



Healthy Keto with  
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MOVING TO AN HEALTHIER LIFESTYLE

# The Cheesiest Mac & Cheese |Low Carb Keto|

*5g NET Carbs (Low Carb Keto)*

How to make the most delicious cheesiest bacon scrumptious Mac & Cheese ever. 4 different cheeses with lots of delicious spices you will never know it's made with cauliflower.

## INGREDIENTS

2 cauliflower heads  
1 tsp black pepper  
4 oz cream cheese  
½ cup heavy whipping cream  
6 strips of bacon (cooked)  
2 tbsp onion powder  
2 tbsp garlic powder



12 Servings - 1 serving = **Calories 332 / Total Fat 26g / Carbohydrates 7g / Net Carbohydrates 5g / Fiber 2g / Protein 18g**

1 tsp paprika powder  
1 tsp cayenne pepper powder  
1 cup shredded mozzarella cheese  
2 cups shredded cheddar cheese  
1 cup shredded cheddar cheese (for the topping)  
½ cup Parmesan cheese  
½ cup Ricotta Cheese (optional)

## Instructions:

1. Preheat the oven to 350°F
2. Bring a pot of water to a boil.
3. Then cut large 1 inch pieces and then cut to the size of macaroni.
4. Add your cauliflower to the boiling water for 5 minutes or until tender, but firm.
5. Drain the cauliflower and place back into the empty pot for easier mixing of cheese sauce.
6. Add the cream cheese and 1/2 cup of the heavy whipping cream to sauce pan and keep the remainder of whipping cream for later. Melt cream cheese and continually mix so that it does not burn.
7. Add spices and Mix.
8. Add the mozzarella cheese, the cheddar cheese, and the parmesan cheese.
9. If the mixture seems too dry as it melts, add the remaining whipping cream.
10. Pour the cheese mixture into cauliflower and mix. Spread evenly in the 10"x 13" casserole dish.
11. Add Ricotta cheese and 1 cup of cheddar cheese for the topping, add more if desired.
12. Place the cauliflower dish into the preheated oven for 20-35 minutes or until nice and golden. Enjoy!

