



Tiff 🍷 · Feb 12, 2019 · 1 min read

FOOD 1: Parmesan crisps galore!

Howdy y'all! This will be quite a short post as it's a recipe-based. It'll be all about parmesan crisps! Simple and easy to make, it's definitely deemed a no-carb, healthy snack especially for those salty cravings.

First, you want to preheat your oven to 400 degrees F. Then, you want to buy some shaved parmesan cheese and check to see if it's nice and dry. The wetter cheese, the more it'll turn into a huge, gooey clump in the oven. Get a baking sheet and put aluminum foil and spray cooking spray over it.

After that, you want to add a tablespoon of cheese on the pan and form a flat circle and you want to make six or as much as you can fit comfortably. Put it in for the oven for approximately 2-3 minutes or until lightly golden brown on the edges.

And voila! You got a tasty-ass snack that easily replaces chips. You can even use it as dip! As an option, you can also add garlic powder, cayenne pepper, and/or cracked black pepper to add some zing.

Hope you enjoy that!

With love,
Tiff





Yummy homemade parmesan crisps with come
cracked black pepper