

Helergon Kitchen

Cottage Cheese Chips – High-Protein Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups low-fat cottage cheese
- [ ] 1 tablespoon extra-virgin olive oil
- [ ] 1/2 teaspoon sea salt
- [ ] 1/4 teaspoon smoked paprika
- [ ] 1 teaspoon lemon zest
- [ ] Optional: pinch of stevia or honey

Instructions

1. Pre-heat the oven to 180°C (350°F) and line a baking sheet with parchment.
2. Pat the cottage cheese dry with a clean kitchen towel, then spread it in a thin, even layer on the sheet.
3. Drizzle olive oil over the cheese, then sprinkle sea salt, smoked paprika, and lemon zest; add a tiny sweetener if desired.
4. Bake for 15-20 minutes, rotating the sheet halfway, until edges turn golden and the center feels firm.
5. Remove, let cool on a wire rack, then break into bite-sized chips and serve.

Nutrition per serving

180 kcal	20 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cheese spreads too thick, thin it out; this ensures even crisping.
- For extra flavor, try a quick dip of crack dip alongside.
- A light dusting of powdered cheese after baking adds a cheesy punch.