

# Baked Cheddar Parmesan Crisps Recipe

Want to know how to make parmesan crisps and cheddar cheese chips? This keto cheese chips recipe will show you both! Quick & easy, with just 5 minutes prep.

**Prep Time** 5 minutes  
**Cook Time** 7 minutes  
**Total Time** 12 minutes

**Servings** 4 servings (6 chips each)  
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## INGREDIENTS

- 3/4 cup Parmesan cheese (shredded)
- 3/4 cup Cheddar cheese (shredded)
- 1 tsp Italian seasoning (optional)

## INSTRUCTIONS

1. Preheat the oven to 400 degrees F (204 degrees C). Line a large baking sheet with parchment paper.
2. Stir the cheeses together in a small bowl.
3. Place uniform tablespoon-sized heaps of the shredded cheeses onto the baking sheet, 2 in (5 cm) apart. (They will spread, so make sure to leave enough room.) Sprinkle with Italian seasoning, if using.
4. Place in the oven for 6-8 minutes, until the edges start to brown. (Watch them carefully, as they go from done to burned fast.)
5. Allow the cheese chips to cool slightly in the pan, then transfer them to paper towels to drain and get crispy.



## RECIPE NOTES

This cheese chips recipe combines both cheddar and parmesan. If you prefer just one of them, just double that one and leave out the other!

**Serving size:** 1/4 of entire recipe, or ~6 chips

**Video Showing How To Make Parmesan Crisps:**

## NUTRITION INFORMATION PER SERVING

Calories: 152 | Fat: 11g | Total Carbs: 1g | Net Carbs: 1g | Sugar: 0.1g | Protein: 11g

