

How to Make Crispy Pepperoni Pizza Bites (Low Carb & Gluten-Free)

, it's that the simplest snacks are often the most addictive. These



OVEN
400°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

Main Ingredients:

1 1/2 cups shredded mozzarella cheese: Stick to low-moisture part-skim for the best "snap."

1/2 cup shredded Parmesan cheese: This adds the saltiness and structural integrity needed for a crisp chip.

1 tsp Italian seasoning: A blend of oregano, basil, and rosemary.

1/4 tsp garlic powder: For that classic pizzeria aroma.

1/4 tsp onion powder: Adds a subtle depth of flavor.

1/4 tsp crushed red pepper flakes (optional): For those who like a little kick.

1/2 cup mini pepperoni slices: Or standard pepperoni chopped into quarters.

2 tbsp pizza or marinara sauce (optional): Only for a light drizzle if you want a "softer" center.

Optional Toppings:

Crumbled cooked bacon

Chopped black olives

Diced bell peppers

Sliced jalapeños

Extra dried oregano or fresh basil

DIRECTIONS

- 1.** Preheat the Oven: Start by heating your oven to 400°F (200°C). This high heat is essential for evaporating the moisture in the cheese quickly to create that golden-brown crust. Line a large baking sheet with parchment paper (do not use wax paper, it will melt!).
- 2.** Season the Cheese: In a medium mixing bowl, combine your shredded mozzarella, Parmesan, Italian seasoning, garlic powder, onion powder, and red pepper flakes. Toss them together with your hands or a fork until the spices are evenly distributed.
- 3.** Shape the Chips: Scoop about 1 tablespoon of the cheese mixture onto the prepared baking sheet. Flatten the mound slightly with the back of the spoon. Repeat this process, making sure to space each mound about 2 inches apart. They will spread as they melt!
- 4.** Add Toppings: Press 2-3 mini pepperoni slices (and any other optional extras like jalapeños) gently into the top of each cheese mound. If you're using marinara, add just a tiny dot in the center.
- 5.** Bake to Perfection: Slide the tray into the center rack of the oven. Bake for 8-10 minutes. You are looking for the edges to turn a dark golden brown and for the bubbling in the center to slow down.
- 6.** Cool & Crisp: This is the most important step! Let the crisps rest on the hot baking sheet for 2-3 minutes. As the temperature drops, the cheese solidifies into a chip. Transfer them to a wire cooling rack to finish crisping up.
- 7.** Serve: Enjoy them while they are fresh! They are sturdy enough to be used as "shovels" for your favorite dips.

SWAPS & NOTES

of a classic pepperoni pizza in a bite-sized, chip-like form.

Whether you are hosting a football watch party, looking for a keto-friendly lunch side, or just need a late-night snack that hits the spot, these crisps deliver.

They take less than 15 minutes from start to finish and require ingredients you likely already have in your fridge.

Forget the store-bought cheese whisps; making these at home allows you to control the spice, the quality of the cheese, and the crispiness level.

TIPS FOR SUCCESS

Low-Moisture is King: Avoid fresh mozzarella (the kind stored in water).

It has too much moisture and will result in a soggy mess rather than a crisp.

Don't Overcrowd: Space equals crunch.

If the cheese mounds touch, they steam each other instead of frying in their own fats.

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

Original recipe: <https://chefmaniac.com/how-to-make-crispy-pepperoni-pizza-bites-low-carb-gluten-free/>