

# Soup Mugs



## CrystalWave Soup Mug

Microwave marvel keeps soups hot and savory. Perfect for at home or on-the-go microwave heating and eating. Mug features easy-carry handle, larger seal tab and push-open vent cap. PLUS stain guard protects container from stain-prone sauces and keeps containers beautiful for years.

- 2 cup
- In Brilliant Blue/Rhubarb
- Dishwasher safe



## Vent 'N Serve Soup Mug

Reheat soups, instant oatmeal and more. Heat soups to the ideal temperature with no splatter clean up required, thanks to the unique venting system.

- 2 cup
- In Indigo Blue
- Dishwasher safe

# Soup Mugs



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## Blueberry Pancake in a Mug

- 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 eggs
- 1 Tbsp. blueberries, frozen



1. In a Tupperware Soup Mug, whisk together all ingredients until thoroughly mixed.
2. Microwave for 1 minute.
3. Top with a little maple syrup and some more blueberries.

Based on 1200 watt microwave

## Blueberry Streusel Mug Cake

- ¼ cup flour
  - 2 Tbsp. granulated sugar
  - ½ 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



1. Mix everything listed in muffin ingredients except blueberries into a Tupperware 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

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



1. 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.



## Chilaquiles in a Mug

- 1 egg
- 1 tablespoon milk
- Salt
- Ground black pepper
- 1 tablespoon sharp cheddar cheese
- 5 tortilla chips, divided
- 1 tablespoon salsa
- Sour cream



1. In a Tupperware 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.



## Chocolate Caramel Mug Cake

- 4 Tbsp. plain 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



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 Tupperware 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.



## Chocolate Mug Cake

- 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)



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

## Chocolate Peanut Butter Mug Cake

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



1. In a Tupperware Soup mug, whisk (with a small whisk or large fork) 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 recipe will rise a lot and then deflate. Serve immediately.

## Cinnamon Hot Chocolate

1 cup milk  
1 Tbsp. Cinnamon Hot Chocolate Mix



1. Microwave 1 cup milk and 1 tbsp. of the Cinnamon Hot Chocolate Mix in a microwave safe mug on high for 1 minute or until hot; do not boil. Stir until hot chocolate mix dissolves. Garnish with whipped cream or marshmallows.

## Cinnamon Hot Chocolate Mix

### *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

### *Hot Chocolate Mix*

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



1. In a small bowl stir cinnamon vanilla seasoning ingredients together, transfer to a Counterscaping Dry Seasoning 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 DIY Cinnamon-Vanilla Seasoning Blend.
3. Transfer to a Counterscaping Dry Seasoning or a Modular Mates Container. Cover and store in a cool dark place up to 6 months.

## Cinnamon Roll Mug Cake

¼ cup flour  
¼ teaspoon 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



1. Spray a Tupperware 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!

## Double Chocolate Mint Mug Cake

- 1 (1-oz.) square bittersweet or dark chocolate, broken into pieces, or 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 teaspoon 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



1. Place the chocolate and the coconut oil into a Tupperware 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

- 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



1. In a Tupperware Soup Mug, Place 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.

## Granola in a Mug

- 1 Tbsp. maple syrup, honey or agave nectar
- 2 tsp. water
- 2 tsp. flavorless oil (vegetable, canola or coconut oil)
- ¼ tsp. salt
- 4½ Tbsp. rolled oats or quick-cooking
- 1 Tbsp. desiccated coconut
- 1 Tbsp. chopped nuts



1. In a Tupperware 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 container for 5 days.

Based on 1200 watt microwave

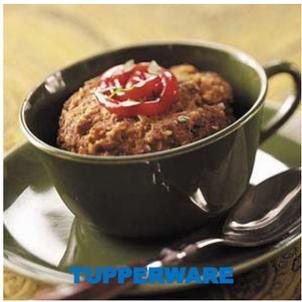
## Hot Chocolate Brownie

- 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



1. Combine hot chocolate, flour, oil, water and vanilla in Tupperware 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.



## Meatloaf in a Mug

- 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



1. In a Tupperware 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°; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired

Based on 1200 watt microwave



## Mix in a Mug Cake

- 6 tbsp. self-rising flour
- 3 tbsp. sugar
- 3 tbsp. milk, any type
- 1 tbsp. oil
- 2 tbsp. chocolate chips, sprinkles, raspberries, or blueberries (optional)



1. Pour ingredients with desired mix-in's into Tupperware Soup mug. Stir to combine.
2. Microwave on high for 1 minute or until knife comes out clean.



## Mocha Coffee

- 1 cup hot coffee
- 1 Tbsp. Cinnamon Hot Chocolate Mix



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



## Parmesan & Spinach Mug Cake

- ¼ cup milk
- 3 Tbsp. all purpose flour
- 1 Tbsp. sunflower oil
- ¼ tsp. baking powder
- 1 egg, medium
- 3 Tbsp. grated Parmesan
- Salt and pepper
- 6 or 7 leaves baby spinach



1. Pour the milk, flour, oil, baking powder, egg, grated Parmesan, salt and pepper into the Tupperware Soup Mug. Mix using the Silicone Spatula Thin.
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 min.

## Peach Cobbler Mug Cake

- 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



1. Place butter in the Tupperware 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 ⅔ 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. ENJOY!

## Peanut Butter & Banana Mug Cake

- 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



1. In a Tupperware 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

## Pepperoni Pizza in a Mug

- 4 Tbsp. all purpose flour
- ¼ tsp. baking powder
- ¼ 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



1. In a Tupperware 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

## Pineapple Upside Down Mug Cake

- 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



1. Pour flour, 2 tbsp. of brown sugar, milk, oil and pineapple into Tupperware 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.

## Pumpkin Spice Mug Cake

4 tbsp. all purpose flour  
1/8 tsp. baking powder  
2 tbsp. granulated white sugar  
2 tbsp. fat free milk  
1/2 tbsp. vegetable oil  
2 tbsp. pumpkin puree  
1/8 tsp. ground cinnamon  
1/8 tsp. ground nutmeg  
Dash of ground ginger  
Dash of ground cloves  
Icing, optional



1. Combine all ingredients into an Tupperware Soup Mug. Mix ingredients with a small whisk until batter is smooth.
2. Cook in microwave for approximately 1 minute and 15 seconds.

## S'mores Mug Cake

2 Tbsp. coconut flour  
2 Tbsp. graham cracker crumb  
1 tsp. brown sugar  
1/4 tsp. baking powder  
1/4 cup unsweetened vanilla almond milk  
1 large egg  
1 Tbsp. chocolate chips or chunks  
1 large marshmallow, sliced in half lengthwise



1. Add coconut flour, graham cracker crumbs, sugar, and baking powder to a Tupperware Soup Mug or bowl. 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 2 1/2 to 3 minutes.