

The Best Low-Carb Cauliflower Cheese

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 12.9 g, Fiber: 6.2 g, **Net carbs: 6.7 g**,

Protein: 14.7 g, Fat: 48.5 g, Calories: 520 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Base:

1 extra large head cauliflower, cut in florets (900 g/ 2 lb)

1/2 tsp paprika

2 tbsp [extra virgin olive oil](#) (30 ml)

pinch of [pink Himalayan salt](#)

Keto Cheese Sauce

1/2 cup heavy whipping cream (120 ml/ 4 fl oz)

4 tbsp butter (56 g/ 2 oz)

1/2 cup cream cheese (120 g/ 4.2 oz)

1 cup cheddar (120 g/ 4.2 oz)

pinch of [pink Himalayan salt](#)

2 - 4 tbsp water (30-60 ml)

Note: This is 2 batches of the [Keto Cheese Sauce](#), about 2 cups.

Topping:

1/4 cup [flax meal](#) (38 g/ 1.3 oz)

1/3 cup [almond flour](#) (34 g/ 1.2 oz)

1/3 cup [walnuts](#), crushed (40 g/ 1.4 oz)

leaves from 3 sprigs of thyme

1/3 cup grated cheddar (38 g/ 1.3 oz)

1 tbsp butter (14 g/ 0.5 oz)

1 tbsp olive oil (15 ml)

Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted). Chop the cauliflower florets into chunks.
2. Place on a baking tray with 2 tbsp of olive oil, paprika and salt. Roast for 35 - 40 minutes until golden.
3. Meanwhile, make the [Keto Cheese Sauce](#) by following instructions

[here](#). (it's a double batch). Prepare the topping by mixing the flax meal, ground almonds, walnuts, thyme and 3/4 of the cheddar (keep a little back to sprinkle on top) together in a bowl. Rub with the butter to form a crumb.

4. Place the cauliflower in an oven proof dish. Top with the prepared Keto Cheese Sauce, then flax topping mix, remaining cheddar and drizzle over 1 tbsp of olive oil.
5. Roast in the oven for 20 minutes until the topping is golden.
6. Top with a little fresh thyme to serve. For best results, eat on the day or store in fridge for up to 3 days.

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