

LOW CARB KETO CHEESEY CAULIFLOWER BAKE



By Food lovers recipes

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1 head cauliflower, cored and cut into bite-sized pieces

$\frac{1}{2}$ cup heavy cream or whole milk

1 cup sharp shredded cheddar

$\frac{1}{2}$ cup cream cheese

2 tablespoons butter

2.5 ml mustard powder

2.5 ml garlic powder

salt and pepper to taste

Preheat oven to 180°C.

Microwave cauliflower for 7-8 minutes, until partially tender.

No need to add water.

Place cream, butter, cheeses, mustard, salt and pepper, mustard and garlic powder in another microwave safe bowl. Heat on high 3-4 minutes, until bubbly. Whisk to incorporate melted cheeses.

Spread cauliflower in a baking dish. Sprinkle with additional salt and pepper.

Pour cheese over all and stir to cover all pieces of cauliflower.

Bake, uncovered for 20 minutes. Sauce will thicken upon

standing for 5-10 minutes.

Recipe posted by Louise Venter

Photo: Louise Venter