# Mac and Cheese Muffins

**Ingredients:**

3T Butter

3T Flour

1 ½ Cups milk

2 Cups Cheddar cheese, shredded

1 Cup Monterey Jack Cheese, Shredded

1 each eggs

1 pound elbow pasta

½ tsp salt

½ cup bacon, cooked & chopped (optional)

**Topping**

1T butter

½ Cup cheez it crackers, crushed

3 slices American cheese, cut into fourths

**Directions:**

Preheat oven to 425 degrees.

Heat water in a large pot and salt with 2 table spoons salt. Bring water to a boil and add elbow pasta and cook for 8 minutes to el dente (cooked but still firm). Drain cooked pasta and set aside.

In a medium high skillet melt butter and mix in flour stirring until smooth (1-2 minutes). Add milk while stirring and continue to stir to incorporate milk into flour mixture until thicken (approximately 5 minutes).

Turn heat off and add all cheeses; stir until smooth. Add whisked or beaten egg and stir to blend. Add pasta salt and bacon and mix until evenly distributed.

Spray a muffin pan with non stick cooking spray. Mound pasta mixture into the muffin tin until all 12 muffins are filled. Top each muffin with ¼ slice American cheese.

Combine 1 tablespoon melted butter with crushed crackers. Top each muffin with 1 teaspoon of crumb mixture .

Bake in the center of the oven for 15-20 minutes. Allow to cool for at least 10 minutes before removing the muffins from the pan. Use 2 muffins per lunch box; to make it easier to pack you can pack the muffins in cupcake liners in the lunch box.

This is a easy food item for your child to eat using his/hers hands. Freeze any leftovers for feature snacks.

**Serves:** 12 muffins