Cheese Pucks

(-From “Secret Spoonfuls. Confessions of a Secret Mom” CD Booklet)

Ingredients:

1 cup arrowroot powder

1 cup grated cheese

½ cup butter

1 cup cream cheese

½ tsp salt

½ tsp white or cayenne pepper

Mix arrowroot, salt and pepper; add butter and cheese to form dough. If it is too dry, add more butter; if too wet, add more arrowroot. Roll into a long snake, wrap in wax paper and chill for one hour. Cut into ½ inch rounds. Bake on ungreased cookie sheet at 400 degrees for 5-10 minutes.

These are good hot but remain fresh for weeks, so they are wonderful on trips and for school lunches.