CAULIFLOWER CHEESE

- 114g Cauliflower – boiled in unsalted water
- 50g Cheddar cheese
- 50g Double cream - MORRISONS
- 2g Smooth mustard

Grate the cheese and then weigh it! Reserve 10g.
Place remaining 40g of the cheese in a small saucepan with the cream and mustard.
Heat until the cheese has melted, pour over the cauliflower and serve sprinkled with the reserved cheese.

Mo's tip: Make sure the cauliflower is well drained before weighing (I left mine on a piece of kitchen paper for a few minutes).
This sauce goes well with other vegetables, or on top of a leek lasagne.

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