

Rosemary & Parmesan Keto Crackers

Hands-on 15 minutes Overall 50 minutes



Nutritional values (per serving, 5 crackers): Total carbs: 2.2 g, Fiber: 1 g, **Net carbs: 1.2 g,**

Protein: 5.9 g, Fat: 9.2 g, Calories: 111 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 20 servings of 5 crackers)

- 1 3/4 cups [almond flour](#) (175 g/ 6.2 oz)
- 1 2/3 cups finely grated Parmesan cheese *or* other Italian hard cheese (150 g/ 5.3 oz)
- 4 tbsp [hemp seeds](#) *or* any chopped nuts or seeds (40 g/ 1.4 oz)
- 2 tbsp chopped rosemary *or* 2 tsp dried rosemary
- 1/2 tsp onion powder
- 2 tbsp butter (28 g/ 1 oz)
- 2 large eggs
- 1/2 tsp sea salt, or to taste

Instructions

1. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional).
2. Place the dried ingredients into a large mixing bowl and whisk to combine and to break up lumps.
3. Place the butter in a microwave safe jug and melt. Add eggs to melted butter and whisk until mixed.
4. Pour egg mixture into dry ingredients and mix until a dough forms. The dough will seem a bit dry and crumbly but don't add any more liquids, just keep pressing it together — trust me.
5. Tear sheets of baking paper to the size of your oven trays. I use two large trays. Divide the dough in half, or quarters if you have small trays, form into a ball and place on baking paper.
6. Cover with another sheet of baking paper and get to work with your rolling pin. You want your dough to be very thin, about 3 mm/ 0.1". Don't panic though, they still taste amazing if they're a bit thicker they just won't have that crispy feel.
7. Once they're all rolled out use a knife or pastry cutter to cut them into shapes. This recipe makes about 20 servings — you can cut it to as many crackers as you like. I cut them into about 100 small

crackers.

8. Place in the oven and cook for 15 minutes, keeping an eye on them in case of over browning.
9. When the time is up, remove them from the oven and use your knife to re-cut the lines that you marked prior to cooking. This will snap the crackers apart. Sprinkle with salt to taste.
10. Once separated, place the trays back into the cooling oven and leave them in there until cool. Store in an airtight container, for up to ten days (if they last that long).

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