Prep Time: 10 minutes | Cook Time: 35–40 minutes | Total Time: 45–50 minutes
Yield: 4 servings (approximately 40–50 chips) | Difficulty: Easy

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Table of Contents

- Why You'll Love This Recipe
- Ingredients
- Equipment
- Instructions
  - Step 1: Drain the Cottage Cheese (5 minutes)
  - Step 2: Blend Until Completely Smooth (1–2 minutes)
  - Step 3: Combine the Mixture (2 minutes)
  - Step 4: Preheat and Prepare (5 minutes)
  - Step 5: Portion the Chips (5 minutes)
  - Step 6: Spread Thin (3–4 minutes)
  - Step 7: Bake — First Round (15 minutes)
  - Step 8: Lower the Heat (15–20 minutes)
  - Step 9: Cool Completely (10 minutes)
  - Step 10: Store (2 minutes)
- Tips for Perfect Chips
- Nutrition Information

Why You'll Love This Recipe

If you're looking for a crunchy snack that actually works with your fitness goals, these high-protein cottage cheese chips are about to become your new obsession. Made with just three simple ingredients, they deliver an impressive punch of protein per serving while satisfying that salty, crispy craving. Whether you're meal-prepping for the week or need a last-minute snack for movie night, this recipe is endlessly customizable and ridiculously easy to make.

Unlike traditional potato chips, which are largely empty calories, these chips harness the power of cottage cheese—a complete protein packed with casein, the slow-digesting protein that keeps you fuller for longer. The result? A snack you can feel genuinely good about eating.

Ingredients

- 2 cups (480 g) full-fat or 2% cottage cheese — full-fat yields the crispiest result, but 2% works well and keeps calories lower
- 1 cup (100 g) finely grated Parmesan cheese — acts as the structural backbone and delivers umami depth
- 1 large egg — binds everything together
- 2 tablespoons almond flour or oat flour — absorbs excess moisture (optional but recommended)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon fine sea salt (adjust to taste; Parmesan is already salty)
- ¼ teaspoon black pepper

- ¼ teaspoon smoked paprika (optional, for a subtle smoky note)

Optional Seasoning Variations:

- *Everything Bagel:* 1½ tbsp everything bagel seasoning, omit garlic/onion powder
- *Spicy Chili-Lime:* ½ tsp chili powder, zest of 1 lime, pinch of cayenne
- *Herb & Garlic:* 1 tsp dried oregano, ½ tsp dried basil, extra garlic powder

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Equipment

- Food processor or blender
- Fine-mesh strainer
- Mixing bowl
- Two rimmed baking sheets
- Parchment paper or silicone baking mats

- Offset spatula or silicone spatula
- Wire cooling rack

Instructions

Step 1: Drain the Cottage Cheese (5 minutes)

Place the cottage cheese in a fine-mesh strainer set over a bowl. Let it drain for 5 minutes to remove excess whey. This step is critical—excess moisture is the number one enemy of crispy chips. If your cottage cheese looks particularly wet, gently press it with a spatula to expel more liquid.

Step 2: Blend Until Completely Smooth (1–2 minutes)

Transfer the drained cottage cheese to a food processor or blender. Blend on high intensity for 60–90 seconds until the mixture is completely smooth and no curds remain. Scrape down the sides halfway through. You’re looking for the texture of thick pancake batter—any lumps will create weak spots in your chips.

Step 3: Combine the Mixture (2 minutes)

In a large mixing bowl, combine the blended cottage cheese, grated Parmesan, egg, almond flour (if using), garlic powder, onion powder, salt, pepper, and smoked paprika. Stir with a spatula until fully incorporated. The mixture should be thick but spreadable—similar to a loose dough. If it appears runny, add an extra tablespoon of almond flour.

Step 4: Preheat and Prepare (5 minutes)

Preheat your oven to 350°F (175°C) with racks positioned in the upper and lower thirds. Line two baking sheets with parchment paper or silicone mats. Do not use foil—the chips will stick and tear.

Step 5: Portion the Chips (5 minutes)

Using a measuring spoon, drop 1-tablespoon portions of the mixture onto the prepared baking sheets, spacing them about 2 inches apart. You should fit 20–25 portions per sheet.

Step 6: Spread Thin (3–4 minutes)

Using the back of a spoon or an offset spatula, spread each portion into a thin, even circle about 2½ to 3 inches (6–7 cm) in diameter. The key word here is *even*—aim for a uniform thickness of roughly ⅛ inch. Thicker edges mean chewy chips; thin edges mean burnt chips. Take the extra 30 seconds per chip to get this right.

Step 7: Bake — First Round (15 minutes)

Bake on the middle racks for 15 minutes at 350°F (175°C). Rotate the baking sheets front-to-back and top-to-bottom halfway through. At this stage, the chips will look set but pale—this is expected.

Step 8: Lower the Heat (15–20 minutes)

Reduce the oven temperature to 300°F (150°C) and continue baking for 15–20 minutes, checking every 5 minutes after the 12-minute mark. The chips are done when they’re golden brown at the edges and feel dry and firm to the touch. They will crisp up further as they cool, so pull them when they’re just shy of your desired color.

Intensity note: The initial high heat (350°F) sets the structure quickly, while the lower heat (300°F) drives out residual moisture without scorching. Skipping this two-stage method is the

most common cause of soggy centers.

Step 9: Cool Completely (10 minutes)

Transfer the chips to a wire cooling rack and let them cool completely—at least 10 minutes. This is non-negotiable: chips continue to crisp as they cool. If you stack or store them warm, they'll steam and turn soft.

Step 10: Store (2 minutes)

Once fully cooled, store in an airtight container at room temperature for up to 5 days. To re-crisp, place in a 300°F oven for 3–5 minutes. Do not refrigerate—moisture will ruin the texture.

Tips for Perfect Chips

1. Drain aggressively. If your cottage cheese is watery, let it strain for up to 15 minutes.

2. Spread evenly. Uneven thickness is the leading cause of inconsistent results.

3. Watch the edges. Ovens vary; begin checking at 12 minutes during the second bake.

4. Don't overcrowd. Two tablespoons of space minimum between chips.

5. Cool on a rack, not the pan. Residual pan heat can cause sogginess.

Nutrition Information

Per Serving (¼ of recipe, approximately 10–12 chips):

Nutrient	Amount
Calories	195 kcal
Total Fat	11 g
— Saturated Fat	6 g
Cholesterol	62 mg
Sodium	520 mg
Total Carbohydrates	5 g
— Dietary Fiber	0.5 g
— Total Sugars	2.5 g
Protein	17 g