | 29. Apples and Brie | 48. Chili and cheese |
| 11. Swiss cheese and turkey bacon | 30. Leftover mushroom stroganoff | 49. White creamy sauce with either shrimp or mushrooms |
| 12. Spinach, onion, red pepper and feta | 31. Caramelized onion and spinach | 50. Smoked salmon, cream cheese, red onion, dill, capers |
| 13. Spinach, tomatoes, onion and mushrooms | 32. Green chilis and feta | 51. Leftover roasted vegetables, sautéed onions and Gouda cheese |
| 14. Spinach, bacon and feta | 33. Leftover taco meat, onions, jarred Jalapenos and cheese topped with sour cream and salsa | |
| 15. Asparagus and cheese | 34. Artichoke hearts sautéed with garlic and seasoned goat cheese | |
| 16. Mashed potatoes, Cheddar cheese, green onion, veggie bacon and sour cream | 35. Turkey and avocado | |
| 17. Goat cheese, spinach and tomatoes | 36. Basil, tomatoes, mozzarella and Morningstar Farm's veggie sausage | |
| 18. Red, yellow, green bell peppers, onion, parsley, tomatoes, arugula or spinach, chili peppers and goat cheese | 37. Spinach and pine nuts | |
| | 38. Havarti and portabella mushrooms | |



ASIAN COD AND ZUCCHINI

- 1 cup zucchini, cubed
- 1 Tbsp. water
- 5-6 oz. cod fillet
- 1 Tbsp. sesame seeds
- ¼ tsp. freshly ground pepper
- 2 tsp. soy sauce
- 1 tsp. lemon juice

1. Place zucchini and water in the Microwave Breakfast Maker, microwave for 1-2 minutes.
2. Drain if necessary, place the cod fillet on zucchini. Cover and cook about 2-3 minutes. Let stand 1 minute.
3. Put on a plate, sprinkle with sesame seeds and pepper.
4. Mix soy sauce and lemon juice together and pour over fish.



APPLE CHEDDAR BREAD PUDDING

- 2 slices of bread
- 1 peeled apple, cut into quarters
- 1 egg
- ¼ cup of milk
- ½ cup grated cheddar
- ¼ tsp salt
- 2 Tbsp. brown sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp. maple syrup

1. Tear bread slices into pieces and place in the Breakfast maker.
2. Add the apple in the Chop N Prep and pull a few times, to coarsely chop.
3. Mix the egg and the milk and pour the mix over the bread.
5. Make sure the bread is well soaked in the mixture, press down using the spatula.
6. Add the cheese and the salt over the mix.
7. Sprinkle with brown sugar and cinnamon on top.
8. Put in the microwave at 70% for 3 minutes.
9. Pour maple syrup over as desired.



AVOCADO POACHED EGG SALAD

- 2 eggs
- 1 avocado, sliced
- 7 grape tomatoes, sliced in half
- 2 cups romaine lettuce
- ¼ cup cooked quinoa
- 1 Tbsp. pistachios
- Salt and freshly cracked black pepper

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. Create the salads by layering the lettuce, tomatoes, cooked quinoa, avocado, and pistachios.
6. Add the poached eggs and top with salt/pepper to taste.

BREAKFAST MAKER RECIPES

6. Apple Cheddar Bread Pudding
7. Asian Cod and Zucchini
8. Avocado Poached Egg Salad
9. Banana Bread
10. Breakfast Maker Brownies
11. Breakfast Sandwiches
12. Chicken Basquaise
13. Chocolate Chip Cookie
14. Chocolate Pudding
15. Cornbread
16. Date Night Chocolate Dessert
17. Delightfully Decadent Chocolate Cake
18. Eggs Cordon Blue
19. Flip Flop Cake
20. Flip Flop Omelet
21. French Toast Twist
22. Garden Frittata
23. Good Morning Breakfast Sandwich
24. Ham & Cheese Omelet
25. Healthy Plan ahead Breakfast
26. Hearty Breakfast Bowl
27. Home Run Hash Brown Omelet
28. Italian Frittata
29. Leek & Cheese Omelet
30. Lemon Garlic Parmesan Asparagus
31. Lox Omelet
32. Minute Cinnamon Rolls
33. Minute Muffins
34. Mushroom Omelet
35. Onion & Cheese Tart
36. Parmesan Zucchini
37. Poached Eggs
38. Poached Eggs & Avocado Toast
39. Poached Eggs & Goat Cheese Sandwich
40. Poached Eggs with Ham
41. Salmon & Carrots à L'orange
42. Salmon & Zoodles with Dijon Dill Sauce
43. Smoked Salmon Omelet
44. Southwest Veggie Frittata
45. Spinach Mushroom Omelet
46. Strawberry Breakfast Bowl
47. Strawberry Tart
48. Sweet & Simple French Toast
49. Turkey Avocado Melt
50. Ultimate Egg Salad
51. Vegetarian Omelet

APPLE CHEDDAR BREAD PUDDING



- 2 slices of bread
- 1 peeled apple, cut into quarters
- 1 egg
- ½ cup of milk
- ½ cup grated cheddar
- ¼ tsp salt
- 2 Tbsp. brown sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp. maple syrup

1. Tear bread slices into pieces and place in the Breakfast maker.
2. Add the apple in the Chop N Prep and pull a few times, to coarsely chop.
3. Mix the egg and the milk and pour the mix over the bread.
5. Make sure the bread is well soaked in the mixture, press down using the spatula.
6. Add the cheese and the salt over the mix.
7. Sprinkle with brown sugar and cinnamon on top.
8. Put in the microwave at 70% for 3 minutes.
9. Pour maple syrup over as desired.

ASIAN COD AND ZUCCHINI

- 1 cup zucchini, cubed
- 1 Tbsp. water
- 5-6 oz. cod fillet
- 1 Tbsp. sesame seeds
- ½ tsp. freshly ground pepper
- 2 tsp. soy sauce
- 1 tsp. lemon juice



1. Place zucchini and water in the Microwave Breakfast Maker, microwave for 1-2 minutes.
2. Drain if necessary, place the cod fillet on zucchini. Cover and cook about 2-3 minutes. Let stand 1 minute.
3. Put on a plate, sprinkle with sesame seeds and pepper.
4. Mix soy sauce and lemon juice together and pour over fish.

AVOCADO POACHED EGG SALAD



- 2 eggs
- 1 avocado, sliced
- 7 grape tomatoes, sliced in half
- 2 cups romaine lettuce
- ¼ cup cooked quinoa
- 1 Tbsp. pistachios
- Salt and freshly cracked black pepper

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. Create the salads by layering the lettuce, tomatoes, cooked quinoa, avocado, and pistachios.
6. Add the poached eggs and top with salt/pepper to taste.

BANANA NUT BREAD

1 banana, mashed
1 egg
3 Tbsp. yogurt or mayonnaise
¼ cup milk
½ cup flour
½ cup sugar
½ tsp. baking soda
Pinch of salt
½ cup chopped pecans

Optional add ins, chocolate chips, raisins

1. In a small bowl mix together banana, egg and yogurt/mayonnaise.
2. Add remaining dry ingredients and stir to mix.
3. Pour batter into the base of the Breakfast Maker.
4. Microwave on high power for 2½-3 minutes, check and add additional 30 second if needed, depending on microwave wattage.

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.

BREAKFAST SANDWICH

2 English muffins
¾ 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.

CHICKEN BASQUAISE

1 tomato, cut into chunks
1 bell pepper, cut into strips
½ Tbsp. Herbs de Provence
1 chicken breast, cut into strips
½ tsp. olive oil
Kosher Salt to taste
Fresh ground black pepper to taste

1. Add vegetables to the base fo the Breakfast Maker, sprinkles with Herbs de Provence.
2. Cover and microwave for 3 minutes, at 50% power, let stand one minute.
3. Add Chicken, stir, cover and microwave for 5 minutes at 50% power, let stand one minute.
4. Open cover, add oil salt and pepper.
5. Serve warm

Serve over rice

CHOCOLATE CHIP COOKIE

- 1 tbsp. butter, melted
- 1 tbsp. granulated white sugar
- 1 tbsp. dark brown sugar
- 3 Drops of vanilla extract
- Pinch of kosher salt
- 1 egg yolk
- ¼ cup All Purpose Flour (minus 1 tbsp.)
- 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.

CHOCOLATE PUDDING

- 6 oz. 2% milk
- 2 oz. unsweetened chocolate, chopped
- 1 tsp. cocoa powder
- ½ tsp cornstarch
- 2 eggs
- 2 Tbsp. sugar
- 2 Tbsp. chocolate bar shavings



1. In the 2 cup Micro Pitcher, heat the milk with chocolate and cocoa in the microwave for 2 minutes at 50% power.
2. Remove from the microwave and stir until the chocolate is melted.
3. In a small bowl beat the eggs with the sugar and cornstarch, add the chocolate milk and stir well.
4. Pour into the Breakfast Maker.
5. Cover and cook in microwave for 7 minutes, at 30% power.
6. After cooking, remove the lid and let it cool 3 min. Before unmolding.

DATE NIGHT CHOCOLATE MELTING CAKE

Recipe by Kalani Burbank

- 3 Tbsp. semi sweet chocolate morsels, divided
- 6 Tbsp. devils food Cake mix
- 4 Tbsp. water
- Powdered sugar
- Vanilla bean ice cream, optional

Makes two cakes



1. Mix together cake mix, 1 Tbsp chocolate chips and water.
2. Spray Breakfast Maker Inserts with cooking spray.
3. Add 1 Tbsp. chocolate chips to each insert, divide batter into the two inserts.
4. In the base of Breakfast Maker add a ⅓ cup water, place inserts in the base.
5. Cover and cook in microwave for 1 minute.
6. After cooking, remove the lid and let it cool 3 minutes. Remove inserts from Breakfast Maker, serve cake in the inserts.
7. Dust cakes with powdered sugar and serve with vanilla bean ice cream if desired.

CORNBREAD

- 1 pkg. Jiffy Corn Muffin Mix
- 1 egg
- ⅓ cup milk



1. In a small bowl mix together corn muffin mix, egg and milk, stir to combine.
2. Pour half of the batter into the base of the Breakfast Maker and microwave on high power for 2 minutes, check, add additional 30 second increments if needed.
3. Remove from microwave, remove the lid and allow to cool for a few minutes.
4. Remove from Breakfast Maker and cook 2nd half of batter.



DELIGHTFULLY DECADENT CHOCOLATE CAKE

¼ cup hazelnut spread
1 large egg
4 Tbsp. unsweetened cocoa powder
3 Tbsp. granulated sugar
1½, Tbsp, whole milk
1 tbsp. vegetable oil
¼ cup semisweet chocolate chips
¼ cup heavy cream
2 Tbsp. granulated sugar



1. In small bowl, place hazelnut spread, egg, cocoa powder, sugar, milk and oil, whisk until mixture is smooth.
2. Pour batter into base of Microwave Breakfast Maker and sprinkle chocolate chips evenly over the top.
3. Cover and microwave on high power 90 seconds. At the end of cooking time, let rest for 2 minutes before opening.
4. While cake is cooking, pour heavy cream and remaining 2 Tbsp. of sugar into base of Chop 'N Prep Chef. Replace cover and pull cord for approximately 45 seconds or until thick.
5. When cake has cooled, top with whipped cream and serve.

Note: Can be topped with additional chocolate chips. whipped cream, fresh strawberries and grated chocolate or powdered sugar.



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.



EGGS CORDON BLUE

1 slice low sodium turkey
¼ 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
¼ tsp. black pepper
¼ 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.



FLIP FLOP OMELET

2 strips of bacon
3 eggs
2 tbsp. water

Your choice of omelet ingredients, cheese, bell peppers, onions, mushrooms.



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.
3. Pour egg mixture into Breakfast Maker, add you choice of ingredients
4. Cover and microwave for 2-3 minutes.
5. Decorate egg flip flop with bacon.

FRENCH TOAST TWIST

1½ slices whole wheat bread
1 tbsp. light buttermilk, 1.5% milk fat
¼ tsp. ground cinnamon
1 whole egg
½ tsp. kosher salt



TUPPERWARE

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 1½ 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.

GARDEN FRITTATA

¼ onion	2 whole eggs
½ tsp. garlic	¼ cup egg whites
½ tsp. Italian herb seasoning	1 tbsp. water
¼ cup of mushrooms, sliced	2 tbsp. shredded mozzarella cheese
¼ cup asparagus cut in ½" slices	3 slices Roma tomatoes, medium thickness
½ tbsp. fresh basil, chopped	½ tsp. kosher salt
¼ cup spinach, shredded	¼ tsp. ground black pepper



TUPPERWARE

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.

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)



TUPPERWARE

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).

HEALTHY PLAN AHEAD BREAKFAST

Place in each Snack Cup:

¼ cup Frozen Potatoes O'Brien (Potatoes, Onion, Peppers)
2 Tbsp. cooked chopped meat (Sausage, ham, bacon, turkey sausage)
2 Tbsp. shredded Cheese, your choice

Freeze until needed.

Needed to cook: one egg, two eggs, egg-whites or egg substitute



TUPPERWARE

1. Remove Snack Cup(s) from freezer allow to thaw for 15 minutes.
2. Pour snack cup contents into the breakfast maker, add one egg, two eggs, egg-whites or egg substitute, stir to combine.
3. Cover and microwave for 1½-2 minutes. For double recipe add additional time (15-30 seconds).



HAM & Cheese omelet*

1 Tbsp. cheddar or swiss, grated
2 thin ham slices
3 eggs
2 Tbsp. water
1 Tbsp. parmesan, grated
1 Tbsp. chives or parsley, finely chopped
Salt, pepper

*bottom pictured



1. Add shredded cheese and ham to the base of the Breakfast Maker.
2. In a small bowl mix eggs, water, parmesan cheese, chives, salt and pepper until well blended, pour over mushrooms.
3. Cover and microwave for 4-5 minutes at 50% power, let stand for 3 minutes.

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. cheddar cheese, shredded



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.

HOME RUN HASH BROWN omelet

½ cup shredded potato
½ onion, cut in half
2 slices deli ham, torn into several pieces
¼ cup shredded cheddar
¼ of red bell pepper
3 eggs
¼ tsp. kosher salt



1. In the base of the PowerChef System, fitted with blade attachment, add potato, onion, ham, cheddar, bell pepper, eggs and salt. Cover and pull cord until vegetables are minced and eggs are well beaten.
2. Transfer egg mixture to the base of the Microwave Breakfast Maker. Cover and microwave at 70% power for 3 minutes.
3. Remove from microwave, let stand, covered, an additional 3 minutes.

ITALIAN FRITTATA

¾ cup frozen country-style hash browns
1 green onion
¼ red bell pepper
2 tbsp. cold water
½ tsp. Italian Herb Seasoning
¼ cup shredded cheddar cheese, reduced fat
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.

Leek & Cheese omelet*

2 Tbsp. sliced leeks (or onions)
3 eggs
2 Tbsp. water
Salt, pepper
2 Tbsp. grated cheese (Brie, goat or cheddar)

*2nd from the top pictured



1. Add leeks to the base of the Breakfast Maker.
2. In a small bowl mix eggs, water, salt and pepper until well blended, pour over leeks, sprinkle cheese over egg mixture.
3. Cover and microwave for 4-5 minutes at 50% power, let stand for 3 minutes.

Lemon GARLIC PARMESAN ASPARAGUS

6-8 asparagus stalks, trimmed
2 Tbsp. water
1 Tbsp. butter
¼ tsp. minced garlic
Dash of lemon juice, to taste
1-2 Tbsp. parmesan cheese



1. Add asparagus to the base of the Breakfast Maker, add water.
2. Cover and microwave for 4-5 minutes, let stand for 1-2 minutes.
3. Uncover and add butter, garlic, lemon and parmesan, toss to coat.

Lox omelet

1-2 ounces smoked salmon
1 tbsp. capers
2 tbsp. red onions, diced
2 large eggs
2 tbsp. milk
1-2 oz. cream cheese
Fresh dill
Sour cream and green onions optional



1. Place salmon, capers and onions in the Breakfast Maker, cover and microwave on high 1 minute.
2. Whisk eggs and milk and pour over salmon mixture and top with cheese.
3. Cover and microwave on high 1 minute, check eggs, cook in 15 second increments until desired doneness. Allow to rest 2 minutes while covered, sprinkle with dill and serve.

Sour cream and green onions optional

Minute Cinnamon ROLLS

1 package refrigerated cinnamon rolls



1. Lightly butter the base of the Breakfast Maker
2. Add 3 rolls to the base of the Breakfast Maker, place cover on.
3. Microwave for 1 minute.
4. Frost and enjoy!

MINUTE MUFFINS

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



1. In a small bowl, mix muffin mix and milk.
2. Pour half the batter into the base of the Breakfast Maker, place cover on and microwave on high for one minute.
3. Repeat for the 2nd muffin.

MUSHROOM omeLet*

4-5 button mushrooms, sliced
3 eggs
2 Tbsp. water
Salt, pepper

*3rd from the top pictured



1. Add mushrooms to the base of the Breakfast Maker.
2. In a small bowl mix eggs, water, salt and pepper until well blended, pour over mushrooms.
3. Cover and microwave for 4-5 minutes at 50% power, let stand for 3 minutes.

ONION & CHEESE TART

¼ cup green onions
2 tbsp water
¼ cup heavy cream
¼ cup milk
2 tbsp. all-purpose flour
2 eggs
2 Tbsp. grated cheese
5-6 basil leaves, chopped
Salt and pepper



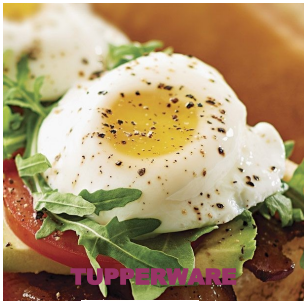
1. Slice the spring onions thinly. Place in the base of Breakfast Maker, add the water, cover, and microwave for 6 minutes at 50% power, stirring halfway through. Allow to stand for 1 minute, then drain.
2. Mix the remaining ingredients in the Quick Shake. Pour onto the onions inside the Breakfast Maker.
3. Cover and microwave for 4-5 minutes at 50% power. Allow to stand for 2 minutes.
4. Unmold and serve with a salad.

PARMESAN ZUCCHINI

1 medium zucchini, sliced into coins
2 Tbsp. water
1 Tbsp. butter, cut into chunks
1-2 Tbsp. grated Parmesan cheese
Kosher salt and freshly ground black pepper



1. Place zucchini in the base of Breakfast Maker, add the water, cover, and microwave for 4-5 minutes, stirring halfway through. Allow to stand for 1 minute, then drain.
2. Add the butter, tossing to melt. Season with the kosher salt and freshly ground black pepper and sprinkle with Parmesan.



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.

Eggs can be placed on baguette with arugula, bacon, tomato and avocado if desired.



POACHED EGGS & AVOCADO TOAST

2 eggs
2 slices whole grain bread
½ avocado, sliced
2 tbsp. shaved Parmesan cheese
salt and pepper for topping
fresh herbs (parsley, thyme, or basil) for topping
quartered heirloom tomatoes for serving



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. While the eggs are cooking, toast the bread and smash the avocado on each piece of toast.
6. When the eggs are done place the poached eggs on top of the toast. Sprinkle with Parmesan cheese, salt, pepper, and fresh herbs; serve with the fresh quartered heirloom tomatoes.



POACHED EGGS & GOAT CHEESE SANDWICH

2 oz. goat cheese, softened at room temperature
2 English muffins, split, and toasted
1 tomato, cored, and cut into 4 thick slices
1 small garlic clove, tip cut off
4 large eggs
Arugula for topping
Salt and freshly ground black pepper



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. While the eggs are cooking, Split and toast English muffins according to package directions and rub the cut sides with the garlic clove while still warm.
6. Spread softened goat cheese evenly on top of the English muffins. Add tomato slices on top and season with salt and pepper. Add arugula on top.
7. Spoon egg on top of each English muffin. Season eggs with salt and pepper to taste



POACHED EGGS WITH HAM

2 slices round ham or Canadian
bacon
2 tbsp. water
2 large eggs

Additional options
English muffin of bread, toasted
Chives
Shredded cheese
Avocado
Hollandaise sauce
Tomatoes, sliced



1. Place Egg Inserts inside Microwave Breakfast Maker.
2. Place one slice of ham or Canadian bacon inside Egg Insert; pour 1 tbsp. of water on top and one cracked egg on top. Repeat with remaining Egg Insert.
3. Cover and microwave on high power 60-90 seconds or until desired doneness. Leave covered 2 minutes more.
4. Serve warm with additional options, if desired.

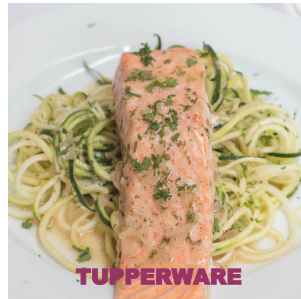


SALMON & CARROTS À L'ORANGE

½ cup grated carrots
 ¼ tsp. ground cumin
 1 salmon filet, skinless
 1½ oz. orange juice
 ½ tsp. olive oil
 ¼ tsp. chopped coriander
 Kosher salt to taste
 Fresh ground black pepper to taste



1. Add grated carrots to the base of the Breakfast Maker, sprinkle with cumin and 3 Tbsp. orange juice.
2. Place salmon filet on top of carrots
3. Cover and microwave for 4 minutes at 50% power, let stand for 3 minutes.
4. Meanwhile, mic remaining orange juice with oil, coriander, salt and pepper.
5. Open cover and pour over salmon and carrots.
6. Serve warm.



SALMON & ZOODLES WITH DIJON DILL SAUCE

½ of a medium zucchini or 1 cup
 zucchini noodles
 4 oz. Salmon
 1 Tbsp. water
 Salt and pepper, to taste

Dijon Dill Sauce
 1 garlic clove, minced
 2 Tbsp. chopped fresh dill
 3 Tbsp. plain Greek yogurt
 1½ Tbsp. mayonnaise
 1½ Tbsp. Dijon mustard
 2 teaspoons fresh lemon juice
 ¼ tsp. kosher salt
 ¼ tsp. freshly ground black pepper



1. In the base of the Chop N Prep place garlic and dill, cover and pull cord until finely minced. Add the remaining sauce ingredients, cover and pull cord until well combined; set aside.
2. Peel and trim ends from zucchini.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place zucchini into Spiralizer and secure in place.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of squash and repeat.
6. Transfer squash to the base of the Breakfast Maker and add water, place salmon on top of the zucchini, season with salt and pepper.
7. Microwave uncovered on 80% power for 5 minutes.
8. Drain any water in the breakfast maker, pour sauce over salmon and serve



SMOKED SALMON OMELET*

1 piece of smoked salmon
 2 Tbsp. crab meat
 3 eggs
 2 Tbsp. water
 Finely chopped dill
 Salt, pepper

*Top one pictured



1. Add salmon and crab meat to the base of the Breakfast Maker.
2. In a small bowl mix eggs, water, dill, salt and pepper until well blended, pour over fish.
3. Cover and microwave for 4-5 minutes at 50% power, let stand for 3 minutes.



SOUTHWEST VEGGIE FRITTATA

½ jalapeno pepper; seeded
 ⅛ small onion
 ¼ medium tomato, sliced or ¼ cup grape tomatoes
 3 large eggs
 2 Tbsp. water
 ¾ tsp. Southwest Chipotle seasoning
 ¼ cup pepper jack cheese, shredded



1. Combine jalapeño, onions, grape tomatoes (if using) Southwest Chipotle Seasoning in the base of the Power Chef System with blade attachments. Pull cord until diced.
2. Place diced vegetable in the base of the Breakfast Maker; add sliced tomatoes (if using).
3. in the base of the Power Chef System paddle attachments add egg and water, cover pull cord until well blended, pour over vegetables and sprinkle with cheese.
4. Microwave on high 2 minutes, check to see if done, if more time is needed do it in 30 second increments.

SPINACH MUSHROOM omeLET

¼ cup spinach
¼ cup mushrooms, sliced
2 eggs*
½ tsp. coarse kosher salt
2 tbsp. Swiss cheese, shredded



TUPPERWARE



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.

STRAWBERRY BREAKFAST BOWL

½ cup oat bran
4 Tbsp oat flour
4 Tbsp buckwheat groats
2 Tbsp ground flaxseed
1 tsp baking powder
pinch salt
½ tsp cinnamon
1 tsp vanilla
4 Tbsp unsweetened applesauce
½ cup almond milk
1 cup fresh strawberries, diced



TUPPERWARE



1. Mix together the oat bran, oat flour, buckwheat groats, flaxseed, baking powder, salt, and cinnamon.
2. Stir in the vanilla, applesauce, and almond milk until all the dry ingredients are incorporated. Gently fold in the diced strawberries.
3. Pour into the Breakfast Maker base or cups.
4. Heat for 1 minute and 30 seconds to 2 minutes, or until the top is set.
5. Let cool for 2-3 minutes.

STRAWBERRY TART

1 Egg
1 Tbsp. granulated white sugar
1 tsp. powdered sugar
2 Tbsp. All Purpose flour
Pinch of baking powder

3 Tbsp. whipped cream
7 oz. Strawberries



TUPPERWARE



1. In a small bowl, whisk together, egg, sugars, flour and baking powder.
2. Pour into the base of the breakfast maker and microwave for 2 minutes, 40 seconds. Let Cool then transfer to a plate.
3. Wash strawberries and cut in half.
4. Frost tart with whipped cream and decorate with strawberries.

SWEET & SIMPLE FRENCH TOAST

2 slices bread
1 egg
2 tbsp. milk
1 tsp. sugar
½ tsp. ground cinnamon



TUPPERWARE



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.

TURKEY AVOCADO omeLET

2 eggs*
1 tbsp. water
¼ 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.

ULTIMATE EGG SALAD

4 large eggs
6 tbsp. water, divided
2 tbsp. mayonnaise
1 tsp. lemon juice
¼ 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.

VEGETARIAN omeLET

4 thin slices of red bell pepper
4 thin slices of zucchini
2 sliced mushrooms
2 tablespoons tomatoes, diced
2 eggs
Parsley, chopped to taste
Salt and black pepper to taste



1. Place vegetables in base of Microwave Breakfast Maker, Cover and microwave at 80% power 2–3 minutes.
2. In small bowl, whisk together eggs, parsley, salt, and pepper, pour over vegetables.
3. Cover and microwave at 80% power 2–3 minutes, or until eggs are cooked through.