

## Appenzeller Cheese Macaroni with Apple Sauce

Serves 4

Approximate preparation time: 15-20 minutes



Quantity	Ingredients	Preparation
<b>Appenzeller macaroni cheese</b>		Cook the pasta in boiling water until al dente. Drain and rinse with cold water. Heat the rapeseed oil in a pan and sauté the wheat flour in it until all the flour has dissolved. Add the milk and bring to a boil while constantly stirring to prevent lumps from forming. Remove the pan from the heat, grate the Appenzeller cheese and add to the sauce. Mix the pasta and sauce, and season with spices.
350 g	macaroni	
2 pinches	salt	
2 pinches	pepper	
1 tbsp	rapeseed oil	
2 tbsp	wheat flour	
3.5 dl	cow's milk	
90 g	Appenzeller cheese	
<b>Apple sauce</b>		Serve with the macaroni cheese.
460 g	Apple sauce	

### Fun fact:

Apples contain minimal amounts of calcium, magnesium and iron.