

 **URBANMAX™**

Tupperware®

Portable Blender



Tupperware®

Recipe Booklet



STRAWBERRY ENERGIZER

Servings: 1
Serving Size: 14 oz.
Total Time: 5 minutes

- 2/3 cup strawberries, quartered
- 1/2 cup white grape juice
- 1/2 cup green or white tea, chilled
- 1 1/2 tbsp. lemon juice

DIRECTIONS

1. Add all ingredients to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance.
Serve over ice.



CUCUMBER APPLE SMOOTHIE

Servings: 1
Serving Size: 10 oz.
Total Time: 5 minutes

- 1/4 cup cucumber, peeled and cut into 3/4-inch cubes
- 1/4 cup green or Gala apple, peeled and cut into 3/4-inch cubes
- 1/2 tbsp. fresh dill
- 3/4 cup coconut water or apple juice

DIRECTIONS

1. Add all ingredients to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance.
Serve over ice.



BLUEBERRY YOGURT SMOOTHIE

Servings: 1
Serving Size: 14 oz.
Total Time: 5 minutes

- 2/3 cup blueberries
- 3/4 cup plain Greek yogurt
- 1 1/2 tbsp. honey

DIRECTIONS:

1. Add all ingredients to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 2 cycles. If necessary, gently shake and rotate the tumbler to optimize blending performance.



COOKIES & CREAM CHEESECAKE MILKSHAKE

Servings: 1
Serving Size: 10 oz.
Total Time: 5 minutes

- 1/2 cup milk of choice
- 3 chocolate sandwich cookies, broken into pieces
- 3 tbsp. cream cheese, softened
- 1 cup soft vanilla ice cream, divided

DIRECTIONS

1. Add milk, cookies, cream cheese, and half of the vanilla ice cream to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance.
3. Add remaining half of ice cream, cover, and blend for 1 cycle. Garnish as desired and serve immediately.



AVOCADO PUDDING

Servings: 2

Serving Size: ½ cup

Total Time: 5 minutes

- 1 ripened avocado
- 1 cup coconut milk
- 2 tsp. honey

DIRECTIONS

1. Add all ingredients to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance. Serve immediately.



CLASSIC PANCAKES

Servings: 1

Serving Size: 2

Total Time: 25 minutes

- ¾ cup all-purpose flour, divided
- 1 large egg
- 2 tbsp. unsalted butter, melted
- ½ tsp. vanilla extract

DIRECTIONS

1. Add milk, sugar, salt, baking powder, half of the flour, egg, melted butter, and vanilla extract to tumbler base of UrbanMax™ Portable Blender.
2. Place cover on top and gently shake to mix ingredients. Press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance.
3. Add remaining flour in two batches, blending for 1 cycle each time.
4. Cook ¼ cup of batter at a time in a frypan over medium heat. Flip the pancake once the surface is covered in bubbles, then cook for 1–2 minutes or until surface is golden brown. Serve immediately with toppings of choice.



HOMEMADE ALMOND MILK

Servings: 2

Serving Size: ½ cup

Total Time: 35 minutes

- ¼ cup raw unsalted almonds
- 1 cup water
- Pinch of salt
- 1 tsp. agave or honey (optional)

DIRECTIONS

1. Soak almonds in water for 30 minutes. If the almonds have skin, peel them after soaking.
2. Discard soaking water and transfer almonds to tumbler base of UrbanMax™ Portable Blender. Add remaining ingredients and place cover on top. Press the start button twice, then turn the blender upside down. Blend for 1 cycle. If necessary, gently shake and rotate the tumbler to optimize blending performance. Repeat 1 additional cycle if desired.
3. Pour milk over fine mesh strainer or cheesecloth. Press excess milk out of remaining almond meal.*
4. Use milk as desired or refrigerate up to 3 days.

**Tip: Make a dip with leftover almond meal! Just add ½ tsp. lemon juice and a pinch of salt. Serve with crackers.*



BANANA PROTEIN SMOOTHIE

Servings: 1

Serving Size: 12 oz.

Total Time: 5 minutes

- ¼ cup banana, peeled and cut in ¾-inch cubes
- 3 tbsp. protein powder of choice (chocolate, vanilla, etc.)
- 1 tbsp. nut butter of choice (peanut butter, almond butter, etc.)
- 1 cup almond milk

DIRECTIONS

1. Add all ingredients to tumbler base of UrbanMax™ Portable Blender.
2. Place the cover on and press the start button twice, then turn the blender upside down. Blend for 2 cycles. If necessary, gently shake and rotate the tumbler to optimize blending performance. Serve immediately with crackers.

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