

Mac n' Trees  
INGREDIENT LIST

2 cups milk  
10 oz shredded cheddar cheese  
1 oz Parmesan cheese (optional - if you're baking Mac n' Trees with breadcrumb topping)  
2 tablespoons butter  
1 small head broccoli (about 6-8 oz)  
¼ small onion  
1 garlic clove  
2 tablespoons neutral oil (like sunflower, grapeseed, canola or avocado)  
1 tablespoon olive oil (optional - if you're baking Mac n' Trees with breadcrumb topping)  
8 oz fusilli or elbow pasta (ideally whole wheat)  
½ cup whole wheat breadcrumbs (optional - if you're baking Mac n' Trees with breadcrumb topping)  
2 tablespoons all-purpose flour  
Salt

SUBSTITUTION NOTE:

- **Whole wheat breadcrumbs** -> *You can use white breadcrumbs instead if you'd like.*

PREP NOTES FOR ALL AGES:

- **Broccoli** -> *Wash broccoli well with cool water.*
- **Pasta** -> *Cook pasta according to package directions until al dente (tender, but still with a little bite to it). Drain pasta and rinse under cool water (to stop the cooking process). Toss with a little olive oil to keep it from sticking together.*

SPECIAL PREP NOTES FOR FAMILY & KID CLASSES:

- **Onion** -> *Cut just one quarter of onion into ¼-inch slices (they'll look like little rainbows - this preparation makes it easier for your child to chop).*
- **Cheese** -> *Cut cheese into 3-4 pieces. For younger kids, you may want to pregrate some of it.*

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*Mac n' Trees*  
EQUIPMENT LIST

Cutting board  
Wavy chopper (or chef knife for older kids/teens)  
Grater  
Measuring cups  
Measuring spoons  
Fork (optional - if you're baking Mac n' Trees with breadcrumb topping)  
Whisk  
Wooden spoon  
Small bowl (optional - if you're baking Mac n' Trees with breadcrumb topping)  
Few smaller bowls or plates (for holding prepped ingredients)  
Colander  
Medium pot  
Large skillet or wok  
Large pot  
Nonstick spray (optional - if you're baking Mac n' Trees with breadcrumb topping)  
8x8 or 9x9-inch baking dish (optional - if you're baking Mac n' Trees with breadcrumb topping)  
Stovetop  
Oven (optional - if you're baking Mac n' Trees with breadcrumb topping)  
Oven mitts

NOTE:

- **Wavy chopper** -> *If you don't have one, we sell them for \$5 (and can even ship one to you). You can also try using a serrated lettuce knife, or even a butter knife. If your child is older and experienced with a knife, and can in your judgment safely use it with your close supervision during class, then that can work as well!*

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