



Keto Mac and Cheese

Sometimes the most basic, simple recipes can be the best! There are crazy mac and cheese recipes out there . . . but we're giving you a solid base that is absolutely delicious! Want to add hot dogs, put it on pulled pork, or make some other crazy concoction? Start with this recipe - or just eat it totally plain like we do!

Recipe:

Cheese Sauce:

1.5 C Cheddar Cheese

$\frac{3}{4}$ C Heavy Whipping Cream

1 tsp Dijon Mustard

Salt and Pepper

Melt ingredients together in a large sauce pot on low heat.

Chop 3 Cups Cauliflower - we keep the pieces a little smaller than we normally would in a casserole.

Put cauliflower in 8x8 pan and top with cheese sauce. Bake at 350 for 35 minutes or until cauliflower is soft!



The Keto Dad Tips and Tricks:

- If you're going to add more to it (like meat) or like your mac extra cheesy, add another $\frac{1}{4}$ C of Heavy Cream and $\frac{1}{2}$ C Cheese!
- No need to blanch or pre-cook the cauliflower. We cook it raw in the dish!
- Mix in the cheddar cheese slowly so it doesn't clump.

Serving size: serves 4

Calories: 342, Fat: 29g, Carbs: 5g, Fiber: 2g, (Net Carbs 3) Protein: 14g

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