

MAINS

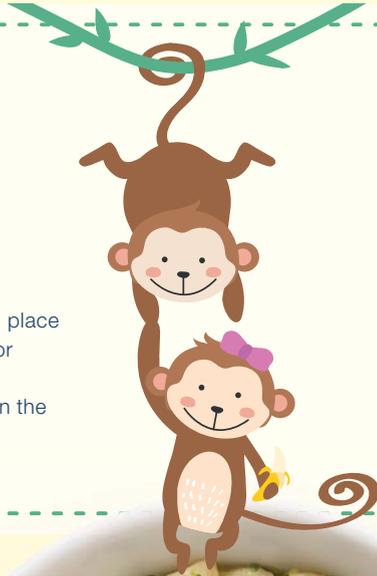
GREEN MAC AND CHEESE

INGREDIENTS *(Makes 12 toddler portions)*

- 500g macaroni
- 1 head broccoli, cut into florets
- 200g low-fat soft cheese
- 200ml semi-skimmed milk

METHOD

- Cook the macaroni in boiling water for about 15 minutes until soft. After the first 10 minutes, place the broccoli in the same pan as the macaroni or separately steam the broccoli.
- Drain the macaroni and broccoli and then stir in the low-fat soft cheese and milk.
- Heat if necessary before serving.



HEALTHY EATING TIPS

Mixing in vegetables with foods that your toddler is familiar with (e.g. pasta) can encourage your toddler to eat more vegetables.

COOKING TIPS

You can use other green vegetables such as spinach, green peas or chopped green beans instead of broccoli. If desired, you can briefly bake the mac and cheese to get a crispy crust, which your child may enjoy.

