



MACROS:
calories: 354
net carbs 4g
protein: 10.5 g
fat 33g



Ingredients:

1-2 heads of cauliflower, chopped tiny

4 T butter

1/2 c almond flour

1 1/2 heavy cream

1 c pepper jack cheese

1 c cheddar cheese

1 c smoked gouda cheese

1/2 c sour cream

1 T smoked paprika

1T garlic powder

1 t salt

1/2 c jarred jalapeños

Directions:

drizzle cauliflower with olive oil and salt, spread evenly on a cookie sheet and broil for 15-20 until tender. Remove and place in an oiled, 9 x 13 casserole dish.

To prepare the cheese sauce, melt butter in skillet, add flour, and stir constantly until it is well blended and turning a golden brown.

Add the cream while continuing to stir.

When well blended, add all of the cheeses, sour cream and spices, while stirring.

When cheeses have melted pour over the cauliflower to cover well. You might have some left over, it will depend on the size of your cauliflower heads, but if you do, save it for some veggies at a later date! IT will keep in the fridge for a week.

Stir in jalapeños, and bake at 350*f for 15-20 minutes until a little golden on the top.