

KETO Cheese Crisps



Cheese is filled with calcium and protein and, when sliced thinly and baked at a high temperature, can be made into a satisfyingly crunchy keto snack.

- 1) Take a block of cheese, (cheddar and colby jack are two great options), and slice as thinly as you can.
- 2) Place the slices on a lined baking sheet and bake at 400 degrees Fahrenheit for about 5 to 7 minutes.
- 3) When the cheese has turned a golden-brown color, remove the crisps from the oven and let cool.