

My Favorite Low-Carb Snack: Spinach Dip Cheese Crisps You Can Bake in Minutes

These spinach dip cheese crisps are one of my favorite savory snacks, and here's why:



SPINACH DIP CHEESE CRISPS

You Will Need

2 cups fresh spinach, chopped
1 cup cream cheese, softened
1 cup shredded mozzarella cheese
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OVEN
375°F

TIME
5 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 cup shredded mozzarella cheese
1/2 cup shredded Parmesan cheese
1/4 cup frozen spinach, thawed and squeezed dry
1 garlic clove, minced
1/4 teaspoon onion powder
1/4 teaspoon black pepper

DIRECTIONS

- 1.** Preheat the Oven: I start by preheating my oven to 375°F and lining a baking sheet with parchment paper.
- 2.** Mix the Ingredients: In a medium bowl, I mix the mozzarella, Parmesan, spinach, garlic, onion powder, and black pepper until combined.
- 3.** Scoop and Shape: I scoop small mounds of the mixture (about a tablespoon each) onto the baking sheet, leaving space between each one. I gently flatten them with the back of the spoon to help them crisp evenly.
- 4.** Bake to Crispy Perfection: I bake the crisps for 10-12 minutes, until golden and bubbling around the edges. I let them cool on the pan for a few minutes - they crisp up as they cool.
- 5.** Serve and Enjoy: Once cooled, I transfer them to a plate or airtight container. They're perfect for snacking as-is or serving alongside soups and salads.

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

Original recipe: <https://chefmaniac.com/my-favorite-low-carb-snack-spinach-dip-cheese-crisps-you-can-bake-in-minutes/>