




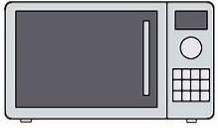
Macaroni & Cheese in a Mug

Makes 1-2 Serving per mug

Nutrients Per Serving:

380 Calories | 17g Fat (5g Saturated) | 43g Carbohydrates | 0g Added Sugar | 15g Protein | 200 mg Sodium | 2g Fiber

Equipment Needed

 <p>24 oz Microwave safe mug or a microwave safe bowl</p>	 <p>Tablespoon</p>	 <p>Dry measuring cups Liquid measuring cup</p>	 <p>Microwave</p>
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Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1/2 cup elbow macaroni</p>	 <p>1/2 cup water</p>	 <p>1/4 cup milk</p>	 <p>1/2 cup shredded cheddar cheese</p>
 <p>1 Tablespoon unsalted butter</p>			

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Add 1/2 cup macaroni and 1/2 cup water to the mug.

3



Microwave for 2 minutes, then stir.
Microwave for 2 additional minutes, then stir.
Microwave for 1 additional minute, if needed so the macaroni is soft.
Note: The water will boil over, but do not worry, it is not enough to worry about.

4



Add 1/4 cup milk, 1/2 cup shredded cheese, 1 Tbsp unsalted butter, and stir to combine.

5



Microwave mixture for 1 minute.
Stir and microwave for 30 more seconds.

6



Stir and enjoy your Macaroni & Cheese!