

Simple and Crispy Avocado Chips: A 3-Ingredient Recipe

3/4 cup freshly grated Parmesan cheese



OVEN
375°F

TIME
10-12 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

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

DIRECTIONS

- 1.** Preheat : Oven: Preheat your oven to 375°F (190°C).
- 2.** Prep the : Avocado: Slice the avocado thinly into rounds. In a small bowl, toss the avocado slices with the lemon juice and garlic powder.
- 3.** Coat with : Cheese: Place the grated Parmesan cheese in a shallow dish. Carefully press each side of the avocado slices into the cheese to coat them evenly.
- 4.** Arrange and : Bake: Arrange the cheese-coated avocado slices in a single layer on a parchment-lined baking sheet. Make sure they are not touching so they can get crispy all around.
- 5.** Bake: Bake for 10-12 minutes, or until the cheese is golden and the chips are crispy.
- 6.** Cool and : Serve: Let the chips cool on the baking sheet for a few minutes before serving. This allows them to crisp up even more.

SWAPS & NOTES

Avocado: Make sure you use a ripe, but not overly soft, avocado.

It should be firm enough to slice thinly without falling apart.

Cheese: Freshly grated Parmesan cheese is key for this recipe.

The pre-grated stuff won't melt as well and can result in a grainy texture.

TIPS FOR SUCCESS

Thin Slices: Slicing the avocado thinly is key to getting a crispy chip.

Don't Overcrowd: A single layer on the baking sheet is crucial.

If the chips are too close together, they will steam instead of getting crispy.

Watch Carefully: The chips can go from golden to burnt quickly, so keep an eye on them during the last few minutes of baking.

More recipes: [ChefManiac.com](#)

Original recipe: <https://chefmaniac.com/simple-and-crispy-avocado-chips-a-3-ingredient-recipe/>