



- Preparation time: 5 - 10 minutes
- Cooking time: 10 - 15 minutes
- Recipe makes: 1 portion



This recipe can be adapted to the following:



Nutritional content	Quantity		Your recipe
Fat	22g	16g LCT	
		6g MCT	
Protein	71g		
Carbohydrate	3.7g		
Energy (calories)	241kcal		

*Add your own notes on perfecting this recipe to suit you.*



## Celeriac & Cauliflower Cheese Mash



Ingredients	Quantity	Your recipe
Celeriac, grated	80g	
Cauliflower, grated	40g	
Cheddar cheese, grated	20g	
<b>K-Quik</b>	30g	
Butter	10g	
Salt and Pepper (optional)	A pinch (or to taste)	



### Method

1. Add celeriac and cauliflower to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
2. Add cooked celeriac and cauliflower to a bowl with cheese, **K-Quik**, butter, salt and pepper.
3. Mash with a fork and serve.

## For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

**Always check with your dietitian about what is best suited to your requirements.**



1. Repeat steps 1 and 2 of IDDSI level 6 method.
2. Blend ingredients until a smooth thick purée is achieved.



1. Repeat steps 1 and 2 of IDDSI level 6 method.
2. Add 40ml of boiled water and blend until smooth.



K-Quik is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.