

Low-Carb Avocado Chips - Just 7 Ingredients and Oven-Baked

These chips are a miracle for anyone watching carbs or skipping processed snacks. They're



OVEN
325°F

TIME
25 min

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INGREDIENTS

- 2 ripe avocados
- $\frac{3}{4}$ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- $\frac{1}{8}$ teaspoon onion powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- 1 egg yolk

Ingredient Swaps & Notes:

Cheese: Try Asiago or Pecorino for a sharper flavor.

Spices: Add smoked paprika or cayenne for a kick.

Dairy-free? Swap cheese with nutritional yeast (note: texture won't be as crispy).

Avocados: Must be ripe but not overly soft for best results.

Step-by-Step Instructions:

1. Preheat & Prep:
2. Mash the Avocados:
3. Mix the Ingredients:
4. Form the Chips:
5. Bake:
6. Cool & Enjoy:

Tips for Success:

Thin & even chips bake best-use the back of a spoon to shape.

Don't overbake-they should be golden, not brown or

bitter.

Cool on the pan for full crispness before storing.

Double the batch-they disappear fast!

Serving Suggestions & Pairings:

On their own as a snack

Dipped in guacamole or salsa

Crumbled over soups or salads

Alongside Monster Cookie Energy Balls for a balanced snack plate

After a treat like Brownie Batter Dip

3-Ingredient Oatmeal Breakfast Cookies

Chocolate Chip Cookie Bites

Edible Cookie Dough

Storage & Leftovers:

Room Temp: Store in an airtight container for up to 2 days.

DIRECTIONS

1. **Preheat & Prep:** Preheat oven to 325°F (163°C). Line a baking sheet with parchment paper for easy release.
2. **Mash the Avocados:** In a bowl, mash the avocados until smooth and creamy.
3. **Mix the Ingredients:** Add Parmesan, garlic powder, onion powder, salt, pepper, and egg yolk. Stir well until everything is fully combined.
4. **Form the Chips:** Spoon small portions of the mixture (about 1 tbsp each) onto the baking sheet. Flatten each into a thin round-this helps them crisp up.
5. **Bake:** Bake for 20-25 minutes, or until the edges are golden and the chips are firm.
6. **Cool & Enjoy:** Let chips cool completely before serving-this step adds the crunch factor.
7. **Tips for Success:** Thin & even chips bake best-use the back of a spoon to shape.
8. **Don't overbake-they should be golden, not brown or bitter.**
9. **Cool on the pan for full crispness before storing.**
10. **Double the batch-they disappear fast!**
11. **Serving Suggestions & Pairings:** Enjoy your avocado chips:
12. **On their own as a snack**
13. **Dipped in guacamole or salsa**
14. **Crumbled over soups or salads**
15. **Alongside : Monster Cookie Energy Balls for a balanced snack plate**
16. **After a treat like : Brownie Batter Dip**
17. **Also pair well with:**

18. 3-Ingredient Oatmeal Breakfast Cookies
19. Chocolate : Chip Cookie Bites
20. Edible : Cookie Dough
21. Storage & Leftovers: Room Temp: Store in an airtight container for up to 2 days.
22. Reheat: Pop in the oven at 300°F for 5 minutes to re-crisp.
23. Freezing not recommended-best eaten fresh or next-day.
24. More Recipes You'll Love: No-Bake Monster Cookie Energy Balls
25. Brownie : Batter Dip

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/low-carb-avocado-chips-just-7-ingredients-and-oven-baked/>