



LUNCHBOX MAC 'N' CHEESE MUFFINS

the perfect compact way to get three lots of veg into your kiddies lunchboxes! And better still, they're mac 'n' cheese – guaranteed to have those little ones asking for more!

🕒 20 minutes

🕒 45 minutes

🍴 10 portions

INGREDIENTS

- 6 eggs, (300 g)
- 1 cup macaroni pasta, cooked, (132 g)
- 1 cup of baby spinach (30 g)
- 1 large carrots, grated (72 g)
- 1 large zucchini, grated (323 g)
- 100 grams of cheese, cheddar, grated
- 65 grams of yogurt, Greek, plain, nonfat

COOKING METHOD

- 1° Preheat the oven to 180°C/350°F/Gas Mark 4 and grease a muffin tin with a little butter or oil.
- 2° Whisk the eggs and yoghurt together in a large bowl until well-combined. Add in the cooked pasta, spinach, carrot, zucchini, cheese and a few crunches each of sea salt and freshly ground black pepper. Mix well to combine.
- 3° Divide mixture evenly between the muffin holes. Top with a bit of extra grated cheese and place into the oven and bake for 25 minutes, or until muffins have set and are golden.
- 4° Remove from the oven and allow to cool for 15 minutes before turning out of the tin and letting cool completely. Store muffins in an airtight container in the fridge for up to 3 days, or in the freezer for up to 6 weeks.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (102 g)	% DRI
ENERGY	115 kcal	117 kcal	6 %
FAT	6 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	14 %
CHOLESTEROL	119 mg	122 mg	41 %
SODIUM	118 mg	120 mg	5 %
CARBOHYDRATE	7 g	7 g	2 %
SUGARS	2 g	2 g	—
FIBER	1 g	1 g	3 %
PROTEIN	8 g	8 g	—