

Low-Carb Garlic Cheese Fingers - Mediterranean-Inspired & Gluten-Free

Garlic Cheese Fingers - Low-Carb, Cheesy & Mediterranean-Inspired



OVEN
375°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 cup almond flour
- ¾ cup shredded mozzarella cheese
- ... cup crumbled feta cheese
- 2 tbsp cream cheese
- 1 large egg
- 2 cloves garlic, minced
- 1 tsp baking powder
- ½ tsp oregano
- ½ tsp za'atar (optional)
- ... tsp black pepper
- Salt, to taste
- Olive oil, for brushing
- Parsley or fresh basil, for garnish

DIRECTIONS

1. ? Step 1: Preheat Oven: Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. ? Step 2: Melt the Cheese: In a microwave-safe bowl, combine mozzarella and cream cheese. Microwave for 30-45 seconds, stirring until melted and combined.
3. ? Step 3: Make the Dough: In another bowl, mix almond flour, baking powder, oregano, za'atar, black pepper, salt, and garlic. Add the melted cheese mixture and egg. Stir until a soft dough forms.
4. ??? Step 4: Shape & Bake: Press the dough into a ...-inch thick rectangle on the baking sheet. Bake for 10 minutes, or until slightly puffed and set.
5. ? Step 5: Add Finishing Touches: Brush the surface with olive oil, sprinkle feta cheese and fresh parsley on top. Return to the oven and bake 5 more minutes, until golden and bubbly.
6. ? Step 6: Slice & Serve: Slice into "fingers" and serve warm. Perfect with a light tangy chicken salad or as an appetizer next to baked brie.

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

Original recipe: <https://chefmaniac.com/low-carb-garlic-cheese-fingers-mediterranean-inspired-gluten-free/>