

Keto Dorito Recipe: Cheesy, Crunchy, and Only 2 Net Carbs

Let's get to the good stuff-how to make these insanely good keto chips. You'll only need a handful of pantry staples and about 20 minutes of your time.

Ingredients for the Chip Base:

- 1 cup shredded mozzarella cheese
- 1/2 cup almond flour
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika (optional for color and warmth)

Nacho Cheese Seasoning:

- 2 tablespoons finely grated parmesan (the dry, powdery kind works best)
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt to taste
- Optional: pinch of cayenne for heat

Step-by-Step Instructions

1. Preheat & Prepare

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

2. Make the Dough

Melt the mozzarella in a microwave-safe bowl for about 30-60 seconds until fully melted and stretchy. Quickly mix in almond flour and seasonings. Stir until a soft dough forms. If it's too sticky, let it cool slightly or knead in a little extra almond flour.

3. Roll It Out

Place the dough between two sheets of parchment paper. Roll it out into a thin, even layer (the thinner, the better for crunch). Remove the top layer of parchment and use a pizza cutter to slice the dough into triangles-or whatever chip shape your heart desires.

4. Bake to Crispy Perfection

Transfer the parchment with the cut chips onto your baking sheet. Bake for 10-12 minutes, flipping halfway

Keto Dorito Recipe: Cheesy, Crunchy, and Only 2 Net Carbs

through if needed. Watch them carefully-they can go from golden to burnt fast.

Air fryer option: cook at 360°F for 6-8 minutes in batches.

5. Season While Hot

While the chips are still warm, spray lightly with avocado oil (or brush with a tiny bit of melted butter) and toss in your prepared seasoning mix. Let them cool completely before snacking-they'll crisp up even more as they cool.

How to Customize Your Keto Doritos Flavors

Spicy Nacho

- 1/2 tsp cayenne pepper
- 1 tsp chili powder
- Optional: crushed red pepper flakes for extra heat

Cool Ranch

- 1 tsp dried dill
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp parsley
- 1/4 tsp salt + dash of lemon zest or ranch seasoning mix

Extra Cheesy

- 1 tbsp cheddar cheese powder or nutritional yeast
- 1/2 tsp paprika
- A pinch of salt

Taco Style

- 1 tsp taco seasoning (make sure it's low-carb!)
- Optional: cumin + smoked paprika

Pizza Doritos

- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 tbsp parmesan cheese

Keto Dorito Recipe: Cheesy, Crunchy, and Only 2 Net Carbs

Pro Tip: Mix your seasoning in a small bowl first and sprinkle it on while the chips are still warm so it sticks better!

What to Eat with Keto Doritos

- **Dips:** Pair with guacamole, sour cream, salsa, queso, or spicy keto ranch dip.
- **Nacho Night:** Load with ground beef, cheese, jalapeños, and sour cream.
- **Taco Bowls:** Crush and sprinkle over salads or burrito bowls.
- **Party Platter:** Serve with olives, pickles, cheese cubes, and pepperoni.
- **Crunchy Topping:** Use on casseroles or baked chicken for a cheesy finish.

Storing & Reheating Tips

- Store in an airtight container at room temp for up to 5 days.
- To re-crisp, pop in the oven at 300°F for 5 minutes.