

**Tupperware®**

# *no place like home*

## MORE FRESH TIPS:

- Make sure to store fruits and veggies unwashed to avoid additional moisture in FridgeSmart® containers, which can accelerate spoilage.
- Bring FridgeSmart® containers with you when shopping to use in place of plastic bags and save time when you get home: just place them in the refrigerator.
- No matter what, even if not storing in FridgeSmart® containers, always be sure to remove produce from plastic bags. That kind of wrapping can suffocate fresh produce and speed up decay.



At Tupperware, we believe in providing the very best products for everyday solutions for everyday life, even when life takes a turn. We're all in this together as we dedicate ourselves to staying home and doing what's best for our families. As a fan of Tupperware, you likely already have many of our products that provide limitless solutions to your everyday, like keeping produce fresher longer, cooking quick and easy meals in the microwave, and doing fun activities with the kids.

## FRESHER, LONGER:

*It's understandable that right now, you want to make sure you have exactly what you'll need. It's no secret that FridgeSmart® works its magic on pretty much all produce you'd store in the fridge, but right now, to limit trips to the grocery store, you may want to be choosing longer lasting fruits and veggies like:*

*Apples  
Broccoli*

*Brussels sprouts  
Cabbage*

*Carrots  
Cauliflower*

*Citrus  
Spaghetti squash*

## HOW DO FRIDGESMART® CONTAINERS WORK?

*Even after harvesting, many fruits and vegetables continue to “breathe” by exchanging beneficial oxygen for carbon dioxide. Some vegetables require more oxygen to stay fresh and crisp than others. FridgeSmart® Containers have a special 3-way venting system that helps regulate the atmosphere inside the container by balancing the flow of oxygen coming in and carbon dioxide going out.*



## SOME OF OUR FAVE MAKE & FREEZE BREAKFAST RECIPES:

*Take the guesswork out of the most important meal of the day. A little prep goes a long way toward making mornings a little easier.*



### freezer breakfast sandwiches

SERVES: 2 • PREP: 5 MINUTES • COOK: 19 MINUTES

- 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 Set 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. 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. Place in Freezer Mates® container until needed (up to one month).

#### Reheating Instructions:

Place sandwiches in Microwave Breakfast Maker Set and cover. Microwave on high power two minutes, flip and microwave on high power one minute longer. Remove sandwiches from Microwave Breakfast Maker Set to towel to absorb any excess moisture. Serve immediately.



Microwave Breakfast  
Maker Set



### diy cereal bars

SERVES: 8–10 • PREP: 10 MINUTES • COOK: 15 MINUTES

- 1 cup old fashioned oats
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- $\frac{1}{2}$  tsp. salt
- 1 tsp. baking powder
- 1 large egg
- 1 stick unsalted butter, melted
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  cup honey
- 10 tbsp. desired jam for filling or  $\frac{1}{2}$  cups fresh strawberries, hulled & chopped using the Power Chef.

1. Preheat oven to 350° F/175° C. Place oats into base of Power Chef® fitted with blade attachment. Cover and pull cord until oats are finely cut. In a medium bowl, combine oats, both flours, salt and baking powder.
2. In a small bowl, stir together egg, melted butter, vanilla and honey. Pour butter mixture into flour and stir until combined.

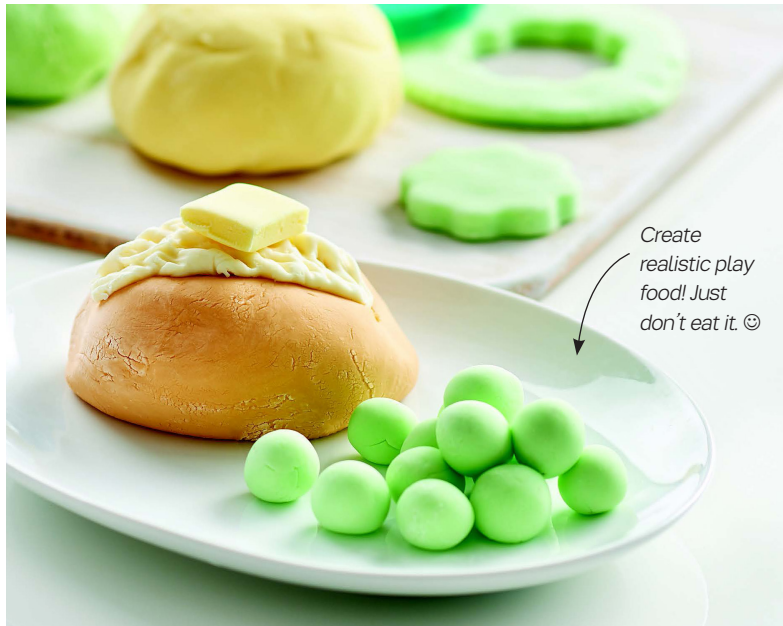
3. Place dough onto Silicone Baking Sheet with Rim and roll out until approximately  $\frac{1}{4}$ "/.6 cm thick. Trim off edges of dough with the edge of the Silicone Spatula to make a rectangle.
4. Using the edge of the Silicone Spatula, make as many  $3\frac{1}{2}$  x 4" x 10 cm rectangles as possible with the dough. Re-roll any remaining dough.
5. Spread 1 tbsp. of jam or chopped strawberries onto each piece of dough. Fold dough into thirds to close the bar and gently press down the ends.
6. Place bars onto baking pan lined with Silicone Baking Sheet with Rim. If desired, sprinkle with oats and bake for 15 minutes or until lightly brown. Store in sealed container up to three days or freeze up to one month.



Power Chef® System



**FAMILY CRAFT TIME:** Take a break and reconnect with your favorite people over a fun activity.



## pudding dough

YIELDS: ABOUT 2 CUPS • PREP: 5 MINUTES

- 1 vanilla pudding cup or  
1 cup prepared vanilla pudding
- 2 cups cornstarch
- ½ tbsp. cold water
- Few drops food coloring

1. Place pudding in bowl and add in cornstarch ½ cup at a time.
2. Add water and knead for 10 minutes. Separate and add drops of food coloring, as desired.
3. Store in Tupperware® container for up to 7 days.

*Note: Dough may stain fingers and fabric and, though taste-safe, is not recommended for ingesting.*



## salt dough

YIELDS: 12 • PREP: 10 MINUTES • COOK: 2+ HOURS; 3 DAYS DRYING TIME

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup cold water

1. Preheat oven to 250° F/121° C.
2. In 6-Cup/1.4 L That'sa® Bowl, mix flour and salt until well combined. Add water 2 tbsp. at a time until mixture forms into a dough. Knead for 10 minutes and let dough rest for 10 minutes.
3. Roll out dough to desired thickness and cut out shapes with cookie cutter, or create your own shapes with dough. Place on Silicone Baking Sheet with Rim and bake 2 hours or until dry. Each shape should hold firm when lifted. Let dry for 2–3 days before decorating further to use as decorations or ornaments.

