

Cheddar Crisps



Recipe developed by Paige Vondran.

Directions

- Preheat the oven to 350° F.
- Using a food processor, grind the cheddar cheese to a powdery consistency.
- In a small bowl, weigh the cheddar cheese and hazelnut flour together.
- Season with salt and onion powder.
- Stir the two teaspoons of water in with the cheddar cheese and hazelnut flour.
- Mix thoroughly to form a paste-like batter.
- Line a baking sheet with parchment paper.
- With wet hands, spread the batter onto the parchment paper as thin as possible.
- The batter can be shaped into one large square and cut into smaller pieces after it's cooked or it can be spread into smaller shapes to form multiple crackers.
- Bake at 350° F for 20 minutes.

Ingredients

		Exchange
Heavy cream	None	—
Protein	9.3g Bob's Red Mill® hazelnut flour	1.5 (-3.75g fat)
	16.7g cheddar cheese	2.2 (-3.3g fat)
Fat	None	(-7.05g)
Carbohydrate	None	
Other	Pinch of salt and onion powder	
	2 tsp water	

Variations:

- Soy flour may be used instead of hazelnut flour, which will result in a cheese puff-like texture. If soy flour is used, only 1 tsp water is needed.

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.

© 2016 • 16NEU0023/NP/04-16