CELERIAC AND CHEESE MASH

- 30g Double cream
- 40g Cauliflower
- 18g Mature cheddar cheese
- 80g Celeriac

You will also need some seasoning.

Chop the celeriac and cauliflower.
Boil until tender.
Drain and mash.
Finely grate the cheese and add to the mash with the cream and some seasoning.

Mo’s tip: This can be made to a softer puree or a thin puree by adding water – 10mls at a time, and blending until the required consistency is achieved.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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