CAULIFLOWER TORTILLAS

- 125g Cauliflower
- 50g Eggs

You will also need a little seasoning.

Pre-heat over to 190c / fan 170c / gas 5.

Start by ‘ricing’ the cauliflower on a grater.

Line a baking tray with a silicone mat or non-stick Bacofoil.

Place the cauliflower in a small basin and microwave for 2 minutes, stir and microwave for another 1 ½ minutes.

Stir and add the beaten egg, some seasoning and mix well.

Place on the baking tray in 4 x equal circles (it seems to find its own level very easily).

Bake for 8 minutes; remove from the oven turn them over then bake again for a further 5-7 minutes.

Heat a dry frying pan and add the tortillas, press them down, this helps to give a bit of crispness.

Mo’s tip: When using them as part of a meal you can use some of the fat allowance to fry them, it will help use it up!

For those that use EKM – 100g of cooked tortillas will give you:

FAT : 8g  PRO : 13g  CHO : 4.5g

Each one from this recipe will weigh 20g when cooked and gives:

FAT : 1.6g  PRO : 2.6g  CHO : 0.9g

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