

**INSPIRED BY
MOLLY
3:1 RATIO**



56.5 g fat
17 g protein
2.5 g CHO

BROCCOLI AND CAULIFLOWER CHEESE



- 30g Broccoli - cooked
- 30g Cauliflower - cooked
- 40g Cream
- 40g Cheese
- 30g KetoCal

Heat the cream in a microwave, add the KetoCal and cheese.

Pour over the vegetables.

Bake in pre heated oven to brown.

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