Cauliflower Fritters

- 50g Cauliflower, raw
- 8g Eggs, chicken, white, raw
- 15g Double cream, Morrisons
- 8g Sunflower oil

Boil the cauliflower in a little salted water for just a few minutes. Do not let it get too soft.

Strain, then mash it. Whisk the egg white until stiff and fold into the cauliflower with the cream.

Season at this point you could add some dried herbs if liked.

Heat the oil in a small frying pan and drop 3 spoonfuls of the mix into the oil you will find it goes to a fritter shape almost on its own.

Gently fry til golden on both sides.

Don't rush this it will take a few minutes

You could, if preferred, bake in the oven

If you have protein allowance a little grated cheddar added to the mix makes them even tastier!

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