

KETO CHEESE CRACKERS

Oven: 425°



Ingredients:

2 c Shredded Cheddar Cheese
1/3 c Shredded Parmesan Cheese (not grated)
1 c Shredded Mozzarella Cheese
1 c Almond Flour
4 oz. Philadelphia Cream Cheese
Himalayan Pink Salt

Instructions:

1. In microwave safe bowl, combine ingredients and microwave for 30 seconds, stir/fold with rubber spatula, microwave for another 30 seconds, stir/fold again. If needed, heat for another 15-30 seconds. It should be a good dough consistency.
2. Form "dough ball", and cut in half, making two balls.



3. Place one ball in the center of a large rectangle sheet of parchment paper (make sure it's parchment, NOT wax paper!) Lay another sheet of parchment over the top.
4. With a rolling pin, roll out the dough evenly to the edges of the paper. Trim off any dough that sticks out. Remove top layer of parchment.



5. With a pizza cutter, cut the cracker shapes. Then with a fork, poke holes in the crackers. Just one or two fork pokes per crackers, depending on the size of your crackers.



6. Place parchment with crackers on it on a large cookie sheet.
7. Heat in preheated oven for 4 minutes.



8. Remove pan from oven. Place a clean piece of parchment on the top of the crackers, grasp the cracker layer between both pieces of parchment and flip them over. Then remove the top layer of parchment.
9. Heat for another 4 minutes (could be longer or shorter time depending on your oven, and desire for crispiness).
10. Re-cut the crackers out, let cool, and enjoy!

****NOTE:** For EXTRA CRISPINESS, microwave on a paper plate for about 20 seconds.



Macros: (based on 10 servings)

Calories: 233

Fat: 19g

Protein: 11g

Net Carbs: 3g