

## Crispy Sour Cream & Onion Cucumber Chips: Healthy Snack Hack

Sour Cream and Onion Cucumber Chips



**OVEN**  
**200°F**

**TIME**  
**15-30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 cups thinly sliced English cucumbers (about 2 medium cucumbers)
- 2 tablespoons extra virgin olive oil
- 1 ½ tablespoons buttermilk powder or nonfat dry milk powder
- 1 tablespoon onion powder
- 1 tablespoon dried minced onion
- 2 teaspoons garlic powder
- 1 teaspoon dried dill weed
- ½ teaspoon coarse sea salt
- 2 teaspoons Swerve sweetener (or other granulated erythritol-based sweetener)

### DIRECTIONS

- 1. Prepare Cucumbers:** Start by thinly slicing your English cucumbers. Aim for slices about 1/8 -inch thick. You can use a mandoline slicer for uniform, paper-thin slices, which will result in crisper chips. In a large bowl, drizzle the 2 tablespoons of olive oil over the sliced cucumbers, ensuring they're nicely coated. Toss gently to distribute the oil evenly.
- 2. Make the Seasoning Mix:** In a separate small bowl, whisk together the 1 ½ tablespoons buttermilk powder (or nonfat dry milk powder), 1 tablespoon onion powder, 1 tablespoon dried minced onion, 2 teaspoons garlic powder, 1 teaspoon dried dill weed, ½ teaspoon coarse sea salt, and 2 teaspoons Swerve sweetener until everything is thoroughly combined. This is your magic flavor dust!
- 3. Arrange on Dehydrator Trays:** Now, it's time to lay those cucumber slices out on your dehydrator shelves. Arrange them in a single layer, ensuring there's no overlapping. This allows for even air circulation and proper dehydration.
- 4. Season the Cucumbers:** Once you've got them all arranged on the trays, generously sprinkle the dry seasoning mix over the top of those cool and crunchy cucumber slices. You want a good, even coating on each piece.
- 5. Dehydrate to Perfection:** Cover your dehydrator and set it to a temperature between 125°F (52°C) and 135°F (57°C). Let the magic happen! Dehydrate for about 4 to 6 hours, or even longer, depending on your dehydrator and the thickness of your slices. Start checking for crispiness around the 4-hour mark. You want them to be brittle and snap when bent, just like

a chip.

6. **Cool and Serve:** Once they reach your desired level of crispiness, turn off the dehydrator and let the cucumber chips cool completely before you snack away! They will crisp up even further as they cool. Store in an airtight container at room temperature. Enjoy your delicious, guilt-free snack!

## SWAPS & NOTES

**Cucumbers:** English cucumbers are preferred because they have fewer seeds and thinner skins, which results in better "chips." Regular cucumbers can be used, but you might want to scoop out some of the seeds before slicing.

**Buttermilk Powder:** This is key for the "sour cream" tang.

If you can't find it, nonfat dry milk powder is a good substitute, though the tang will be less pronounced.

A tiny pinch of citric acid or lemon powder could be added if using plain dry milk powder for extra tang.

## TIPS FOR SUCCESS

**Thin Slices are Crucial:** The thinner the slices, the crispier and quicker your cucumber chips will dehydrate.

A mandoline slicer is highly recommended for uniform, thin slices.

**Don't Overlap:** Ensure there's space between each cucumber slice on the dehydrator trays for optimal airflow.

Overlapping will lead to soggy spots.

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

Original recipe: <https://chefmaniac.com/crispy-sour-cream-onion-cucumber-chips-healthy-snack-hack/>