



## Macaroni and cheese in a mug

**Yield: Makes:** 1 serving

**Serving Size:** 1 cup

### Ingredients

1/3 cup	pasta, dry (macaroni)
1/4 cup	Milk
1/2 tsp	Cornstarch
1/4 cup	Cheddar cheese, shredded or grated
1/2 cup	Frozen broccoli

### Directions

1. In a large mug or bowl, add macaroni noodles, broccoli and  $\frac{3}{4}$  cup cold water. Microwave for 3-4 minutes, stirring halfway through. Pour off or strain excess water.
2. Stir in milk, cornstarch, and shredded cheese and microwave for 1 more minute. Season with salt and pepper, stir, and enjoy!