

# Cheddar Cheesy Poof Biscuits or Crackers



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

LOVE these cheesy bits for an appetizer. They go great while you are sipping your wine.

This is not a completely original Plan Z recipe. I saw a version very similar to this on line and I just adjusted it to suit my tastes. The BEST low carb bites you could ask for. My guests raved! The person who designed this recipe didn't take credit so I guess that person will remain anonymous but I am very grateful.

**Serves:** Makes about 18

## **Ingredients:**

- 6 oz of cream cheese softened
- 2 cups of grated cheddar (in this recipe it will be worth it to buy a good block of cheddar and grate it yourself)
- 2 eggs
- 1 tsp of salt
- $\frac{1}{4}$  t of chili powder (or to taste)

- $\frac{1}{2}$  cup of super fine ground almond flour
- butter or olive oil cooking spray
- 1/2 tsp garlic powder (optional)

### **Instructions:**

Preheat oven to 350 degrees. Spray a cookie sheet with cooking spray. Then, in a medium bowl add your ingredients. Thoroughly mix with a spoon or spatula. Drop by spoonfuls onto the cookie sheet. Bake 10 – 15 minutes or until light brown. Keep an eye on them so they don't burn. They will be about 1/4" thick and moist. Carefully remove them from the cookie sheet and serve warm or at room temperature.

If you want them to taste like the biscuits at Red Lobster, add a half teaspoon of garlic powder.

I can see myself making these with a combo of cheddar and blue cheese...

Or Gruyere...

Or Mozzarella and Parmesan combined. All would be very yummy!

If you want to make a stiffer cracker, squish the spoonfuls down gently with the bottom of a glass to flatten them before you bake them. Then keep a close eye as they bake. They will cool to a stiffer consistency and taste a lot like Cheeze Its.

Enjoy!

Cheers,