



Tupperware®

Microwave

CRYSTALWAVE SOUP MUG

Recipes

CRYSTALWAVE SOUP MUG PRODUCT INFORMATION

This durable and delightful microwavable soup mug is an ideal, on-the-go meal storage solution. It is also perfect for a healthy and warming soup at home, reheated mess-free and in no time. Mug features easy-carry handle, larger seal tab and push-open vent cap. Just pop the steam vent and leave the seal in place to prevent spills when reheating. The stain guard protects the container from stain-prone sauces and keeps them looking great for years.

- Can be recycled
- Dishwasher safe
- Do not use sharp or metal utensils
- Not freezer safe
- Not safe for use in the oven
- Not safe for use with grill/broil function
- Safe for use in the microwave

KEY FEATURES AND BENEFITS

- **Food can be reheated in the microwave**, thanks to the heat-resistant material and valve on the lid to prevent pressure build-up by letting steam escape.
- **Splatter-free Microwave**, CrystalWave's seal prevents splatters during microwave heating.
- **Safe on-the-go** thanks to the leakproof lid.
- **Ergonomic handle** to grab safely from the microwave and perfect for enjoying your soup or warm snack on the couch.
- **Eat healthy** by avoiding prepackaged and industrial meals.



CRYSTALWAVE SOUP MUG RECIPES

- 3-2-1 Mug Cake
- Banana Nut Bread
- Black Forest Cake
- Blueberry Pancake in a Mug
- Blueberry Streusel Mug Cake
- Butterscotch Mug Cake
- Chilaquiles in a Mug
- Chocolate Caramel Mug Cake
- Chocolate Mug Cake
- Chocolate Peanut Butter Mug Cake
- Cinnamon Hot Chocolate
- Cinnamon Hot Chocolate Mix
- Cinnamon Roll Mug Cake
- Double Chocolate Mint Mug Cake
- Egg Fried Rice in a Mug
- French Toast in a Mug
- Granola in a Mug
- German Chocolate Cake
- Hot & Sour Soup
- Hot Chocolate Brownie
- Meatloaf in a Mug
- Mocha Coffee
- Parmesan & Spinach Mug Cake
- Peach Cobbler Mug Cake
- Peanut Butter & Banana Mug Cake
- Pepperoni Pizza in a Mug
- Pineapple Upside Down Mug Cake
- Pumpkin Spice Mug Cake
- Ramen Soup
- Rice Krispy Treat
- Saints & Sinners Mug Cake
- S'Mores Mug Cake
- Strawberry Cheesecake

Most recipes are based on a 1100 watt microwave, Cooking times will vary slightly depending on your microwave.



321
MUG CAKE

INGREDIENTS

- 1 (16 oz.) box angel food cake mix
- 1 (18 oz.) box cake mix (any flavor)

To make mug cake

- 3 Tbsp. of the cake mix
- 2 Tbsp. water

Icing or whipped topping, if desired

DIRECTIONS

1. Pour both cake mixes into a **Modular Mates Container**, seal and shake to combine.
2. Take 3 tbsp. of the cake mixture and pour into **Crystalwave Soup Mug**. Stir in 2 Tbsp. water with cake mix.
3. Microwave on high 1 minute. Enjoy warm.

Tips:

- If desired, top cake with strawberries, whip cream, chocolate or ice cream.
- Mix and store in Modular Mates Square 2.
- Mix makes 30 cakes.



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Banana Nut **BREAD**



INGREDIENTS

- 3 Tbsp. self rising flour
- 2 Tbsp. granulated sugar
- 1½ Tbsp brown sugar
- 2 Tbsp. butter, softened
- 3 Tbsp. bananas, mashed and ripened
- 3 Tbsp. milk
- ½ tsp. vanilla extract
- Dash ground cinnamon
- 2 Tbsp. pecans or walnuts, chopped
- Sliced bananas for topping

DIRECTIONS

1. Add all ingredients into the **Crystalwave Soup Mug**, except banana slices. Stir .
2. Microwave on high for 1 minute.
3. Top with banana slices.



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Black Forest CAKE



INGREDIENTS

- 1 cup chocolate cake mix
- 1 egg
- ½ cup cherries in heavy syrup, sliced
- ½ cup whipped topping

DIRECTIONS

1. In a small bowl add cake mix and egg, stir until combined.
2. Divide half the batter into each of two **Crystalwave Soup Mugs**.
3. Microwave on high for 2 minutes.
4. Using a knife remove cake from soup mug cut in half, place bottom half in mug,
5. Top with 1-2 Tbsp. cherries and 1-2 Tbsp whipped topping, place second half of cake on top, top with more cherries and whipped topping.
6. Repeat with second soup mug cake.



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BLUEBERRY PANCAKE

in a Mug

INGREDIENTS

- 3 Tbsp. flour
- ¼ tsp. baking soda
- 2 tsp. maple syrup/ honey/ agave
- 1 Tbsp. milk
- 1 Tbsp. flavorless oil (canola, coconut, vegetable etc.)
- 1 egg
- 1 Tbsp. blueberries, frozen

DIRECTIONS

1. Add all ingredients into the **Crystalwave Soup Mug**, Stir.
2. Microwave on high for 1 minute.
3. Top with a little maple syrup and some more blueberries.



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BLUEBERRY STREUSEL

Mug Cake



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INGREDIENTS

¼ cup flour
2 Tbsp. granulated sugar
⅓ tsp baking powder
pinch of baking soda
3 Tbsp. fat free milk
1 Tbsp. vegetable oil
7 fresh blueberries

Streusel topping
1 tbsp. cold butter, chopped into tiny pieces
1½ Tbsp. flour
2½ Tbsp. brown sugar
¼ tsp. cinnamon

DIRECTIONS

1. Mix everything listed in muffin ingredients except blueberries into a **Crystalwave Soup Mug** with a small whisk. Drop blueberries in, spreading them out.
2. In a small bowl, mix streusel ingredients, until butter pieces are completely coated in the flour, sugar and cinnamon. Sprinkle small crumbles of streusel on top of muffin batter, spreading out evenly across surface.
3. Cook in microwave for about 1 minute. Let cool for a few minutes before eating.

BUTTERSCOTCH Mug Cake

INGREDIENTS

- 3 Tbsp. butter, melted
- 3 Tbsp. milk
- 2 Tbsp. egg
- 3 Tbsp. brown sugar
- ¼ cup + 1 Tbsp. flour
- ⅛ tsp. baking powder
- 1 tsp. vanilla extract
- 2 Tbsp. butterscotch chips
- 2 Tbsp. pecans, chopped, and toasted

DIRECTIONS

1. In the **Crystalwave Soup Mug** add the melted butter, egg, milk, vanilla, and brown sugar; and whisk until mixed.
2. Whisk in flour and baking powder.
3. Chop the butterscotch chips and toasted pecans into very small pieces and whisk it all together.
4. Cook for 2-3 minutes.



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CHILAQUILES

In a Mug



INGREDIENTS

- 1 egg
- 1 Tbsp. milk
- Salt
- Ground black pepper
- 1 Tbsp. sharp cheddar cheese
- 5 tortilla chips, divided
- 1 Tbsp. salsa
- Sour cream
- Queso fresco
- Chopped green onion

DIRECTIONS

1. In a **Crystalwave Soup Mug**, Beat egg and milk with a fork, add salt and pepper to taste. Add cheddar; stir to coat. Break 3 or 4 tortilla chips into small pieces to fit in the cup; stir into the mixture. Add salsa.
2. Microwave on high until done, about 1 minute, 10 seconds.
3. Garnish with remaining tortilla chips, sour cream, queso fresco and green onion.



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CHOCOLATE CARAMEL

Mug Cake

INGREDIENTS

- 4 Tbsp. flour
- 4 Tbsp. sugar
- 3 Tbsp. hot chocolate drinking powder or cocoa powder
- 1 egg
- ¼ tsp. salt
- ¼ tsp. baking powder
- 1 Tbsp. oil
- A few drops vanilla extract
- Rolos

DIRECTIONS

1. Add all your ingredients (minus the rolos) into a bowl and mix until all the ingredients are combined together.
2. Pour mixture into a **Crystalwave Soup Mug**.
3. Add 4-5 rolos depending on how much caramel you want in your cake!
4. Microwave on the high, 700w, for 1 minute.

If the cake isn't looking cooked put in for a further 10-20 seconds.



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CHOCOLATE Mug Cake



INGREDIENTS

- 4 Tbsp. self-rising flour
- 2 Tbsp. cocoa powder
- 3 Tbsp. sugar
- 3 Tbsp. milk, any type
- 1 Tbsp. vegetable oil
- 2 Tbsp. chocolate chips (optional)

DIRECTIONS

1. Pour ingredients into **Crystalwave Soup Mug** and stir to combine.
2. Microwave on high for 1 minute or until knife comes out clean.



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CHOCOLATE PEANUT BUTTER

Mug Cake



INGREDIENTS

- 3 Tbsp. flour
- 2 Tbsp. sugar
- 1½ Tbsp. cocoa powder
- ¼ tsp. baking powder
- 1 pinch of salt
- 3 Tbsp. milk
- 1½ Tbsp. vegetable oil
- 1 Tbsp. peanut butter

DIRECTIONS

1. In a **Crystalwave Soup Mug**, whisk together the dry ingredients (flour, sugar, cocoa powder, baking powder and salt). Add the milk, vegetable oil and peanut butter. Whisk until smooth.
2. Cook in the microwave on high for 1 minute and 10 seconds. This will rise and then deflate. Serve immediately.



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Cinnamon

HOT CHOCOLATE

INGREDIENTS

1 cup milk

1 Tbsp. Cinnamon Hot Chocolate Mix (*see next recipe card*)

DIRECTIONS

1. Add ingredients into **Crystalwave Soup Mug** and stir to combine.
2. Microwave on high for 1 minute or until hot; do not boil. Stir until hot chocolate mix dissolves.
3. Garnish with whipped cream or marshmallows.



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Cinnamon

HOT CHOCOLATE MIX

INGREDIENTS

Hot Chocolate Mix

1 cup unsweetened cocoa powder
1½ cups brown sugar
2 Tbsp. DIY Cinnamon-Vanilla Seasoning Blend

Cinnamon Vanilla Seasoning Blend

1¼ cups granulated sugar
¼ cup brown sugar
½ cup ground cinnamon
1 tsp. coarse kosher salt
1 vanilla bean, cut in half lengthwise or 3 tbsp. vanilla powder

DIRECTIONS

1. In a small bowl stir Cinnamon Vanilla Seasoning ingredients together, transfer to a **Counterscaping Dry Container** or a **Modular Mates Container**. Cover and store in a cool dark place up to 6 months.
2. In a small bowl stir, together cocoa powder, brown sugar and Cinnamon-Vanilla Seasoning Blend.
3. Transfer to a **Counterscaping Dry Container** or a **Modular Mates Container**. Cover and store in a cool dark place up to 6 months.

For Hot Chocolate: Microwave 1 cup milk and 1 tbsp. of the Cinnamon Hot Chocolate Mix in a **CrystalWave Soup Mug** 1 minute or until hot (do not boil).

Stir until hot chocolate mix dissolves. Garnish with whipped cream or marshmallows.

For Mocha Coffee: Place 1 tbsp. of the Cinnamon Hot Chocolate Mix in a mug of your favorite coffee and stir well until dissolved.



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CINNAMON ROLL

Mug Cake



INGREDIENTS

- ¼ cup flour
- ¼ tsp. baking powder
- 2 Tbsp. unsweetened vanilla almond milk (or other milk) + 1-2 Tbsp. or more, as needed
- 1 Tbsp. maple syrup
- ¼ tsp. vanilla extract
- 1 tsp. coconut oil
- 1 Tbsp. brown sugar (or coconut sugar)
- ¼ tsp. ground cinnamon

DIRECTIONS

1. Spray a **Crystalwave Soup Mug** with cooking spray and then mix together flour, baking powder, milk, maple syrup, vanilla and coconut oil inside. Add 1-2 tablespoons more milk, if needed for desired consistency. You want the batter to stay thick, but not dry.
2. In a small bowl, whisk together brown sugar and cinnamon and sprinkle over the top of the mixture in mug. Use the tip of a knife to swirl cinnamon mix into the top of the batter.
3. Microwave on high for about 1 minute and 25 seconds. Take out of the microwave and if desired transfer muffin to a plate. Enjoy!



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DOUBLE CHOCOLATE MINT Mug Cake



INGREDIENTS

- 2 Tbsp. semi-sweet or dark chocolate chips
- 2 tsp. coconut oil (can substitute vegetable oil)
- 3 Tbsp. all-purpose flour or white whole wheat flour
- 1 Tbsp. cocoa powder
- ¼ tsp. baking powder
- 2 Tbsp. unsweetened almond milk
- 1 Tbsp. pure maple syrup
- ¼ tsp. instant espresso powder (optional)
- ½ tsp. vanilla extract
- 6 drops peppermint extract

DIRECTIONS

1. Place the chocolate and the coconut oil into a **Crystalwave Soup Mug**. Microwave at 50% power for 30 seconds and stir. If the chocolate is not yet melted, microwave again at 50% power in 15-second increments, stirring each time, until the chocolate is melted. It usually takes me about one minute total.
2. Add the remaining ingredients except optional toppings. Stir with a fork until combined.
3. Microwave on high until risen and just until dry to the touch, 1-2 minutes (in my microwave it takes 1 minute 15 seconds).
4. Add toppings if you like and serve.

EGG FRIED RICE

in a Mug



INGREDIENTS

- 1 cup cooked rice
- 2 Tbsp. frozen peas
- 2 Tbsp. chopped red pepper
- ½ green onion, chopped
- small pinch of mung bean sprouts
- small pinch of shredded purple cabbage
- 1 large egg
- 1 Tbsp. low-sodium soy sauce
- ½ tsp. sesame oil
- ½ tsp. onion powder
- ¼ tsp. five-spice powder

DIRECTIONS

1. In a **Crystalwave Soup Mug**, add the rice and vegetables, cover with seal.
2. Microwave on high for 1 minute
3. In the meantime, beat the egg and mix in the seasoning (soy sauce, sesame oil, onion powder, and five-spice powder). Pour the egg mixture into the mug, over vegetables and mix well, cover with the seal.
4. Microwave on high for 1 minute to 1 minute, 30 seconds.
5. Take out of microwave, let rest for one minute, Use a fork to fluff up the rice and serve.



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FRENCH TOAST

in a Mug

½ to 2 slices bread
1 egg
3 tablespoons milk
Dash of cinnamon

Syrup, optional
Fresh fruit, optional

DIRECTIONS

1. Cube slices of bread.
2. Place bread cubes in the **Crystalwave Soup Mug**.
3. Combine egg, milk and cinnamon in a separate small bowl.
4. Pour egg mixture into the soup mug.
5. Press bread down so it can fully absorb liquid.
6. Microwave for one minute, and then ten seconds at a time until fully cooked.



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GRANOLA

in a Mug

INGREDIENTS

- 1 Tbsp. maple syrup, honey or agave nectar
- 2 tsp. water
- 2 tsp. flavorless oil (vegetable, canola or coconut oil)
- ½ tsp. salt
- 4½ Tbsp. rolled oats or quick-cooking
- 1 Tbsp. desiccated coconut
- 1 Tbsp. chopped nuts

DIRECTIONS

1. In a **Crystalwave Soup Mug**, mix the maple syrup, water, oil, salt, oats and nuts until blended.
2. Microwave for 1 minutes 30 seconds and stir, making sure to stir up any syrup on the bottom of the mug.
3. Microwave for 1 minutes 30 seconds longer until oats are golden brown. You will see them getting golden in color and starting to toast up. If you want to add dried fruit you can do so now.
4. Let it stand for 2 to 3 minutes to cool before eating. If you have extra store in an airtight Tupperware container for 5 days.

Based on 1200 watt microwave



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German Chocolate **CAKE**

INGREDIENTS

- 1 cup German chocolate cake mix
- 1 egg
- ¼ cup sour cream
- 3 Tbsp. water
- ½ cup coconut pecan frosting
- 1 Tbsp shredded coconut
- Chocolate syrup optional

DIRECTIONS

1. In a small bowl add cake mix, egg sour cream and water, stir until combined.
2. Divide half the batter into each of two **Crystalwave Soup Mugs**.
3. Microwave on high for 2 minutes.
4. Using a knife remove cake from soup mug cut in half, place bottom half in mug,
5. Top with 1-2 Tbsp. coconut frosting and 1-2 tsp. coconut, place second half of cake on top, top with more frosting and coconut.
6. Repeat with second soup mug cake.



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Hot & Sour SOUP



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INGREDIENTS

- 1 Tbsp. cornstarch
- 1½ Tbsp. water
- 1 cup low sodium chicken broth
- 1 Tbsp. low sodium soy sauce
- ½ Tbsp. rice vinegar
- ¼ tsp chili oil
- ¼ cup firm tofu cut into ½ inch cubes
- 2 crimini mushrooms thinly sliced
- 1½ Tbsp. whisked egg (about 1/2 an egg)
- ⅛ tsp. ground white pepper
- 1 scallion thinly sliced

DIRECTIONS

1. In a small bowl add water and cornstarch and stir until cornstarch is fully dissolved into the water. Set aside.
2. In the **Crystalwave Soup Mug**, add broth, soy sauce, rice vinegar, chili oil, tofu and mushrooms. Stir to mix. Taste and adjust as needed.
3. Cover and microwave on high power for 90 seconds, stir recover and microwave for 1 more minute.
4. While stirring the hot soup, add in the cornstarch slurry .
5. Drizzle in the egg over the top and sprinkle ground pepper, stir soup.
6. Microwave for 1 minute. Garnish with scallions.

HOT CHOCOLATE BROWNIE

in a Mug

INGREDIENTS

- 2 envelopes hot chocolate
- 3 Tbsp. flour
- 1 Tbsp. oil
- 2 Tbsp. water
- ¼ tsp. vanilla
- ¼ cup chocolate chips

Optional Toppings

- Caramel sauce
- Marshmallows
- Ice cream
- Reeses pieces
- Nuts
- M&Ms

DIRECTIONS

1. Combine hot chocolate, flour, oil, water and vanilla in **Crystalwave Soup Mug**, stir to blend well.
2. Sprinkle chocolate chips on top.
3. Cover and microwave on high power for 90 seconds.
4. Let cool.



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MEATLOAF

in a Mug



INGREDIENTS

- 2 Tbsp. 2% milk
- 1 Tbsp. ketchup
- 2 Tbsp. quick-cooking oats
- 1 tsp. onion soup mix
- ¼ lb. lean ground beef
- Additional ketchup, optional

DIRECTIONS

1. In a **Crystalwave Soup Mug**, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well.
2. Microwave for 3 minutes or until meat is no longer pink and a thermometer reads 160°F; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired

Based on 1200 watt microwave



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Mocha COFFEE

INGREDIENTS

1 cup hot coffee

1 Tbsp. Cinnamon Hot Chocolate Mix (see recipe card)

DIRECTIONS

1. Place 1 tbsp. of the Cinnamon Hot Chocolate Mix in a **Crystalwave Soup Mug** of your favorite coffee; stir well until dissolved.



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Parmesan & Spinach MUG CAKE

INGREDIENTS

- 1/8 cup milk
- 3 Tbsp. all purpose flour
- 1 Tbsp. sunflower oil
- 1/4 tsp. baking powder
- 1 egg, medium
- 3 Tbsp. grated parmesan
- Salt and pepper
- 6 or 7 leaves baby spinach

DIRECTIONS

1. Pour the milk, flour, oil, baking powder, egg, grated Parmesan, salt and pepper into the **Crystalwave Soup Mug**. Mix using the **Silicone Spatula**.
2. Add the baby spinach leaves and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 1 minute 40 to 1 minute 50 at 600 watts.
5. Allow to stand for 2 minutes.



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Peach Cobbler MUG CAKE



INGREDIENTS

- 1 Tbsp. butter
- 3 Tbsp. white cake mix
- 1 pinch of cinnamon
- 2½ Tbsp. milk
- 1 (4 oz.) diced peaches in light syrup
- Vanilla ice cream, optional

DIRECTIONS

1. Place butter in the **Crystalwave Soup Mug** and melt in microwave.
2. Meanwhile, in a small bowl whisk together cake mix and cinnamon then whisk in milk and stir until well blended.
3. Pour mixture over melted butter in mug (don't stir).
4. Drain 2 Tbsp. liquid from peaches (about $\frac{2}{3}$ of the liquid) then pour peaches over top of cake mix (don't stir). Microwave at 50% power for about 3 - 4 minutes, until desired doneness.
5. Allow to cool slightly, then top with vanilla ice cream and a light dusting of cinnamon.

Peanut Butter & Banana **MUG CAKE**



INGREDIENTS

- ½ medium banana, mashed
- 1 Tbsp. peanut butter (or any other nut butter)
- 1 egg whites
- ¼ tsp. vanilla extract
- 4½ Tbsp. flour
- ¼ tsp. ground cinnamon
- ¼ tsp. baking powder
- pinch of salt

DIRECTIONS

1. In a **Crystalwave Soup Mug**, mash the banana with a fork.
2. Mix in the peanut butter, egg whites and vanilla
3. Add in the flour, cinnamon, baking powder and salt and gently stir in until combined
4. Microwave for 45 second-1 minute or until it is firm in the middle
5. Top with some more sliced banana and enjoy warm

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PEPPERONI PIZZA

in a Mug



INGREDIENTS

- 4 Tbsp. all purpose flour
- ¼ tsp. baking powder
- ⅛ tsp. baking soda
- ¼ tsp. salt
- 3 Tbsp. milk
- 1 Tbsp. olive oil
- 1 Tbsp. marinara sauce
- 1 generous tablespoons shredded mozzarella cheese
- 5 mini pepperoni
- ½ tsp. dried Italian herb seasoning

DIRECTIONS

1. In a **Crystalwave Soup Mug**, Mix the flour, baking powder, baking soda and salt together.
2. Add in the milk and oil with whisk together. There might be some lump but that is fine.
3. Spoon on the marinara sauce and spread it around the surface of the batter
4. Sprinkle on the cheese, pepperoni and dried herbs
5. Microwave for 1 minute 10-20 seconds, or until it rises up and the topping are bubbling

Based on 1200 watt microwave



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PINEAPPLE UPSIDE DOWN Mug Cake

INGREDIENTS

- 6 tbsp. self-rising flour
- 4 tbsp. brown sugar, divided
- 3 tbsp. milk, any type
- 1 tbsp. vegetable oil
- 2 tbsp. crushed pineapple or whole slice
- 1 tbsp. melted butter
- 2-3 maraschino cherries

DIRECTIONS

1. Pour flour, 2 tbsp. of brown sugar, milk, oil and pineapple into **Crystalwave Soup Mug**. Stir until combined.
2. Stir remaining 2 tbsp. of brown sugar into the melted butter and pour over batter in mug. Top with cherries.
3. Microwave on high for 2 minutes or until knife comes out clean.



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PUMPKIN SPICE Mug Cake



INGREDIENTS

- 4 tbsp. all purpose flour
- $\frac{1}{8}$ tsp. baking powder
- 2 tbsp. granulated white sugar
- 2 tbsp. fat free milk
- $\frac{1}{2}$ tbsp. vegetable oil
- 2 tbsp. pumpkin puree
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. ground nutmeg
- Dash of ground ginger
- Dash of ground cloves

Frosting, optional

DIRECTIONS

1. Combine all ingredients into an **Crystalwave Soup Mug**. Mix ingredients with a small whisk until batter is smooth.
2. Cook in microwave for approximately 1 minute and 15 seconds.
3. Top with frosting if desired.



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Ramen Soup



INGREDIENTS

- 1 cup chicken or vegetable stock
- ¼ portion of packet dry ramen noodles
- 2 Tbsp. frozen mixed vegetables, your choice
- 2 tsp. amino acids (or soy sauce)
- ½ tsp. chili sauce
- 1 Tbsp. green onions , sliced
- Sesame seeds, optional

DIRECTIONS

1. Combine all ingredients into a **Crystalwave Soup Mug**.
2. Microwave for two minutes, watch to make sure it doesn't over flow, stir to combine.
3. Serve hot from the microwave.

Feel free to add more chili sauce, sesame seeds or any flavors you like.



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RICE KRISPY

Treat

INGREDIENTS

- $\frac{2}{3}$ cup mini marshmallows
- 1 Tbsp. butter
- 1 cup rice krispy cereal

DIRECTIONS

1. Combine butter and marshmallow into a **Crystalwave Soup Mug**. Microwave for 30 seconds, watch to make sure it doesn't overflow, stir to combine.
2. Stir in rice krispy cereal until well blended.
3. Eat warm or allow to cool.



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SAINTS & SINNERS

Mug Cake

INGREDIENTS

1 (16 oz.) box Angel Food cake mix

1 (16 oz.) box Devil's Food cake

3 Tbsp. cake mix

2 tbsp. water

DIRECTIONS

1. Mix together cake mixes and store in an **Modular Mates Container**.
2. Add 3 Tbsp. cake mix and 2 Tbsp. water, to a **Crystalwave Soup Mug** mix to combine, microwave on high for 1 minute.
3. If desired, top cake with strawberries, whip cream, chocolate or ice cream.



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S'MORES Mug Cake

INGREDIENTS

- 2 Tbsp. coconut flour
- 2 Tbsp. graham cracker crumb
- 1 tsp. brown sugar
- ¼ tsp. baking powder
- ¼ cup unsweetened vanilla almond milk
- 1 large egg
- 1 Tbsp. chocolate chips or chunks
- 1 large marshmallow, sliced in half lengthwise

DIRECTIONS

1. Add coconut flour, graham cracker crumbs, sugar, and baking powder to a **Crystalwave Soup Mug**. Mix until well combined.
2. Add milk, stirring until no clumps remain before adding in your egg. Use a fork or whisk to gently beat the egg into the batter, making sure that it is fully incorporated. Sprinkle with chocolate chips before topping with marshmallow and additional graham cracker crumbs.
3. Microwave on high for 2½ to 3 minutes.



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STRAWBERRY CHEESECAKE

in a Mug



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INGREDIENTS

- 1 egg
- ¼ cup powdered sugar
- ¼ cup sour cream
- ⅓ cup whipped cream cheese
- ¼ tsp. lemon juice
- ¼ tsp. lemon zest
- ½ tsp vanilla extract
- 1 graham cracker
- 1 Tbsp. melted butter
- 1 Tbsp. granulated sugar
- Strawberry Sauce, optional*
- 2-3 strawberries
- ½ tsp lemon juice
- 1-2 Tbsp. granulated sugar
- Whipped cream, optional

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add egg, over pull cord to lightly beat egg.
2. Add powdered sugar, sour cream, cream cheese, lemon juice, zest and vanilla extract, cover and pull cord until thoroughly combined. Pour mixture in the **Crystalwave Soup Mug**.
3. In the **SuperSonic Chopper Compact**, add one graham cracker, cover and pull cord to sand consistency, add butter and sugar, cover and pull cord until well combined. Pour mixture over cheesecake mixture.
4. Cover **Crystalwave Soup Mug** with seal, vent open.
5. Microwave on high for 4 minutes.
6. Remove from microwave, place on a plate and place in freezer for 5-10 minutes. Invert onto a saucer or eat from the **Crystalwave Soup Mug**.
7. In a clean **SuperSonic Chopper Compact** add strawberries, lemon juice and sugar, cover and pull cord until chunky, pour over cooled cheesecake.