

Crispy Avocado Chips - A Crunchy Low-Carb Snack You'll Love

Crispy, Cheesy, and Packed with Healthy Fats



OVEN
375°F

TIME
15 min

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Recipe Card

SAVE
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INGREDIENTS

- 1 large ripe avocado
- 3/4 cup freshly grated Parmesan cheese
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning

How to Make Avocado Chips - Step-by-Step:

1 Preheat & Prep:

2 Mash the Avocado:

3 Add Seasonings:

4 Assemble the Chips:

5 Bake:

6 Cool & Serve:

Tips for Success:

Use Ripe Avocado: It should mash smoothly and have a rich, buttery texture.

Don't Spread Too Thick: Aim for consistent thickness to ensure even baking.

Cool Completely: The chips firm up as they cool-don't skip this step!

Upgrade the Flavor: Add crushed red pepper, smoked paprika, or even Everything Bagel seasoning for a twist.

Storage & Serving Suggestions:

Store: Keep chips in an airtight container at room temperature for up to 2 days. For longer shelf life, refrigerate and re-crisp in the oven before serving.

Pair With: This Beer Cheese Dip for a party-perfect match

Fresh guacamole or hummus

Crumbled over a grain bowl or salad for a crunchy topping

More Snack Recipes You'll Love:

These No-Bake Monster Cookie Energy Balls - fun, filling, and packed with flavor

These No-Bake Peanut Butter Oatmeal Bars - perfect for lunchboxes or afternoon pick-me-ups

These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - a sweet but healthy way to start your day

This Baked Kosher Salami - savory, smoky, and great for grazing boards

Final Thoughts:

DIRECTIONS

- 1.** Preheat & Prep: Set your oven to 375°F (190°C). Line a baking sheet with parchment paper to prevent sticking.
- 2.** Mash the Avocado: Cut the avocado in half, remove the pit, and scoop the flesh into a bowl. Mash until smooth using a fork or potato masher. Stir in the lemon juice to preserve color and add brightness.
- 3.** Add Seasonings: In a small bowl, mix garlic powder and Italian seasoning. Set aside.
- 4.** Assemble the Chips: Spread the mashed avocado onto the lined baking sheet in a thin, even layer about ... inch thick. Sprinkle Parmesan evenly over the top. Finish with the seasoning mix, distributing it across the surface.
- 5.** Bake: Place the sheet in the preheated oven and bake for 12-15 minutes, or until the edges are golden brown and crisp.
- 6.** Cool & Serve: Allow the chips to cool on the pan until firm. Once cool, break into pieces or slice into squares or triangles with a knife or pizza cutter.
- 7.** Tips for Success: Use Ripe Avocado: It should mash smoothly and have a rich, buttery texture.
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18. **These 3-:** Ingredient Chocolate Chip Oatmeal Breakfast Cookies - a sweet but healthy way to start your day
19. **This :** Baked Kosher Salami - savory, smoky, and great for grazing boards
20. **Final Thoughts:** These Avocado Chips are proof that healthy snacking doesn't have to be boring. They're easy to whip up, endlessly customizable, and deliver that perfect crunch factor we all crave-without any deep frying or complicated prep.
21. Give them a try, and don't forget to tag us with your creations! Follow Chef Maniac for more snackable, craveable bites that hit the spot every time.

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

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