

Cauliflower Cheese



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	31.5g	11.5g LCT	
		20g MCT	
Protein	8.1g		
Carbohydrate	2.2g		
Energy (calories)	325kcal		



Enhancing Lives Together

Dairy Cauliflower Cheese



Ingredients	Quantity	Your recipe
K-Quik	100g	
Xanthan gum/Locust bean gum	2g	
Cheddar cheese	28g	
Cauliflower, boiled	50g	

Method:

1. Pre heat the oven to 180c 160c fan or gas mark 5.
2. Place **K-Quik**, xanthan gum and ½ the cheese into a thick bottom pan.
3. Stir vigorously and bring to the boil. The sauce will start to thicken.
4. Place the cauliflower in an oven proof dish, pour the cheese sauce over the top and sprinkle the rest of the cheese on top.
5. Bake in the oven for 20 minutes or until golden brown.



Always check with your dietitian what is suitable for you.
K-Quik is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.