



Cheesy Low Carb Parmesan Chips

Servings: 4

Prep Time: 5min

Cook Time: 10min

Ingredients

- 1/2 cup full cream chunky cottage cheese
- 1/4 cup cream
- 3 Tbs almond flour
- 2 Tbs Parmesan cheese - finely grated
- salt and pepper
- non-stick cooking spray

Directions

1. Combine the cottage cheese, cream, almond flour and Parmesan cheese. Season with a pinch of salt and pepper.
2. Heat a non stick pan over low to medium heat until warm. Grease it with some non-stick cooking spray.
3. To make one chip, add a teaspoonful of the batter to the pan. Flatten it slightly with the back of a spatula. Cook for about 2 minutes until the surface looks dry and the mixture is no longer bubbling. Gently flip it over and cook for another 1-2 minutes until golden and crisp.
4. Cook 3-4 chips at a time and leave some space in between each as they do spread during the cooking process. Transfer the cooked chips to a cooling rack lined with paper towel. Repeat with the remaining batter
5. TIP: Crisp up any soft or leftover chips by placing them on a lined baking tray and bake it in a pre-heated oven at 160°C for 10-12 minutes. Cool on a cooling rack that is lined with paper towel.