



BACON CAULIFLOWER "MAC" & CHEESE

INGREDIENTS

- 1 head Cauliflower cut into bite size pieces)
- 1 cup Cheddar Cheese (shredded)
- ¾ cup Heavy Cream
- ½ cup Whole Milk Ricotta
- ⅓ cup Cooked Chopped Bacon
- ¼ cup Grated Parmesan Cheese
- 2 scoops Ketologie Roast Chicken Bone Broth
- ⅛ tsp Sea Salt
- ⅛ tsp White Pepper

INSTRUCTIONS

Cut cauliflower into bite size pieces, boil for 6-8 minutes until tender but not mushy. Chill immediately under cold water and drain thoroughly.

Over low/medium heat simmer heavy cream seasoning and bone broth powder until it reaches a low simmer. (Do not boil)

Whisk in ricotta, once sauce reaches a simmer again begin whisking in Parmesan and cheddar cheese. Add bacon leaving a few punches to garnish on top.

Add drained cauliflower to the cheese sauce and simmer on low until the cauliflower is hot. About 5-7 minutes. Garnish with bacon and chives.

Nutrition Facts

Bacon Cauliflower "Mac" & Cheese	
Amount Per Serving	
Calories 280	Calories from Fat 207
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 14g	70%
Cholesterol 79mg	26%
Sodium 325mg	14%
Potassium 350mg	10%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	26%
Vitamin A	16.3%
Vitamin C	56.2%
Calcium	24.3%
Iron	3.4%

* Percent Daily Values are based on a 2000 calorie diet.