



Cauliflower mac and cheese*

Serving: 1

Veg

Ingredients

- Cauliflower florets 1 cup
- 2 tbsp. butter
- 1 tbsp almond flour or keto flour
- Full fat Milk : 1 cup
- 1 tsp hot sauce
- 1 tsp mustard sauce (optional)
- salt to taste
- Pepper to taste
- Grated cheese : 1/4 cup
- Chopped basil leaves or parsley :
For garnish

Preparation Method

- In a large pot of boiling salted water, blanch cauliflower until tender, 5 to 7 minutes. Drain.
- Meanwhile, in a large skillet over medium heat, melt butter. Sprinkle with flour and cook, stirring, until slightly golden, about 1 minute. Pour in milk and whisk until combined. Season with hot sauce, mustard powder, ½ teaspoon salt, and pepper to taste. Bring to a simmer and cook until it starts to thicken, about 1 minute.
- Turn off heat and stir in cheddar and mozzarella until completely melted. Add cauliflower and stir until fully coated in cheese sauce. Season with salt and pepper to taste. Garnish with basil before serving