

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Cauliflower Mac N Cheese

From www.mincerepublic.com

A cheesy and creamy keto and low carb cauliflower Mac n cheese.

4 cups cauliflower florets cut into small pieces
2 cups cheddar cheese grated
3 tbsp cream cheese
1/2 cup heavy cream
1 cup Cheese Whisps (or other cheese-only crackers for topping, optional)

1. Bring a pot of salted water to a boil. Once boiling, add cauliflower florets and cook for 3-5 minutes (don't overcook or they get mushy).
2. Drain the cauliflower then return to pot. Add in heavy cream and cream cheese. Stir. Add in shredded cheddar cheese and continue stirring until melted and well incorporated, about 5 minutes.
3. If using cheese crisps for topping, add Mac n cheese to an oven safe dish, top with cheese crisps and put under the broiler for 5-10 minutes until golden brown.