

Mac'n'Cheese Muffins

- 90G CHEDDAR CHEESE - GRATED
- 50G PARMESAN CHEESE - GRATED (OPTIONAL)
- 200 CAULIFLOWER - DICED
- 150G PUMPKIN - DICED
- 1 ZUCCHINI - DICED
- 300G WHOLEMEAL MACARONI OR SMALL SPIRAL PASTA
- 50G FLOUR
- 500ML MILK
- 30G BUTTER - CUBED

OPTIONAL

- PAPER CUPCAKE CASES
- EXTRA CHEESE FOR THE TOP

- HALF FILL THE LARGE SAUCEPAN WITH WATER AND BRING TO THE BOIL. ADD PASTA AND COOK FOR 10-12 MINUTES. DRAIN WHEN COOKED AND SET ASIDE.
- REFILL THE SAUCEPAN WITH WATER. BRING TO THE BOIL. ADD CAULIFLOWER, PUMPKIN AND ZUCCHINI. COOK FOR 15-20 MINUTES. DRAIN AND MASH WITH A FORK OF BLITZ IN A FOOD PROCESSOR UNTIL SMOOTH.
- PLACE MILK IN THE SAUCEPAN AND BRING TO THE BOIL. REDUCE TO A SIMMER AND SLOWLY ADD FLOUR AND CHEESE, CONTINUOUSLY STIRRING. STIR UNTIL CHEESE IS MELTED AND THE SAUCE IS WELL COMBINED WITH NO LUMPS.
- ADD VEGETABLE PUREE TO CHEESE SAUCE. STIR UNTIL THOROUGHLY COMBINED. REMOVE FROM HEAT.
- STIR IN PASTA.
- IF USING, PLACE PAPER CUPCAKE CASES IN A MUFFIN TIN.
- SCOOP MIXTURE INTO CASES. SPRINKLE WITH EXTRA CHEESE.
- BAKE IN THE OVEN FOR 10-15 MINUTES OR UNTIL CHEESE HAS MELTED.

NOTES

- THESE MUFFINS CAN BE EATEN AS A SNACK, AS A DINNER OPTIONS WITH ADDITIONAL VEGETABLE OR SALAD, OR PLACED IN A SCHOOL LUNCH BOX.

NUTRITION INFORMATION

THESE MUFFINS ARE A GREAT WAY TO ENCOURAGE KIDS TO MASH, STIR AND SCOOP INGREDIENTS.

THEY WILL BE MAKING SOMETHING THEY ENJOY, LIKE CUPCAKES, HOWEVER MADE OUT FROM INGREDIENTS THAT ARE GOOD FOR THEM.

