

# GOLDFISH CRACKERS



	Ingredients	Exchanges
Protein	16.7 gm cheddar cheese, shredded	2.2 (-3.3 gm fat)
	4.7 gm parmesan cheese	1
	8.6 gm egg whites, raw	0.5 (+0.5 gm fat)
Fat	6.7 gm mayonnaise	1.9 (-2.8 gm)
Carbohydrates	1.6 gm Bob's Red Mill® coconut flour	1.3
Other	salt	

*Recipe developed by Chef Paige Vondran*

## DIRECTIONS

- Preheat oven to 350° F.
- Using a food processor, chop the cheddar cheese until finely ground.
- Combine all ingredients together in a small bowl.
- Season with a pinch of salt.
- Grease a fish shaped silicone mold with nonstick cooking spray.
- Scoop dough into the mold spreading evenly.
- Bake for 20-25 minutes until golden brown.
- Allow crackers to cool slightly before removing from the mold (to help absorb any fat that may have leaked out).
- If a crunchier texture is desired, place the crackers on a parchment paper covered baking sheet and return to the preheated oven. Bake for an additional 10-15 minutes until the crackers become dark brown.

## VARIATIONS

- Other seasonings can be added such as garlic powder, dry mustard, or onion powder.
- Fresh whole eggs can be used in place of egg whites.
- These crackers store very well in the freezer.