



Long Livo

Cottage Cheese Chips – High-Protein Snack

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups low-fat cottage cheese, well drained
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1 tsp paprika
- ☐ 1/2 tsp ground black pepper
- ☐ 1 tsp lemon zest
- ☐ Sea salt, to taste

Instructions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the drained cottage cheese, Parmesan, paprika, black pepper, and lemon zest. Mix until a smooth, thick dough forms.
- 3 Spread the mixture onto the prepared sheet, smoothing it to about a 1/8-inch thickness. Lightly spray or brush the top with olive oil and sprinkle a pinch of sea salt.
- 4 Bake for 12-15 minutes, or until the edges turn golden brown and the surface feels firm. Let cool on a wire rack; the chips will crisp up as they cool.
- 5 Break into bite-size pieces and enjoy immediately, or store for later.

Nutrition per serving

180 kcal

Calories

28 g

Protein

6 g

Carbs

4 g

Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of cayenne pepper to the mix.
- For a sweeter twist, drizzle a little honey over the chips after baking.
- Use a silicone mat instead of parchment for an even easier release.