PRIMAL GUIDE

Savory Cheese Crisps

PREP 5 MIN • COOK 8 MIN • YIELD 4 SERVINGS

INGREDIENTS

- 1 cup shredded raw cheddar, shredded from the block
- pinch of dried rosemary or thyme (optional)
- a few flakes of sea salt (optional)

STEPS

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Spoon the cheese into small mounds, about 1 tablespoon each, spaced 2 inches apart. Pat each mound into a thin, even circle.
3. If using, sprinkle a pinch of rosemary or thyme over the mounds. Raw cheddar is already salty, so add salt flakes sparingly.
4. Bake 6–8 minutes, until the edges are deep golden and the bubbling slows down. Watch the last minute closely.
5. Let them cool on the tray for 5 minutes. They firm up and crisp as they cool.
6. Move them to a rack to cool completely before serving or storing.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/savory-cheese-crisps

Not medical advice. Talk with your doctor about your diet.

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