

Cheese Sauce



- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes 2 portions**[#]

Each portion provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	10g	45%	
LCT	7.5g	35%	
Protein	5.1g	10%	
Carbohydrate	5.1g	10%	
Energy (calories)	198kcal	100%	



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[#] image represents 1 portion



Cheese Sauce

Ingredients	Quantity	Your recipe
Butter	4g	
Cornflour	7g	
Skimmed milk powder e.g. Asda or Marvel	7g	
K-Quik	100g	
Full fat cheddar cheese, grated	30g	
Seasoning	To taste	

Method

1. Melt butter in a saucepan and gradually add cornflour. Stir continuously (soft lumps will form but continue to stir) and cook for 1-2 minutes on a low heat.
2. Mix skimmed milk powder with the smallest amount of water possible to make a paste.
3. Add skimmed milk paste and **K-Quik** to the cornflour until a smooth sauce is formed (can add a little water if desired).
4. Simmer for 3 minutes (do not boil) until thickened and season. Add more water at this stage if a thinner consistency is desired.
5. Stir in grated cheese until melted.
6. Divide sauce into 2 equal portions.



- Adding mustard powder, tabasco sauce, or garlic can give the sauce a bit of a kick!



Always check with your dietitian what is suitable for you

- Stir through cooked very low carbohydrate pasta, then bake or grill until lightly browned on top
- Pour over steamed or cooked permitted vegetables (see cauliflower cheese recipe card)

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.