



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Mac & Cheese

6g Net Carbs (Low Carb Keto)

Absolutely delicious Low Carb Keto Mac & Cheese with a beautiful taste that's different than most Low Carb Mac & Cheese. All the Cheeses, Spices defiantly made this recipe a family favorite.

- 1 Cauliflower
- 5 Full Pieces of Bacon
- 5 Stocks of Green Onion
- 1 Tsp Red Chilli Flakes
- 1.25 cups Heavy Cream
- ½ cup Cheddar Cheese
- 2 tbsp Salted Butter



NUTRITION

Serving 4

Each serving - Calories: 460 / Net Carbs: 6g / Carbs: 9g
Fat: 43g / Protein: 17g / Fiber: 3g

- 1 cup Chicken Stock
- 1/3 cup Pecans
- 1 Tsp Fresh Thyme
- 1/2 Tsp Nutmeg Powder
- 1/2 Tsp White Pepper
- 1 Tsp Garlic Powder
- 3 oz Cream Cheese

Ingredients:

1. Cook Bacon and Cut Cauliflower into bite size pieces. Once bacon is cooked cut into small pieces.
2. Boil Cauliflower, keep it a little hard so it doesn't fall apart in dish.
3. Add butter to pan and melt. Add Garlic Powder and Spices. Then add Cream Cheese and soften. Add heavy cream and bring to a boil.
4. Add ¼ tsp of Xanthan Gum to thicken sauce, keep on slight boil to thicken. Add Green onion and Bacon.
5. Reduce heat and add cheese until melted. Once cheese is melted add to cauliflower and mix.
6. Add to 8"x8" or 9"x9" dish and place in oven on broil for 5mins or until a nice golden-brown top is present.
7. Remove and serve. Enjoy!