

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



LUNCH BOX MUFFINS: MAC N' CHEESE FLAVOR

These are a handy lunch box alternative to sandwiches for kids who are tired of sandwiches or, like mine, just won't eat them! The Sneaky Chef mac 'n cheese formula is tried and true, and this turns it into a hand-held meal that can be popped into the kids' lunch boxes. No fork is needed as they are eaten just like a muffin. (For some reason, children prefer to give up flatware whenever they can and eat with their hands.) Kids don't mind them cold. Make ahead and freeze, take them out and put into the fridge the night before, and you are set to go.

Makes 8 Muffins

4 large eggs
1 cup Orange Puree (see [Make-Ahead Recipe #2](#))
2 cups low-fat shredded cheese
2 cups cooked macaroni
Salt and pepper, to taste

Below are two ways to cook the muffins:

Oven baked method:

Preheat oven to 350 degrees and line a muffin tin with paper liners. Lightly spray liners with oil.

In a mixing bowl, whisk the eggs and Orange Puree. Mix in the macaroni and 1 cup of the cheese. Divide the mixture evenly among the 8 muffin cups. Top each with about one tablespoon of cheese and bake for 20 to 22 minutes, until cheese is lightly browned and bubbly on top. Season with salt and pepper, to taste.

Microwave method:

Line 8 microwave safe ramekins or custard cups with paper muffin liners. Lightly spray liners with oil.

In a mixing bowl, whisk the eggs and Orange Puree. Mix in the macaroni and 1 cup of the cheese. Divide the mixture evenly among the 8 lined ramekins. Top each with about one tablespoon of cheese and microwave on high for 3 minutes. Season with salt and pepper, to taste.

Nutritional Information

Per Serving (1 muffin, 116g): Calories 155; Total Fat 4.8g; Fiber 1.4g; Total Carbohydrates 15.1g; Sugars 1.8g; Protein 12.3g; Sodium 226mg; Cholesterol 111mg; Calcium 197mg.

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