

Cheese Crisp

Maintenance/Treatment to be mixed into your cheese crisp:
crushed nuts/seeds

Supplies:

- Parchment paper

Ingredients:

- 1.5 ounces of Shredded cheese of your choice (e.g. parmesan, mozzarella, cheddar, vegan cheese if dairy allergic).
- Maintenance nuts/seeds
- Optional: 2 teaspoons garlic powder
- Optional: pepperoni slices

Instructions:

1. Preheat the oven to 350F. Lay out parchment paper over a baking sheet pan or use a nonstick baking mat.
2. Grate your cheese and add garlic powder to your cheese to taste (optional), then stir.
3. Scoop slightly less than 1 tablespoon of cheese onto the lined baking sheet. Loosely shape into a flat 2-inch circle.
4. Add your crushed nuts/seeds on top of the cheese
5. Add another thin layer of cheese on top of the nuts/seeds
6. Optional: add your pepperoni slice on top of the cheese
7. Bake at 350F until golden and crispy, for ~7-8 minutes
8. Let it cool on the baking sheet for a few minutes until bubbling subsides.

Storage:

- Store in an airtight container for 3 days at room temperature
- Store in the fridge for 1 week. You may need to air fry the crisps for ~2-3 minutes to reform the crispy texture.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe May Contain The Following Top 8 Allergens As Primary Ingredients: milk, tree nuts, seeds

