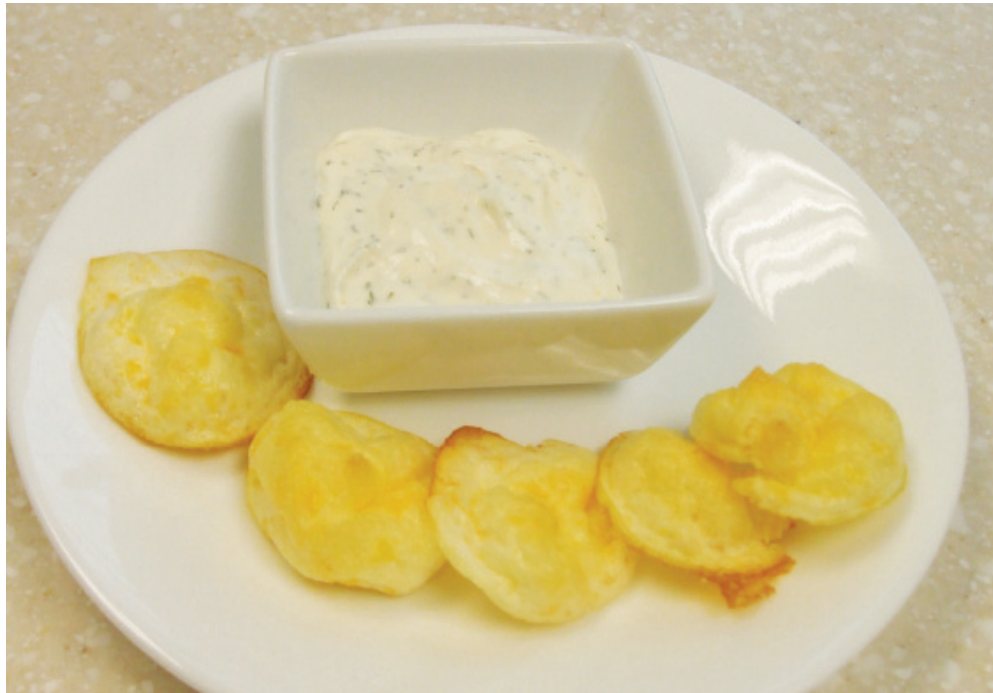


# Keto Cheetos and Ranch Dip



*Recipe developed by Joanna Hanson*

## Ingredients

<b>Heavy cream</b>	none	exchange
<b>Protein</b>	11.4g cheddar cheese	1.5 exchanges
	37.8g egg whites (fresh)	2.2 exchanges
<b>Fat</b>	30g mayonnaise	6 exchanges (-0.05 g fat)
<b>Carbohydrate</b>	Choice of fresh vegetables	1.3 exchange
<b>Other</b>	salt, dried dill, onion powder, garlic powder, cream of tartar, 15g sour cream, nonstick cooking spray	

## Directions

- Preheat oven to 300°F.
- Shred cheddar cheese very finely using a food processor, grater or microplane.
- Mix cheddar cheese with 15g of mayonnaise.
- Whip fresh egg whites with a pinch of cream of tartar.
- Fold egg whites into cheese and mayonnaise mixture.
- Line cookie tray with parchment paper. Spray with nonstick cooking spray.
- Place dollops of mixture onto the cookie tray.
- Bake in oven until the edges turn golden brown. Dollops should be firm and dry.
- While the cheese puffs are baking, make the ranch dip by mixing together the other 15g of mayonnaise and the sour cream. Season with a pinch of onion powder and garlic powder, plus dill and salt to taste.
- When cheese puffs are done baking, remove from oven and allow to cool slightly. Then remove and place on a plate with ranch dip.
- Serve with your choice of fresh vegetables for dipping.

### Notes on adjusting this recipe to fit your child's personal meal plan:

- For best results, use fresh egg whites. Liquid egg whites do not whip up and hold as well.
- 40% of the protein exchanges should be cheddar cheese and 60% of the protein exchanges should be egg whites.

### Variations:

- Carbohydrates can be different vegetables or any other carbohydrate desired.

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.