



Angels on Horseback

This is for when my kids are at home and I have nothing for lunch standing by. It is really simple and a big hit. Use fresh basil as it is delicious and you want to get your kids used to lots of flavour. Add a little or a lot as your kids get used to it.

The more you introduce your kids to flavour the more they will want and like it. Trust me!

Take slices of nice **sprouted grain bread** and slice **cheese** on to it (preferably raw milk cheddar) or any type of REAL cheese you like. Chop **fresh basil** and sprinkle onto cheese and then put beautiful big **slices of tomato** on top of that. **Salt and pepper** and place in an oven or toaster oven until the cheese is bubbly. My kids go crazy for these and they are super fast and easy.
(Frankly so does my husband).

Mac n' Cheese

This is my answer to packaged version which people say they cannot live without. This actually takes less time because the sauce was made in the time that it takes to cook the macaroni!

- 2 cups whole wheat pasta (or quinoa pasta or rice pasta or whatever you can eat)
 - 1 tbsp flour (or arrowroot powder if you are gluten intolerant)
 - 1 cups milk (dairy, soy, almond or rice)
 - 1 cup grated cheese (again, whatever you can eat)
 - 1 tbsp parmesan cheese (optional)
 - 1 cup frozen peas or corn or beans...whatever you have (a nice, sweet touch)
 - A good pinch of nutmeg (adds a really lovely flavour)
 - Salt & pepper to taste
-
- Bring a pot of water to boil and add the macaroni.
 - While the pasta is cooking, grate the cheese. Using a frying pan, melt the butter, then add the flour and cook for a minute or so (to get rid of the "floury" taste). Next, put in the milk and keep stirring. As it starts to thicken, add the cheese and stir until it melts. Add the salt and pepper and nutmeg.
 - When the macaroni is almost finished cooking, add the peas (or corn or beans) for a few seconds. Drain the water, return pasta mixture to the pot. Add the sauce and stir.

Guess what? You're done!

Healthier Mac n' Cheese in the same time as the packaged stuff.