

Cheese Sauce



4:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	31.1g	11.1g LCT	
		20g MCT	
Protein	7.2g		
Carbohydrate	0.4g		
Energy (calories)	310kcal		



Enhancing Lives Together

Dairy Cheese Sauce



Ingredients	Quantity	Your recipe
K-Quik	100g	
Xanthan gum/Locust bean gum	1g	
Cheddar cheese	28g	

Method:

1. Place the **K-Quik**, xanthan gum and cheese in a thick bottom pan.
2. Stir vigorously and bring to the boil the sauce will thicken.



- You can use this with cauliflower cheese or bechamel for lasagne



Always check with your dietitian what is suitable for you.
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.