



## KETO BACON MAC & CHEESE

*an easy recipe you can do at home*

### INGREDIENTS

1 floret of cauliflower  
3 pieces of bacon  
1 cup of double cream (Heavy cream)  
1/4 of a cup of cream cheese  
1/3 of a cup of 4 cheese blend  
1 teaspoon of paprika  
1 teaspoon of garlic granules  
1 teaspoon of black pepper  
1 teaspoon of sea salt

### DIRECTIONS

Start by cutting up a floret of cauliflower into small pieces, then put it to one side. In a large frying pan, fry the bacon for 6 minutes, on a medium heat, or until crisp. Remove the bacon from the pan and allow it to cool for 5 minutes, then chop it into small pieces. Heat a large pot of water, once it's boiling, add the cauliflower and boil for 4 minutes. Drain the cauliflower using a colander and set it to one side. In a separate pot, add double cream, cream cheese, four cheeses blend, and heat slowly on a low heat for 2 minutes. Then give the pot a light mix. Add paprika, garlic granules, black pepper and salt and mix very well. Allow it to cook for 5 minutes. In a baking dish, add the cauliflower, then cover with the sauce from the pot. Add two cups of the four cheese blend, then and the bacon on top followed by another half cup of the four cheese blend. Bake in the oven for 15 minutes at 180c. Allow to cool for 10 minutes before serving.