



MACARONI AND CHEESE

Be sure to have an adult help you out!

Ingredients -

- 1/2 cup macaroni
- 1 tbsp. olive oil
- 1 tbsp. flour
- 1/2 milk
- 1/2 cup pureed cauliflower
- 1 1/2 cups cheddar cheese
- 1/2 tsp. salt
- 1/2 tsp. paprika
- 1/2 tsp. pepper



Directions -

Cut the cauliflower into small pieces place in a steamer until soft. Add 1-2 tablespoons of water and use a blender to puree. Set aside.

Bring a pot of salted water to the boil and add the macaroni cooking as per packet instructions.

Whilst the macaroni cooks, add oil and flour to a hot saucepan for a few minutes until it resembles a thick paste. Add the milk stirring occasionally and allow time to thicken. Next add the cauliflower puree, cheddar cheese and seasonings. Continue to stir until all the cheese has melted and the mixture becomes smooth.

Stir in the macaroni and serve warm! Enjoy buddies!