

# Super Simple Keto Cheetos

Hands-on 10 minutes Overall 1 hour 25 minutes



**Nutritional values (per serving, 4 cheetos):** Total carbs: 1.1 g, Fiber: 0 g, **Net carbs: 1.1 g,**

Protein: 6.4 g, Fat: 8.6 g, Calories: 102 kcal,

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

## Ingredients (makes 6 servings)

3 large eggs, whites and yolks separated

1/8 tsp [cream of tartar](#) or apple cider vinegar

1/3 cup + 1 tsp cream cheese (3 oz/ 85 g)

4 tbsp dehydrated cheddar cheese such as [Moon Cheese](#),  
crushed into a powder (32 g/ 1.1 oz)

*Optional:* sea salt, to taste

*Note: If you can't find dehydrated cheddar cheese, just use finely  
grated hard cheese of choice. You may need to dehydrate the low-carb  
"cheetos" for longer depending on the cheese you use.*

## Instructions

1. Preheat the oven to 150 °C/ 300 °F (conventional), or 130 °C/ 270 °F (fan assisted) and line a baking sheet with parchment paper.
2. In a medium bowl beat the egg whites with an electric mixer on high with the cream of tartar until stiff peaks form, about 5 minutes.
3. In another bowl combine the yolks, cream cheese, and cheddar powder until smooth.
4. Fold the yolk mixture into the egg whites then transfer the batter to a piping bag. Pipe 5 cm (2 inch) strips (about 24) onto the baking sheet. Transfer to the oven and bake for 15 minutes.
5. Turn the temperature down to 120 °C/ 250 °F and slightly crack the oven door. Continue to bake for 1 hour until crispy. Store in an airtight container at room temperature for up to 5 days.

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