

There are lots of wonderful brassicas in season right now, but this time I'm going to focus on the delights of cauliflower, so often only used for cauliflower cheese, but capable of so much more!

Cauliflower is a great source of vitamins K, C and the B vitamins, potassium, phosphorus, and fibre, as well as boron in most cases as it doesn't grow well in boron deficient soil.

Cauliflower is an incredibly versatile vegetable not only can it be steamed, boiled, or roasted (whole or broken into florets) which brings out a subtle nutty flavour, but with a little imagination and cunning, it can be made into a lower carbohydrate option for rice, hidden in sauces, and even made into a pizza base!

This recipe is a play on the traditional cauliflower cheese and is perfect for any picky eaters who refuse to eat vegetables, or those that just want to create a traditional looking meal (think mac and cheese, or lasagne) safe in the knowledge there's one of their 5-a-day hidden in the dish even before adding sides!

Secret Cauliflower Cheese Sauce

(serves approx. 4)

1 medium head of cauliflower
(broken into florets and stalk
diced)

500ml of vegetable stock

120ml milk of your choice

100g of grated cheese (a mix of
cheddar and parmesan is nice)

Pinch of black pepper

Optional extras: garlic, mustard,
or paprika



Gently cook the cauliflower in the stock until soft. Drain the cauliflower but keep the stock.

Transfer the cauliflower to a blender, adding the milk, cheese, pepper, and around 175ml of the vegetables stock.

Blend until smooth, adding more stock if too thick.

Next month I will be opening my room in Wincanton, The Wellbeing Centre at Cole's Yard. Alongside my nutrition services, we will be offering pilates and yoga classes, and will be hosting a selection of free taster classes and talks Saturday 29th and Sunday 30th January. Details can be found on my website and Facebook page if you'd like to come join us and meet the team.

Rebecca Vincent BSc (Hons)

BANT registered nutritionist

07515 019430

www.rebeccavincentnutrition.co.uk