

Mac & Cheese Muffins

Traffic light category: **Green**

Serves: 12-18

Ingredients

- 2 cups elbow pasta or macaroni
 - ½ cup grated pumpkin
 - ½ cup grated carrot
 - 2 tablespoons water
 - 2 tablespoons self-raising flour
 - ¼ cup reduced fat milk
 - 1 teaspoon dijon mustard
 - 3 eggs
 - 125g can corn kernels, drained and rinsed
 - 2 cups grated reduced fat cheddar cheese
 - 2 tablespoons finely grated parmesan cheese
- Optional extras: diced ham, chopped capsicum, chopped spring onion, grated mushroom

Method

1. Preheat oven to 180°C
2. Boil macaroni for 10 minutes or until al dente, drain well
3. Meanwhile, place pumpkin, carrot and water in a microwave bowl and cook on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork
4. Sift flour into a large bowl
5. In a small bowl or jug whisk milk, mustard and eggs together; add to flour and gently combine
6. Add cheddar cheese, corn, mashed vegetables and macaroni, stir until combined
7. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan
8. Bake for 20-25 minutes until golden brown.
9. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 574kJ | 899kJ |
| Protein | 8.7g | 13.6g |
| Total fat | 5.4g | 8.5g |
| Saturated fat | 3.0g | 4.8g |
| Carbohydrate | 12.7g | 19.8g |
| Sugars | 0.9g | 1.44g |
| Dietary fibre | 1.0g | 1.5g |
| Sodium | 156mg | 244mg |

Top tip - the muffins can be frozen



Source: Adapted from *The Dairy Kitchen at Dairy Australia*, reproduced with permission



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