MACARONI CHEESE

Grate the cheese.
Heat the cream and stir in the cheese and macaroni.
Heat until it starts to thicken.
Pour in to a heatproof dish.
Make breadcrumbs and stir in the oil.
Sprinkle over the top of the macaroni, then pop under a hot grill to brown the top.

• 17g Macaroni - boiled
• 8g Cheddar cheese – CATHEDRAL CITY MATURE
• 10g Oven baked Keto bread
• 35g Double cream – MORRISONS
• 6g Olive oil

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