



Cauliflower Cheese

250g Cauliflower, broken into pieces
250ml Low Protein Milk – Sno-Pro/ProZero
4 tbsp Loprofin Mix
30g butter

Crushed Quavers small bag (contains ½ exchange) or 30g low protein cheese

- Bring a large saucepan of water to the boil, add the cauliflower and cook for 5 minutes.
- Drain the cauliflower and transfer to the ovenproof dish.
- Put the saucepan back on the heat, add the Sno-Pro, Loprofin Mix and butter and continuously whisk the mixture.
- As the mixture comes to the boil, whisk for a further 2 minutes and the mixture will thicken. Keep stirring to remove any lumps.
- Turn off the heat, add the majority of the crushed Quavers or low protein cheese into the mixture and pour it over the cauliflower.
- Scatter with the remaining crushed Quavers or low protein cheese and bake in the oven at 200°C until golden brown.



Recipe provided by Nutricia Metabolics