



Mac 'n Cheese Slices



Packed with good-for-you fats, our canola oil and mayos are endorsed by the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



Ingredients:

- + 1 cup high-fibre macaroni, uncooked
- + 1 tablespoon B-well Canola Oil
- + 1 small onion, finely diced
- + 1 teaspoon garlic
- + 3 teaspoons fresh thyme leaves
- + 125 grams bacon, fat removed and cut into bits
- + 2 baby marrows, grated
- + 200 grams sweet potato, grated
- + 1/3 cup whole wheat flour
- + 3/4 cup B-well Original Tangy Mayonnaise
- + 1/2 cup grated cheddar or gouda cheese

Instructions:

1. Preheat the oven to 180°C
2. Grease a large baking pan using cooking spray. Line it with baking paper, ensuring the paper extends 2cm above the edges on all sides.
3. Prepare the macaroni by cooking it until tender. Once cooked, drain and allow it to cool.
4. In a frying pan, heat the oil. Sauté the onion, garlic, thyme, and bacon bits until the onion softens.
5. Add the grated baby marrow and sweet potato. Cook until the sweet potato softens, then transfer the mixture to a large bowl.
6. In the same bowl, combine the cooked pasta, whole wheat flour, mayonnaise and half of the grated cheese. Season with salt and pepper to taste.
7. Pour the mixture into the prepared pan and sprinkle the remaining cheese on top. Bake for 30-35 minutes or until the dish turns golden and becomes firm.

Hey parents, here's the secret to keeping your kids energised! This recipe's a game-changer, loaded with vitamins from sweet potatoes and baby marrows. With **omega-3**, **omega-6** and **omega-9** fats from canola oil and mayo it's the ultimate way to fuel your little ones for non-stop energy.

