

## TACO BOWL

Makes: 1 or make more  
Prep Time: 5 minutes  
Cooking Time: 1 minute per bowl

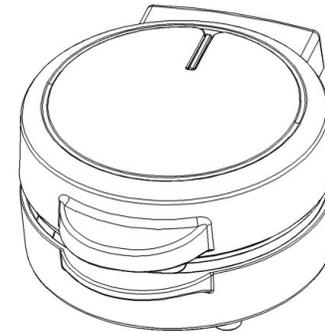
### INGREDIENTS

6 x 6 Flour Tortilla  
Warm, prepared taco meat  
lettuce, shredded  
Shredded cheddar cheese  
Tomatoes  
Sour Cream

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Place a small 6x6 flour tortilla in bowl maker. Tuck in edges.
3. Close lid and bake for 1 minute or until golden brown. Remove.
4. Fill with meat, lettuce, cheese, tomatoes and sour cream.

prepoloogy



## EXPRESS 5" EDIBLE BOWL MAKER

INSTRUCTIONS FOR PROPER USE AND CARE

### **CUSTOMER SERVICE**

Call toll-free 1-888-321-5023 between the hours of  
**8:30 AM AND 5 PM EASTERN STANDARD TIME**

Figli, LLC 20 Norris Street Buffalo, NY 14207

Made in China

Models #860, 861, 862, 863, 865, 867, 868

### **IMPORTANT!**

Please keep these instructions and your original box packaging.

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## TOASTY EGG BOWL

### INGREDIENTS

Store bought sliced italian bread (or bread of choice)  
Butter to spread on bread  
1 egg, whisked

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Using 1 slice of bread, butter both sides and place in bowl maker. Close lid and bake for 30-45 seconds until golden brown. (Somes bread may take longer, up to 2 minutes).
3. Remove and set aside.
4. Pour 1 whisked egg in bowl maker. Close the lid and bake for 30-45 seconds. Remove. Nest egg bowl in toast bowl.

Tip- for best results, flatten bread with palm of hand or rolling pin before placing in bowl maker.

## PIZZA BOWL

### INGREDIENTS

Store bought refrigerated dough or homemade dough  
Pizza sauce, warm  
Mozzarella cheese

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Flatten dough into 5x5 circle using palm of hand or rolling pin. Sprinkle both sides of dough with flour. Place in bowl maker.
3. Close the lid down and press for a few seconds until it closes. Bake for 45 seconds until golden brown. Remove.
4. Fill with warm pizza sauce and mozzarella.

## PB & J BANANA BOWL

Makes: 1 bowl

Prep Time: 2 minutes

Cooking Time: 45 seconds

### INGREDIENTS

- 2 slices store bought sliced bread of choice
- Peanut butter to spread
- Jelly to spread
- Butter to spread
- Cinnamon to sprinkle
- Sliced Banana

### METHOD

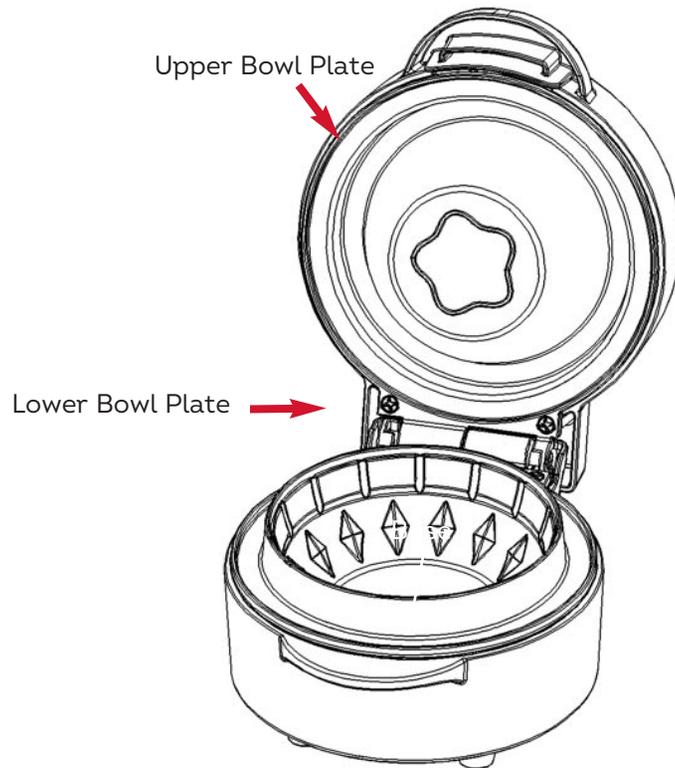
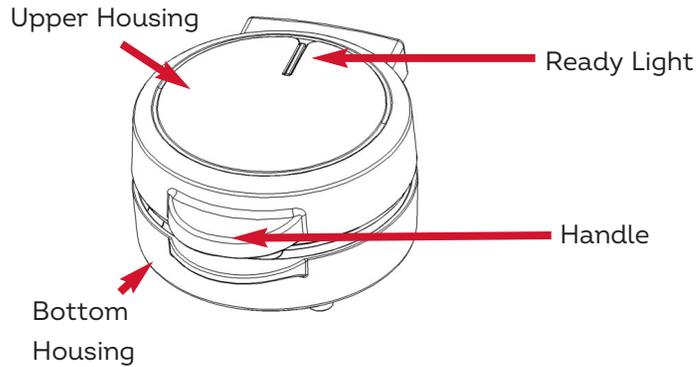
1. Follow directions on how to operate the unit on pages 4 and 5.
2. Make a classic peanut butter sandwich by spreading the peanut and jelly in between 2 slices of bread. (Tip: flatten bread with palm of hand or rolling pin to fit in bowl easy)
3. Butter outside of the sandwich. Sprinkle with cinnamon.
4. Place in bowl maker. Close lid and bake for 30-45 seconds or until golden brown. (Some bread may take longer, up to 2 minutes). Remove. Fill with sliced bananas.

When using this electrical appliance, safety precautions must always be observed, including the following:

- **READ ALL OF THE INSTRUCTIONS BEFORE USE.**
- Do not use outdoors or on a wet surface.
- Do not touch hot surface.
- Do not allow children near appliance. Close supervision is necessary when used near children.
- Place the unit securely in the center of the counter or work space.
- Use only as described in this manual.
- Do not use with damaged cord or plug. If the appliance is not working as it should, has been dropped, damaged, left outdoors, or dropped into water, return it to the manufacturer for proper service, replacement or repair.
- Do not do the following: pull or carry by the cord, use cord as a handle, close a door on cord, pull cord around sharp edges or corners, let cord hang over edge of counter, operate appliance over cord. Keep cord away from heated surface.
- Do not place near hot gas or electric burner.
- To protect against risk of electrical shock, do not put the unit in water or any other liquid.
- Always unplug when not in use and before cleaning.
- Do not use an extension cord with this unit.
- Do not unplug by pulling on cord. To unplug, grasp the plug, not the cord. Do not handle plug or appliance with wet hands.
- Always unplug the unit before attempting to move it. Extreme caution must be used when moving appliances containing hot liquids.
- This unit is recommended for household, indoor use only.
- This unit has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fully fit in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

**SAVE THESE INSTRUCTIONS**

## FEATURES



## OMELET BOWL

Makes: 1 bowl  
Prep Time: 1 minute  
Cooking Time: 45 seconds

### INGREDIENTS

- 1 egg, whisked
- 2 tbs shredded cheese of choice
- $\frac{1}{4}$  cup sauteed green peppers and onions
- $\frac{1}{4}$  cup cooked sausage

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Pour whisked egg in bowl maker.
3. Close lid and bake for 30-45 seconds or until a little brown. Remove. Fill with warm sausage, peppers, onions and cheese.

### GRILLED CHEESE TOMATO BOWL

Makes: 1 bowl

Prep Time: 1 minute

Cooking Time: 45 seconds

#### INGREDIENTS

2 slices store bought sliced bread of choice

1-2 slices American Cheese

Roasted tomatoes to fill bowl

#### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Make a classic cheese sandwich by placing the cheese in between 2 slices of bread.
3. Butter outside of both sides of the sandwich.
4. Place in bowl maker. Close lid and bake for 30-45 seconds or until golden brown. (Some bread may take longer, up to 2 minutes). Remove.
5. Fill with roasted tomatoes.

Tip- for best results, flatten bread with palm of hand or rolling pin before placing in bowl maker.

#### BEFORE FIRST USE

1. Remove all packing materials and literature.
2. Wash the inner plates by wiping with a sponge or cloth dampened with hot water. Rinse and dry thoroughly.

NOTE: Do not use abrasive cleaners or scouring pads. Do not immerse the unit in water.

3. Wipe the outer housing with a clean damp cloth. NEVER immerse the housing in water or any other liquid.
4. For best results, lightly coat the cooking plates with a little cooking oil or cooking spray.

Notice: When your unit is heated for the first time, it may emit slight smoke or odor. This is normal with many heating appliances. This does not affect the safety of your appliance.

#### HOW TO USE THE BOWL MAKER

1. Place the unit on a dry, flat surface. Plug in the unit. The Ready Light will turn on to signal that the appliance is heating up. After about 1 minute 40 seconds, the light will go off. The temperatures of both cooking surfaces are ready for cooking. The preheating is complete.
2. Before baking the first bowl of the day, use a pastry brush to lightly coat the top and bottom waffle grids with vegetable oil. A light coating of non-stick cooking spray also works well.
3. While the unit is preheating, prepare your recipe. You can also prepare the recipe ahead of time, as the unit preheats quickly.

NOTE: The recommended amount of **batter to use is 1/3 cup**. Do not over-fill, as the ingredients will expand while cooking or may overflow and cause a mess.

4. Lift the lid and pour 1/3 cup batter to fill the



lower cooking plate. If necessary, use a spatula to spread the batter in to the corners of the grid. (If using solid food like small tortillas or hash browns, simply place in the bowl, close lid and cook until crispy.)

5. Close the lid. The ready light will go on again.

NOTE: If using batter, do not open for at least 2 minutes. Opening too soon will cause under-baked edible bowls to split, making them difficult to remove.

6. Cook for about 3 minutes (or according to your recipe), the ready light goes on and off during the cooking process. If you want them darker, close the lid and continue baking until the desired color is achieved.

7. Once the edible bowl is cooked, carefully remove it from the unit with a non-metallic utensil, like tongs or spatula. Never touch the cooking surface with sharp, pointy or metal objects. This could damage the no-stick surface.

8. At this time, if you want to cook more edible bowls, you do not need to close the unit to pre-heat again, you can directly pour batter to fill the lower cooking plate to making more bowls.

9. Once you are finished cooking, disconnect the plug from the wall outlet and leave the waffle maker open to cool.

#### ADDITIONAL HELPFUL TIPS:

- Do not overfill.
- It's best to let bowls cool for a few minutes before filling them as this will help the bowl to hold it's shape better.
- Always have a spatula ready to remove bowl.
- Check bowl after recommended time to make sure it's browning to your liking.



## GARLIC BREAD BOWL

Makes: 1 bowl

Prep Time: 5 minutes

Cooking Time: 45 seconds per bowl

### INGREDIENTS

Store bought sliced italian bread (or bread of choice)  
Garlic Butter to spread on bread  
(or use regular butter and add garlic salt in a pinch)  
Italian seasoning  
Filling of choice- try spaghetti and/or meatballs

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Using 1 slice of bread, butter both sides and sprinkle with italian seasoning. Place in bowl maker. Close lid and bake for 30-45 seconds until golden brown. (Somes bread may take longer, up to 2 minutes).
3. Remove and fill with spaghetti and/or meatballs.

Tip- for best results, flatten bread with palm of hand or rolling pin before placing in bowl maker.

## CLEANING

## FRUIT ACAI BOWL

Makes: 2 bowls  
Prep Time: 5 minutes

### INGREDIENTS

#### Base:

- 2 packets unsweetened frozen acai
- 1 cup frozen mixed berries
- 1 banana
- 1 cup milk
- 2 tablespoons almond butter

#### Topping options:

- Chia seeds
- Coconut flakes
- Mixed berries
- mini chocolate chips

**Edible bowl of Choice-** see recipes in book - try classic, chocolate, brownie or cookie

### METHOD

1. Blend the base. Place all of the base ingredients together in a high-powered blender and blend until smooth. Be very careful not to mix too much. Should be a thick consistency. If it is too liquidy, add ice.
2. Pour into two edible bowls and top with mixed fruit and a variety of toppings.

Do not wash the unit in the dishwasher. Always wash the unit and parts thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool before cleaning.
2. Wash the cooking surface with warm soapy water using a sponge or soft cloth. Do not use abrasive cleaners or scouring pads.
3. Do not immerse the unit in water. Rinse and dry thoroughly..
4. Wipe the outer housing with a clean damp cloth. Do not submerge in water.

## HINTS AND TIPS

- This unit has a non-stick surface for even baking and easy clean-up. A small amount of oil can be added to the unit for additional flavor, if desired.
- Bowls can be reheated in the microwave or in oven.
- Bowls can be baked ahead of time. Prepare according to recipe. Cool on a rack for 10 minutes. Place in the plastic bag or container and seal tightly.
- You can try all kinds of food creations to make unique edible bowl. Write down your desired cook time for next time.
- Try premade puff pastry, pie dough, slices of bread, cinnamon rolls, cookie dough, bread dough, pizza dough.
- Try boxed mixes like waffle, brownie, cake, cornbread or muffin mix- these work well.
- Be extra careful with unit when pre-heating to avoid burns.
- Use for perfect portion meals or creative appetizers or desserts.
- Dough items will cause machine to expand. This is ok. Be sure to press down on the machine slightly to make sure dough cooks thoroughly on both sides.

# RECIPES

## CLASSIC WAFFLE BOWL

Makes: 4 bowls

Prep Time: 5 minutes

Cooking Time: 3 minutes per bowl

### INGREDIENTS

1 cup all-purpose flour  
1 tbsp sugar  
2 tsp baking powder  
½ tsp salt  
1 egg  
1 cup milk  
2 tbsp butter, melted  
½ tsp vanilla extract

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. In a medium bowl whisk together the flour, sugar, cocoa powder, baking powder and salt.
3. In another bowl beat together the eggs, vanilla and melted butter and then add the milk.
4. Add the wet ingredients to the dry and stir just until combined. Allow to rest for 5 minutes.
5. Pour approximately ⅓ cup of batter in unit, close the lid.
6. Bake for about 3 minutes or until golden brown. Repeat with remaining batter.

## CORNBREAD BOWL

Makes: About 4 bowls

Prep Time: 5 minutes

Cooking Time: 2 minutes

### INGREDIENTS

1 cup cornmeal  
¾ cup flour  
⅓ cup sugar  
1½ teaspoons baking powder  
¼ teaspoon salt  
2 eggs  
1 cup milk  
⅓ cup vegetable oil

### METHOD

1. In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until combined.
2. In a separate bowl, whisk together the milk, egg, and oil.
3. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir until everything is moist. Avoid over stirring. No worries if there are a few lumps.
4. Follow directions on how to operate, and bake on pages 4 and 5.
5. Pour the batter into the unit and bake for about 2 minutes, or until the bowl is golden brown. Unplug to cool, remove.
6. Repeat with remaining batter.

## CINNAMON BUN BOWL

Makes: 6-8 bowls

Prep Time: 1 minute

Cooking Time: 45 seconds per bowl

### INGREDIENTS

Store bought refrigerated cinnamon roll dough or  
homemade

Vanilla ice cream

Warm apple pie filling

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Flatten dough into 5x5 circle using palm of hand or rolling pin. Press dough halfway up the bowl maker.
3. Close the lid down and press for a few seconds until it closes. Bake for 45 seconds until golden brown. Remove.
4. Drizzle with icing. Fill with ice cream and/or warmed apple pie filling.

## CHOCOLATE WAFFLE BOWL

Makes: 6-8 bowls

Prep Time: 5 minutes

Cooking Time: 3 minutes per bowl

### INGREDIENTS

1 cup all-purpose flour

¼ cup baking cocoa unsweetened

¼ cup white sugar

½ tsp baking soda

½ tsp salt

1 large egg

¼ cup butter, melted

1 cup milk

½ tsp vanilla

½ tbs vegetable oil

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. In a medium bowl whisk together the flour, sugar, cocoa powder, baking soda and salt.
3. In another bowl beat together the eggs and melted butter and then add the milk.
4. Add the wet ingredients to the dry and stir just until combined. Allow to rest for 5 minutes.
5. Pour approximately ⅓ cup of batter in unit, close the lid.
6. Bake for about 3 minutes or until golden brown. Repeat with remaining batter.

## COOKIE WAFFLE BOWL

Makes: 6 bowls

Prep Time: 5 minutes

Cooking Time: 90-120 seconds per bowl

### INGREDIENTS

1 package of cookie dough precut in squares

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Take 4 squares of the packaged cookie dough and place in a small sandwich bag. Use a rolling pin to roll out flat.
3. Place the dough in the unit, press along the side using a spoon if necessary. Close the lid.
4. Bake for about 90-120 seconds or until lightly brown. Wait until it is cool to remove with small tongs or spatula or butter knife.
5. Repeat with remaining dough.



## CHOCOLATE DIPPED BOWL

Serving: 8

Prep Time: 5-10 minutes

### INGREDIENTS

8 precooked waffle bowls (try classic, brownie or cookie)  
 $\frac{3}{4}$  cup semisweet chocolate chips  
 $\frac{1}{2}$  tsp shortening  
Colored sprinkles

### METHOD

1. Line a cookie sheet with wax or parchment paper.
2. In a small microwave-safe bowl, melt chips and shortening; stir until smooth. (Start with 30 seconds and stir. If it needs more time, microwave another 30 seconds).
3. Dip each bowl halfway into the melted chocolate.
4. Shake off excess chocolate.
5. Place on the lined baking sheet and garnish with sprinkles.
6. Refrigerate until set.

## CHILI IN CORNBREAD BOWL

Makes: 4

Prep Time: 5 minutes

Cooking Time: 1 hour, 10 minutes

### INGREDIENTS

- 1 pound ground beef
- 1 can (8 ounces) tomato sauce
- 1 small onion chopped
- 1 garlic clove minced
- 2 tbs chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp ground cayenne pepper
- Toppings- sour cream, shredded Cheddar cheese and green onion
- 4 Cornbread bowls for filling

### METHOD

1. Brown the ground beef and drain the fat.
2. Add tomato sauce, onion, garlic, chili powder, cumin, paprika and cayenne pepper and simmer for an hour.
3. Fill cornbread bowls with the meat and top with the toppings.

## BROWNIE WAFFLE BOWL

Makes: approx. 6-8 bowls

Prep Time: 5 minutes

Cooking Time: 5 minutes per bowl

### INGREDIENTS

- 1 package of brownie mix ingredients per package

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Follow directions on brownie box for mixing. Depending on the mix, the brownie batter may be thick. If desired, add a little oil or water (no more than a 1/4 cup).
3. Pour approximately 1/3 cup of batter in unit, close lid .
4. Bake for about 5 minutes (depending on how hard you want your bowl) or until lightly brown. Wait until it is cool to remove with small tongs or spatula or butter knife.
5. Repeat with remaining batter.



## CHAFFLE BOWL

Makes: Approx. 6-8 bowls  
Prep Time: 2 minutes  
Cooking Time: 3-4 minutes

### INGREDIENTS

- 3 large eggs
- 1 cup shredded cheese (any variety or mixture)
- 1/4 cup almond flour
- 1/2 tsp baking powder
- Seasoning of your choice-salt, pepper, italian spices

### METHOD

1. Follow directions on how to operate, and bake on pages 4 and 5.
2. In a mixing bowl, mix the eggs, cheese, flour, and baking powder.
3. Spoon 2 tablespoons of batter into the unit. DO NOT OVERFILL.
4. Cook about 3-4 minutes or until steam is no longer coming from the unit. Remove and repeat with remaining batter.

Serve the flavored bowl filled with your favorite breakfast meats, scrambled eggs, salads, pastas or taco meat.

## CHICKEN AND WAFFLE BOWL

Makes: Approx. 4 bowls  
Prep Time: 5 minutes  
Serving 2

### INGREDIENTS

- 4 premade waffle bowls
- Popcorn chicken cooked, enough to fill 4 bowls
- 1/2 head iceberg lettuce, very finely shredded
- 1/4 cup shredded carrots
- 1 cup cherry tomatoes, quartered
- Buttermilk or Ranch Dressing

### METHOD

1. Build the bowls by placing some shredded lettuce in the bottom of the bowls. Top with some shredded carrots.
2. Add warm, cooked chicken on top.
3. Add the tomatoes and more lettuce.
4. Drizzle with the dressing.

## CHERRY PIE BOWL

Makes: approx. 4 bowls  
Prep Time: 5 minutes  
Cooking Time: 45 seconds per bowl

### INGREDIENTS

Store bought refrigerated pie crust dough  
Warm cherry pie filling  
Whipped Cream

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Flatten dough into 5x5 circle using palm of hand or rolling pin. Press dough halfway up the bowl maker.
3. Close the lid down and press for a few seconds until it closes. Bake for 30-45 seconds until golden brown. Let it cool. Remove. Repeat with remaining dough.
4. Fill with warm Cherry pie filling and top with whipped cream.

## GINGERBREAD WAFFLE BOWL

Makes: 4 bowls  
Prep Time: 5 minutes  
Cooking Time: 3 minutes per bowl

### INGREDIENTS

1 1/2 cups all-purpose flour  
2 tsp baking powder  
1 1/4 tsp ground cinnamon  
1 tsp ground ginger  
1/4 tsp freshly grated nutmeg  
1/2 tsp salt  
4 large eggs  
1/3 cup packed dark brown sugar  
1/2 cup canned pumpkin puree  
1 1/4 cups milk  
1/4 cup molasses  
1/4 cup (1/2 stick) melted butter, plus some to butter the iron

### METHOD

1. In a large bowl mix flour, baking powder, cinnamon, ginger, nutmeg, and salt .
2. In a medium bowl, beat eggs and brown sugar until fluffy, then add in pumpkin, milk, molasses, and melted butter and beat together.
3. Stir the wet into the dry until just moist. Do not over stir.
4. Follow directions on how to operate the unit on pages 4 and 5.
5. Brush the cooking plates with a little melted butter. Pour approximately 1/3 cup of batter in unit, close lid .
6. Bake for about 3 minutes or until golden brown. Remove and repeat with remaining batter.

## BLUEBERRY BERRY MUFFIN BOWL

Makes: 4 bowls

Prep Time: 5 minutes

Cooking Time: 45 seconds per bowl

### INGREDIENTS

Store bought muffin mix (or you can use your own recipe)

Ingredients per package

Fresh berries to fill bowl

### METHOD

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Follow directions on package for mixing.
3. Pour approximately  $\frac{1}{3}$  cup of batter in unit, close lid .
4. Bake for about 45 seconds or until lightly brown. Wait until it is cool to remove with small tongs or spatula or butter knife. Repeat with remaining batter.
5. Fill with fresh berries.

## BUTTERMILK POT PIE BISCUIT BOWL

Makes: 8 bowls depending on biscuit size

Prep Time: 2 minutes

Cooking Time: 45 seconds per bowl

### INGREDIENTS

Store bought, refrigerated biscuit dough or homemade dough

Chicken, cooked, shredded (many stores have this in packages)

Cooked Vegetables - carrots, celery and peas

### METHOD

Perfect, quick meal using store bought, prepared items or left-overs.

1. Follow directions on how to operate the unit on pages 4 and 5.
2. Flatten dough into 5x5 circle using palm of hand or rolling pin. Place dough halfway up in bowl maker.
3. Close the lid down and press for a few seconds until it closes. Bake for 45 seconds until golden brown. Remove and repeat with remaining biscuits.
4. Fill with warm cooked chicken, vegetables and top with gravy.