



EZ Mac & Cheese in a Mug



Entire recipe: 157 calories, 2.5g total fat (1g sat. fat), 314mg sodium, 28g carbs, 4.5g fiber, 5g sugars, 7.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1 cup bagged broccoli cole slaw mix
1 tbsp. cheddar cheese powder ([like Anthony's!](#))
1/2 cup cooked pasta ([we like Banza](#))
Optional seasonings: garlic powder and salt

Directions

Place slaw in a microwave-safe mug or bowl. Add 1 tbsp. water. Cover and microwave for 1 1/2 minutes, or until soft.

In a small bowl, mix cheese powder with 1 tbsp. hot water. Add cheese mixture to the slaw, along with the cooked pasta. Mix thoroughly, and reheat if needed.

MAKES 1 SERVING

HG Alternative: Anthony's Cheddar Cheese Powder is our hands-down favorite! If it's currently unavailable, sign up for an email alert from Amazon for when it's back in stock. Or [try this version by Hoosier Hill Farm](#)! If those are BOTH out of stock, [click here to shop](#) best-selling cheese powders on Amazon.

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