

Keto Chips

Ingredients

- 1 1/2 cups **almond flour**
- 1/3 cup **hemp hearts**
- 1 egg
- 1/8 teaspoon **Himalayan sea salt**
- **Everything But The Bagel Seasoning** to taste (optional)
- Safe oil spray (such as Avocado Oil Spray)



Instructions

Preheat oven to 350 degrees F.

Combine almond flour, hemp hearts, egg and sea salt in a food processor. Blend on low until well mixed (15-30 seconds).

The dough is enough to fill 2 baking sheets. Approximately split the dough into 2 equal parts.

Spray 3 sheets of parchment paper with oil spray.

Roll 1/2 the dough out between 2 pieces of parchment paper very thinly.

Remove top parchment paper and slide the bottom paper (with rolled dough) onto a baking sheet.

Using a sharp knife or (preferably) a pizza cutter, cut dough into 1 inch (or bigger) squares.

Repeat the steps with the remaining dough and 2 remaining parchment papers (reuse one from the first round).

(Optional) Sprinkle with Everything But The Bagel Seasoning.

Bake for 12-14 minutes or until lightly golden brown.

Let cool and store in an airtight container.

Notes

Serving size is for 5 chips. Obviously you will probably eat more than that, but I can't presume how many. Therefore, you can calculate it based on how many groups of you eat!

Nutrition Information: **YIELD:** 23 **SERVING SIZE:** 5 Chips

Amount Per Serving: CALORIES: 26 TOTAL FAT: 1g SATURATED FAT: 0g

TRANS FAT: 0g UNSATURATED FAT: 1g CHOLESTEROL: 8mg SODIUM: 22mg

CARBOHYDRATES: 2g FIBER: 0g SUGAR: 0g PROTEIN: 1g

Nutrition is calculated using a third party plug-in. It is best to always validate!