CAULIFLOWER FRITTERS

- 7g Egg whites
- 13g Double cream - MORRISONS
- 8g Sunflower oil
- 29g Cauliflower
- 4g Cheddar cheese – CATHEDRAL CITY MATURE

You might also need dried herbs and seasoning.

Boil the cauliflower in a little salted water for a few minutes; do not let it get too soft!!
Strain and then mash it.
Whisk the egg white until stiff and fold in to the cauliflower with the cream and grated
cheese, 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 in to the oil, you will find it
 goes in to a fritter shape almost on its own!
Gently fry until golden on both sides, don't rush this it will take a few minutes.

Mo's tip: You could bake in the oven if preferred.

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