



# Children's Services

## HIDDEN VEGE MAC AND CHEESE

Delicious Mac and Cheese with hidden veggies!

### INGREDIENTS:

1. 450g macaroni, cooked al dente
2. 1/2 cup water
3. 1-2 cups cauliflower florets
4. 1-2 cups butternut squash, diced
5. 1-2 cups carrots, sliced
6. 2 cups milk
7. 2 cups cheddar cheese, shredded
8. 110g cream cheese

### METHOD:

#### Step 1

Add water, cauliflower, squash and carrots in a pot over medium heat. Cover and cook until vegetables are tender (around 12 minutes).

#### Step 2

Add everything into a blender, including cooking water, and blend until smooth.

#### Step 3

Return blended vegetables to the pot over medium heat, and add the milk, cheddar cheese, and cream cheese. Stir until smooth.

#### Step 4

Add macaroni, reduce heat, mix thoroughly, and cover for 20 minutes.

Enjoy!

*This recipe has been given by  
Tambrey Early Learning Centre*

### CHILDREN'S SERVICES

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