

Cauliflower Cheese and K-Quik Shot



MCT
recipe

- **Preparation time:** 15-20 minutes
- **Cooking time:** 15-20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	46%	
LCT	12.5g	29%	
Protein	12g	12%	
Carbohydrate	12.5g	13%	
Energy (calories)	390kcal	100%	



Enhancing Lives Together



Cauliflower Cheese and K-Quik Shot

Ingredients	Quantity	Your recipe
Cauliflower Cheese		
Cauliflower florets	170g	
K-Quik cheese sauce (see recipe card)	1 portion	
Cheddar cheese, grated	11g	
Seasoning	To taste	
K-Quik Shot		
K-Quik	50g	

Method

1. Steam or boil cauliflower until tender, drain and place in an oven proof dish.
2. Prepare **K-Quik** cheese sauce as per recipe card (1 portion is needed).
3. Pour **K-Quik** cheese sauce over cauliflower and top with grated cheese, season if desired.
4. Grill for 3-5 minutes until golden.
5. Serve with 50g 'shot' **K-Quik**.



Always check with your dietitian what is suitable for you

- Serve as part of a meal e.g. with meat/fish and permitted vegetables/salad
- Substitute permitted vegetables for some or all of the cauliflower
- Flavour **K-Quik** shot with sugar free Da Vinci syrup



K-Quik is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.