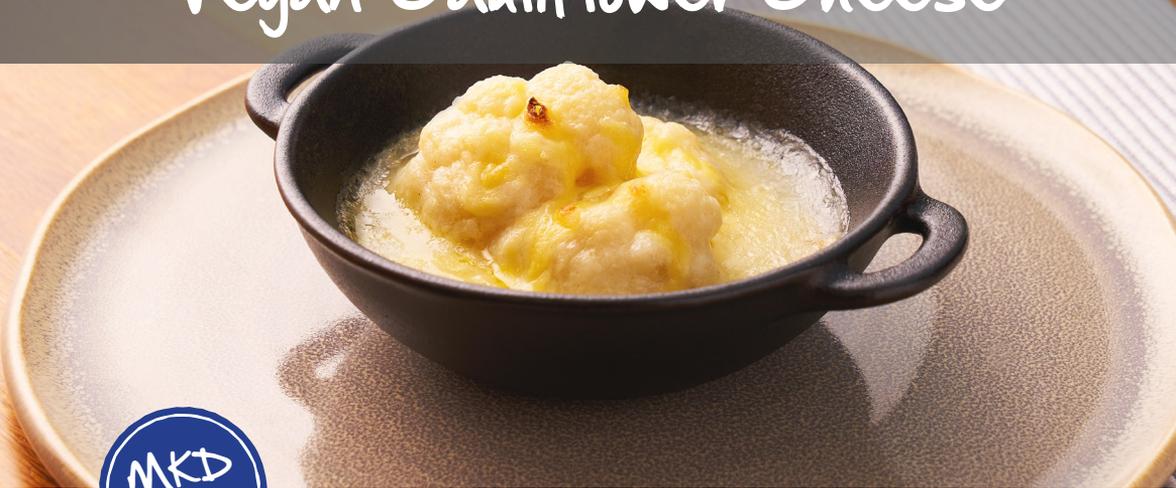


# Vegan Cauliflower Cheese



4:1 ratio

- **Preparation time:** 1 minute
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	24.3g	4.3g LCT	
		20g MCT	
Protein	1.3g		
Carbohydrate	4.8g		
Energy (calories)	243kcal		



Enhancing Lives Together



# Vegan Cauliflower Cheese

Ingredients	Quantity	Your recipe
Vegan cheese e.g. Violife, grated	10g	
<b>K-Quik</b>	100g	
Xanthan gum	2g	
Cauliflower, boiled	65g	

## Method:

1. Pre heat the oven to 180°C/160°C fan/gas mark 5.
2. Place ½ the vegan cheese, **K-Quik** and xanthan gum in a thick bottom pan.
3. Stir continuously and bring to the boil the sauce will thicken.
4. In oven proof dish, place in the cauliflower, pour the cheese sauce over and sprinkle the rest of the vegan cheese on top.
5. Place in the oven, cook for 20 minutes or until golden brown, and serve.



**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.**

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