

Vegan Cheese Sauce



9:1 ratio

- **Preparation time:** 1 minute
- **Cooking time:** 3 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	23.7g	3.7g LCT	
		20g MCT	
Protein	0.1g		
Carbohydrate	2.5g		
Energy (calories)	223kcal		



Enhancing Lives Together



Vegan Cheese Sauce

Ingredients	Quantity	Your recipe
Vegan cheese e.g. Violife, grated	10g	
K-Quik™	100g	
Xanthan gum	2g	

Method:

1. Place all ingredients in a thick bottom pan over a medium heat.
2. Stir continuously and bring to the boil, until the sauce is thickened.



Always check with your dietitian what is suitable for you

- The cheese sauce can be poured over cauliflower or use as a bechamel style sauce for a keto lasagne (see recipe).



**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.**