

Low Carb Avocado Parmesan Crackers

Makes: 24 crackers

Ingredients:

- 1 large ripe avocado (about 1 1/2 cups mashed)
- 3/4 cup finely grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1 teaspoon lime or lemon juice
- Salt and pepper, to taste

Instructions:

1. Prepare Baking Sheets:

- Line two cookie sheets with silicone mats or parchment paper.
- Preheat your oven to 325°F (162°C).

2. Mash the Avocado:

- Scoop out the avocado into a mixing bowl and mash it well using a fork until smooth.

3. Combine Ingredients:

- Add the Parmesan cheese, garlic powder, oregano, lime or lemon juice, salt, and pepper to the mashed avocado. Mix until all ingredients are thoroughly combined.

4. Shape the Crackers:

- Using a small cookie scoop or a spoon, scoop out small portions of the dough onto the prepared baking sheets. Leave about 2 inches of space between each cracker.
- Spray the bottom of a small measuring cup with non-stick spray and gently press down on each ball of dough to flatten them into circles.

5. Bake:

- Bake in the preheated oven for 25 to 30 minutes, or until the edges and bottoms of the crackers are slightly browned.

6. Cool and Store:

- Remove the pans from the oven and let the crackers cool on the baking sheets for about 5 minutes. The crackers will still be soft but will harden as they cool.
- Transfer the crackers to a cooling rack and allow them to cool completely.
- Store the cooled crackers in an airtight container in a cool, dry place.

Nutritional Information (Per Cracker):

- **Calories:** 34.086 kcal
- **Total Fat:** 2.808 g
- **Saturated Fat:** 0.692 g
- **Total Carbohydrate:** 1.721 g
- **Fiber:** 1 g
- **Sugar:** 0.104 g
- **Protein:** 1.022 g
- **Cholesterol:** 2.150 mg
- **Trans Fat:** 0.022 g
- **Sodium:** 70.400 mg

Enjoy these delicious low-carb crackers as a crunchy snack or a base for your favorite toppings!