

GARLIC CHEESE CRACKERS★★★★★

PREP TIME: 15 MINUTES COOK TIME: 15 MINUTES

SERVINGS: 12 CRACKERS CALORIES: 42KCAL

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Easy keto crackers with garlic and cheese.



INGREDIENTS

- 3 Tablespoons [Coconut flour](#)
- 2 Tablespoons Butter soft
- ½ Cup Mozzarella cheese grated
- ¼ cup water
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon Dried oregano
- ¼ teaspoon Baking powder

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Mix the coconut flour, salt, garlic, oregano and baking powder.
3. Mix in the butter and blend well.
4. Add the cheese and water until a dough forms.
5. Lay the dough out in between two sheets of parchment paper and roll out to about ¼ inch thick (thinner if you want it crispier).
6. Cut into squares and poke with a fork.
7. Place the bottom sheet of parchment paper with the cracker biscuit on it, on a baking tray.
8. Bake for 10-15 minutes until golden and firm.
9. Eat and enjoy!

NOTES

Any nutritional analysis on the website is based on an estimate, calculated by <http://nutritiondata.self.com> from the individual ingredients in each recipe. Variations may occur for various reasons, including product availability and food preparation. We make no representation or warranty of the accuracy of this information.

NUTRITION

Serving: 1 cracker | Calories: 42kcal | Carbohydrates: 2g | Protein: 1g | Fat: 3g | Fiber: 1g