

TRAMONTINA

POWER UP

RECIPES BOOK

A HEALTHY LIFE DOESN'T NEED TO BE COMPLICATED.





Tramontina's Power Up line was designed to be just the thing you need to keep a proper, balanced diet at home, at work or at the gym. The well-being of your body and mind inspires each product. We do our best to make you feel great.

POWER UP



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CHICKEN 'WRAPIOCA' WITH YOGURT SAUCE.....	6
WHOLE GRAIN MUFFIN WITH FRUIT.....	8
COCOA POWDER AND CINNAMON PANCAKE WITH BANANAS, PEANUT BUTTER, AND HONEY.....	10
EGG WHITE OMELET WITH BROCCOLI AND TUNA.....	12
WHOLE GRAIN SAVORY CAKE WITH RICOTTA, SPINACH, AND TOMATO.....	14
EGG AND AVOCADO SANDWICH.....	16
POWER UP QUICK LUNCHBOX.....	18
CUBED CHICKEN BREAST WITH YOGURT SAUCE AND PAPRIKA.....	20
7 GRAIN RICE WITH SALMON, STEAMED VEGETABLES WITH HERBS AND LEMON OIL.....	22



CHICKEN 'WRAPIOCA' WITH YOGURT SAUCE

PRODUCTS USED

- 34 cm Power Up Flat Roasting Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Whisk
- Bowl 600 ml
- Bowl 300 ml
- 8" Chef's knife
- 3" Vegetable and fruit knife
- Salt and pepper mills

YIELD: 1 UNIT

»»» DIFFICULTY

INGREDIENTS

- 150 g chicken tenders (small breast file) cut into thin slices
- ½ small green pepper, sliced
- ½ small red pepper, sliced
- ½ small yellow pepper, sliced
- ½ seedless Italian tomato, sliced
- ¼ cup of sliced chives
- 3 leaves of American lettuce
- 1 small red onion, sliced
- 2 eggs
- 6 tablespoons of tapioca starch
- 1 jar of plain yogurt
- 1 lime
- 1 clove of garlic, minced
- ¼ teaspoon of ground cumin
- ½ teaspoon of spicy paprika
- Olive Oil
- Salt and pepper to taste

DIRECTIONS

Preheat the oven at 150 °C (302 °F)

In a bowl, add the sliced chicken tenders and season with the chopped garlic, ground cumin, paprika, juice of ½ lime, ½ tablespoon of olive oil, salt, and pepper. Mix well and set aside.

Make the Wrapioca mixture by placing the eggs and tapioca starch in a bowl, and beating well until it reaches a liquid and smooth consistency. Season with salt to taste.

Place the mixture on the roasting pan and spread it evenly so that it fills the entire bottom. Bake in the preheated oven for 5 minutes or until cooked through.

Remove from the oven and, using a spatula, remove – carefully so as not to tear or pierce – the thin dough that has formed. Then, set it aside and increase the oven temperature to 220 °C (428 °F).

In the same pan, placed the sliced peppers and the onion, season with salt and pepper and 1 tablespoon of olive oil. Then, mix well and spread over the entire pan.

Place the seasoned chicken tenders over the peppers and onions and bake at 220 °C (428 °F) for 10 minutes or until the chicken is cooked through. Remove from oven and let it cool down.

SAUCE:

In a small bowl place the yogurt and season with the ½ lime, sliced chives, salt, and pepper. Mix well and set aside.

ASSEMBLY:

On a cutting board place the Wrapioca dough and assemble in the following order: lettuce leaves, chicken tender, sliced tomatoes, and yogurt sauce. Then, roll it up to make a Wrap. Cut in half and serve with the yogurt sauce.



WHOLE GRAIN MUFFIN WITH FRUIT

PRODUCTS USED

- Power Up Muffin Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Power Up Whisk
- Bowl 600 ml
- 8" Chef's knife

YIELD: 10 UNITS

»»» DIFFICULTY

INGREDIENTS

- 1 mashed banana
- 2 beaten eggs
- 1 teaspoon of vanilla essence
- 3 tablespoons of honey
- 1 cup of almond milk
- 1 ½ cup of almond flour
- ½ cup of whole grain flour
- ¼ cup of rolled oats
- 2 tablespoons of melted coconut

- butter
- 6 chopped candied apricots
- ¼ cup of dark raisins
- 1 pinch of salt
- ½ tablespoon of baking powder
- 1 tablespoon of cocoa powder
- ½ teaspoon of baking soda

DIRECTIONS

Preheat the oven at 180 °C (356 °F).

In a large bowl add the eggs, the mashed banana, the vanilla essence, the honey and mix well.

Add the almond milk and mix well, then add the flours, the rolled oats, the cocoa powder and mix well.

Add the chopped apricot, the raisins, the melted coconut butter and mix.

Finish with baking powder, baking soda, a pinch of salt and mix well until incorporated in the dough.

Transfer the dough to the pan and bake for approximately 30 minutes or until the surface is golden brown. Remove from oven, unmold carefully, and allow to cool before serving.

TIP:

You can garnish the muffins with several ingredients before taking them to the oven, such as: blueberries, chopped banana with cinnamon, oats, sunflower seeds, apricots, cranberry...





INGREDIENTS

- 2 eggs
- ½ cup of tapioca starch flour
- ½ teaspoon of powder cinnamon
- ½ teaspoon of 100% cocoa powder
- 2 tablespoons peanut butter
- 1 tablespoon of honey
- 1 sliced banana

DIRECTIONS

In a bowl add the eggs, the tapioca starch flour, powdered cinnamon and mix well.

Heat the pancake mold over low heat and add the mixed ingredients, let it grill enough on both sides, remove and transfer to a plate.

Finish by placing the peanut butter, sliced banana, and honey only halfway through the pancake.

YESTERDAY YOU SAID TOMORROW

TIP:

Replace regular powdered cinnamon with Vedic Cinnamon, which has a sweeter and more aromatic flavor.

This product is easily found in stores specializing in health food products.

COCOA POWDER AND CINNAMON PANCAKE WITH BANANAS, PEANUT BUTTER, AND HONEY

PRODUCTS USED

- Ø 22 cm Power Up Pancake Mold
- Power Up Measuring Spoon Set
- Power Up Spatula
- Power Up Whisk
- Bowl 600 ml
- 8" Chef's knife

YIELD: 1 LARGE PANCAKE

»»» DIFFICULTY





EGG WHITE OMELET WITH BROCCOLI AND TUNA

PRODUCTS USED

- Ø 20 cm Power Up Omelette Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Power Up Whisk
- Bowl 600 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 1 UNIT

»»» DIFFICULTY

INGREDIENTS

- 3 egg whites
- ½ cup of finely chopped broccoli
- 1 can of tuna in water
- Olive Oil
- Salt
- Black pepper to taste

DIRECTIONS

In a bowl add the can of tuna and, with the help of a fork, knead well to break the big pieces. Then, add the chopped broccoli and season with salt, pepper, and 1 tablespoon of olive oil. Mix well and set aside.

In a deep bowl add the egg whites, 1 pinch of salt and beat well with the aid of a whisk until the consistency of firm peaks is reached.

Add the tuna and broccoli mixture over the egg whites and mix lightly until all the ingredients are incorporated and set aside.

YES YOU CAN

In an omelet pan, add a drizzle of olive oil to both parts and spread with the aid of a napkin. Then, add the reserved mixed ingredients in the smallest frying pan and spread it lightly with a spoon.

Cover and simmer for about 4 minutes on each side.

Serve immediately

TIP:

You can serve it with a mixed greens salad or cherry tomatoes.





RECIPE: WHOLE GRAIN SAVORY CAKE WITH RICOTTA, SPINACH, AND TOMATO

PRODUCTS USED

- 34 cm Power Up Deep Roasting Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Power Up Whisk
- Bowl 600 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 12 BIG SLICES

DIFFICULTY

INGREDIENTS

TOPPING:

- 2 cups of fresh mashed ricotta
- 2 cups of coarsely chopped spinach
- ¼ cup of olive oil
- 2 cloves of garlic, minced
- 1 jar of plain yogurt (170 g)
- 2 eggs
- ½ cup of grated parmesan cheese
- 15 cherry tomatoes

DOUGH:

- 4 eggs
- ¼ cup of coconut oil
- 1 and ½ cup of grated carrots
- 1 and ½ cup of oat bran
- 1 and ½ cup of whole grain flour
- ½ cup of amaranth flakes
- 2 cups of milk
- 2 teaspoons of salt
- 2 tablespoons of baking powder

DIRECTIONS

Preheat the oven at 180 °C (356 °F).

TOPPING PREPARATION:

In a big bowl, place the ricotta, the yogurt, the spinach, the eggs, parmesan cheese, and olive oil. Season with salt and pepper to taste, mix well and set aside.

DOUGH PREPARATION:

In a blender, add the eggs, the grated carrots, and the coconut oil and beat well. Add the oat bran, whole grain flour, milk, amaranth flakes in the blender and blend well. Put the baking powder last and blend well.

ASSEMBLY:

Place the dough in the pan and spread until it covers the entire bottom. Add the ricotta and spinach mixture over the dough and finish with the cherry tomatoes and chia seeds.

Place in a preheated oven at 180 °C (356 °F) for approximately 40 minutes.





EGG AND AVOCADO SANDWICH

PRODUCTS USED

- Ø 13 cm Power Up Egg Frying Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Bowl 600 ml
- Bowl 300 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 1 SERVING

>>> DIFFICULTY

INGREDIENTS

- ½ cup of tapioca starch
- 1 tablespoon of chia seeds (optional)
- 1 avocado
- 1 egg
- ½ small red onion, sliced
- Olive Oil
- Salt and pepper to taste

DIRECTIONS

In a small bowl, add the tapioca and chia seeds, season with salt, mix well and set aside.

Cut the avocado in half, remove the core, scrape the pulp on a plate and mash with a fork. Season with salt and pepper to taste and set aside.

Take the frying pan to the stove and make 2 mini tapiocas with the tapioca mixture and, at the end, set aside.

MAKE
YOURSELF
PROUD

Using the same frying pan, add a drizzle of olive oil and fry the egg until it reaches the desired doneness.

ASSEMBLE YOUR SANDWICH:

Use 1 mini tapioca as a base, place the mashed avocado, fried egg, another portion of avocado, red onion, and close with the other slice of mini tapioca.

Serve immediately.





POWER UP QUICK LUNCHBOX

PRODUCTS USED

- 800 ml Power Up Collapsible Container
- Ø 16 cm Power Up Steamer
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Bowl 600 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 1 SERVING

>>> DIFFICULTY

INGREDIENTS

- ½ cup of finely chopped broccoli
- 1 cup of cooked whole grain penne pasta
- 5 cherry tomatoes cut in half
- 2 tablespoons of olive oil
- 1 can of tuna in water
- ¼ cup of sliced black olives
- 1 hard boiled egg
- ¼ cup of chopped parsley
- ½ tablespoon of capers
- 10 units of roasted almonds
- Salt and pepper to taste

DIRECTIONS

In a medium bowl, add all ingredients except the egg.

Mix with a spoon and season with salt and pepper to taste.

Transfer to the lunchbox, cut the egg in half and place over the pasta and cover.

TIP:

This recipe can be eaten cold, if desired, and cooking the broccoli inside the lunchbox itself

BE
YOUR
OWN
INSPIRATION





CUBED CHICKEN BREAST WITH YOGURT SAUCE AND PAPRIKA

PRODUCTS USED

- Ø 24 cm Power Up Frying Pan
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Bowl 600 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 1 SERVING

»»» DIFFICULTY

INGREDIENTS

- 340 g cubed chicken breast
- 2 tablespoons of olive oil
- 170 g of plain yogurt (1 jar)
- 2 tablespoons of chopped onion
- 1 teaspoons of sweet paprika
- 1 teaspoons of spicy paprika
- 1 tablespoon of chopped parsley

DIRECTIONS

In a medium bowl, add the cubed chicken and season with salt and pepper to taste.

Heat the frying pan to a medium temperature, add 1 tablespoon of olive oil and add the cubed chicken.

Grill until golden on all sides and, at the end, remove and set aside.

With the frying pan still hot, add 1 tablespoon of olive oil, the onion, and paprika. Saute until the onion is lightly

POWER UP

browned.

Add the yogurt, lower the temperature, and mix well.

Return the cubed chicken to the frying pan, season with salt to taste, mix for a few minutes, finish with chopped parsley, and serve immediately.





7 GRAIN RICE WITH SALMON, STEAMED VEGETABLES WITH HERBS AND LEMON OIL

PRODUCTS USED

- Ø 16 cm Power Up Steamer
- Power Up Measuring Spoon Set
- Power Up Measuring Cup Set
- Power Up Spatula
- Power Up Peeler
- Power Up Grater
- Bowl 600 ml
- Bowl 300 ml
- 8" Chef's knife
- Salt and pepper mills

YIELD: 1 SERVING

»»» DIFFICULTY

INGREDIENTS

- 1 cup of 7 grain rice
- 3 cups and ½ of hot water
- 1 coffee spoon of table salt
- 250g of skin-on salmon fillet
- Carrot sticks, as much as needed
- Fresh Sugar Peas, as much as needed
- Salt
- Black pepper to taste

HERBS AND LEMON OIL:

- 1 lemon (zest)
- 1 clove of garlic, minced
- 20 parsley leaves, chopped
- 4 tablespoons of olive oil
- Salt and Pepper

DIRECTIONS

Add the rice, the water and salt to the pan and cook with the lid ajar at medium/low temperature for approximately 20 minutes.

Season the salmon with salt and pepper, place in the Steamer accompanied by the desired amount of peas and carrots.

Remove the lid from the pan, place the Steamer on top of the pan and cover. Cook for approximately 10 minutes taking advantage of the rice steam, which will take 30 minutes to finish cooking.

Remove at the end of the cooking time and serve the rice with the salmon and vegetables. Garnish with the herbs and lemon oil to taste.

HERBS AND LEMON OIL PREPARATION:

In a bowl mix all ingredients with a spoon, season with salt and pepper. Serve the desired amount.



TRAMONTINA

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