

Treasure Barrel

Cottage Cheese Chips – High Protein Snack

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cottage cheese, well drained
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp smoked paprika
- [ ] 1/4 tsp garlic powder
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt

Instructions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the drained cottage cheese in a clean kitchen towel and press gently to remove excess moisture.
3. In a bowl, combine the cottage cheese, Parmesan, olive oil, smoked paprika, garlic powder, lemon zest, and sea salt. Mix until smooth.
4. Spread the mixture onto the parchment in a thin, even layer, about 1/8-inch thick.
5. Bake for 12-15 minutes, then flip the sheet and bake another 8-10 minutes until golden and crisp.
6. Let cool on the sheet for a few minutes, then break into bite-size chips.

Nutrition per serving

180 kcal	18 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter chip, add a drizzle of honey before baking.
- For extra crunch, sprinkle a tiny bit of cornmeal on top.
- Store in a single layer; stacking can soften the bottom chips.