

Choco Fever Dream

Cottage Cheese Chips – High-Protein Snack

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**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	28 g	6 g	4 g
Calories	Protein	Carbs	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.