The Best Low-Carb Cauliflower Cheese

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 13 g, Fiber: 6.2 g, **Net carbs: 6.8 g**,

Protein: 14.6 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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