PUMPKIN BAKE

- 48g Pumpkin - raw
- 40g Cauliflower
- 27g Greek feta cheese - MORRISONS
- 2g Pumpkin seeds
- 8g Virgin coconut oil – BIONA ORGANIC
- 12g Butter

You will also need some seasoning and ¼ teaspoon of Moroccan spices or cinnamon.

Pre heat oven to 200c / fan 180c / gas 6
Dice the pumpkin and place in an ovenproof dish with the spices, melted butter and coconut oil.
Stir well and bake for approximately 20 minutes until soft.
Sprinkle over the pumpkin seeds and pop back in to the oven for 2 minutes.
While it is cooking, grate or blitz the cauliflower to make rice.
Add to the baking dish, give it a good stir and return to the oven for 5 minutes.
Remove from the oven and stir in the chopped feta cheese.

Mo’s tip: This is a good way of using the Halloween pumpkin!!

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION