



HIDDEN VEGETABLE MAC N CHEESE

This recipe is packed with nutrients. Nutritional yeast is brimming with B Vitamins, there are a plethora of vitamins and fibre in the vegetables and the bone broth is rich in the amino acids proline and glycine, which are vital for healthy connective tissue [ligaments, joints, around organs, etc]."

 25 minutes 4 portions

INGREDIENTS

- 2 large carrots,
- 2 cups (1" cubes) of pumpkin, raw (232 g)
- 1 cup cauliflower florets
- 1 zucchini
- 1/2 cup of chicken stock
- 25 grams of tasty Grated Cheese
- 1 tbsp of butter
- 5 cups shells of pasta, whole-wheat, cooked (525 g)

COOKING METHOD

- 1° Steam vegetables until very tender. Place all remaining ingredients as well as vegetables into a blender and blend until very smooth.
- 2° Toss through pasta in a large bowl and serve. For very fickle kids, I find a sprinkle of cheese on top melted under the griller can entice them in.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (373 g)	% DRI
ENERGY	82 kcal	307 kcal	15 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	0 mg	1 mg	0 %
SODIUM	33 mg	124 mg	5 %
CARBOHYDRATE	14 g	52 g	17 %
SUGARS	2 g	7 g	—
FIBER	2 g	8 g	31 %
PROTEIN	3 g	13 g	—