

# No Fat Potato Bake

HELPING TO PROTECT  
THE HEALTH OF  
YOUR FAMILY

Slice washed potatoes and fill 2 litre.

Teaching You how to SAVE:-

Mix milk, 4 teaspoons cornflour and a chicken stock cube that has been dissolved in hot water.



Pour over potatoes.

MONEY



Heat on 4 until whistle sounds (or needle reaches green)

EFFORT

Close vent and leave for about 10-15 minutes.



ENERGY



Sprinkle cheese on top and place under grill if desired.

WATER

