



# Parmesan Cheese Crisps

Looking for a super simple crispy snack? You'll absolutely love these parmesan cheese crisps! They're perfect to eat plain or use as a dip (pizza dip, spinach artichoke etc...).

Mix up the spices or add in some different cheeses - you'll find a combination you love!

## Here are the Ingredients You'll Need:

- Parmesan Cheese
- Spices (ex: italian, oregano, Everything but the Bagel, garlic)
- Any other cheese you want to mix in



## Recipe:

- If you're doing multiple cheese, mix together in a bowl.
- Place small haystacks of cheese on parchment paper.
- Add any spices you'd like! They can be sprinkled on top of the haystack or mixed in the cheese.
- Bake at 350 for 7-10 min or until golden brown on the edges.

## The Keto Dad Tips:

- You can cook them to your desired taste. We love the edges golden brown
- They get crispy as you let them cool. Give them a few minutes! We slide the parchment paper off the cookie sheet to cool faster
- If you're only using parmesan, use caution adding salty spices... parmesan already tastes salty when it's cooked!
- Substitute some mozzarella cheese if the parmesan taste is too strong!
- Store in airtight container for a few days

**Serving Size:** 1 T Parmesan

**Macros:** Calories: 20, Fat 2g, Carbs 0g, Fiber 0g, Protein 2g

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