

CRISPY CHEESE CRACKERS

Ingredients:

- Deluxe American cheese slices (not cheese food or cheese product)

Directions:

Cut one square of cheese into 16 tiny squares. Arrange on a sheet of parchment paper in somewhat of a ring around the edges of the paper. Don't place the cheese squares too close together or they'll stick to each other. Don't place any in the center of the paper or they will burn before the outer squares are done. Carefully place the sheet of parchment on the tray of a microwave oven. Microwave on HIGH about 65 seconds, or until the crackers are well-browned, but not burnt. Watch closely and add more time if needed. Remove the parchment from microwave and let the crackers cool slightly before removing them from the paper. Peel them off the paper and store in an airtight container. Repeat this process one cheese slice at a time. These will keep quite well in an air-tight container at room temperature for several days or longer.

Each slice of cheese makes 16 crackers. Can be frozen.

Per Serving (16 crackers): 106 Calories; 9g Fat; 6g Protein; .5g Carbohydrate; 0g Fiber; .5g Net Carbs