

## Healthy Protein Goat Cheese Crackers

### Description

A few years ago, I made [goat cheese crackers for Going Mom for Motherâ€™s Day](#)? As a former Cheez-It addict, these goat cheese crackers are *why* healthier and even more addicting. My wife confirmed the addictive properties by making them disappear within 2 days.



I promised to share the recipe then, and since Iâ€™m a man/dad/husband of my word, Iâ€™m sharing for all who care to see and try. Guys, forget the jewelry this Motherâ€™s Day, these goat cheese crackers are the key to her heart *and* tastebuds!

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### Ingredients



- 1 cup coconut flour
- 3/4 cup unflavored protein powder
- 4 tablespoons [nutritional yeast flakes](#)
- 4 tablespoons low-fat cottage cheese or plain yogurt
- 4 ounces creamy goat cheese (aka chevre)

- 1/4 teaspoon sea salt
- 1/2 teaspoon cayenne pepper (optional, but highly recommended)
- 1/2 tablespoon cumin
- 1/4 cup favorite salsa; I use [Drew's Organic](#)

### Directions

- Combine flour, oat bran, cheeses, salt, and cayenne in a food processor.
- Pulse until crumbly and then add in salsa a little at a time, until dough comes together. (You may need to add more)
- Wrap dough in plastic wrap and quick chill in freezer for 5 – 10 minutes or in fridge overnight.
- Preheat oven to 350°. Line 2 baking sheets with parchment paper or nonstick silicone mats. Set aside.
- Place dough between parchment paper or a silicone mat; it can be sticky. With a rolling pin, roll to 1/8-inch thickness.



- Using a greased pizza cutter, cut into 2-inch squares or whatever size you like. Poke holes with a fork or toothpick in each one to help keep them from being to “puffy”. Slide parchment paper or mats onto baking sheets.
- Bake for 20 to 25 minutes, until crackers turn a light brown and are crisp. Remove one to let cool and check to see if it’s crispy. If they are not crisp, bake a few minutes longer.
- Remove from oven and let cool completely. Store in an airtight container for up to 5 days (they won’t last that long!).



This is how the sheets will look after cooking in the oven, but it's easy to break into the squares you formed.



I used unflavored whey protein powder to give these crackers a protein-packed punch. If you don't have or don't want to use protein powder, just sub more coconut flour or a mixture of nutritional yeast and coconut flour.

Rolled oats can be used as well if you don't have or like the other dry ingredients. They will mix just fine after being pulsed in the food processor. Whatever you do, give these a go and have fun in the "process". Man I crack myself up.

These have a tendency of disappearing quickly, I highly recommend hiding a few for yourself or you'll end up with zilch. I speak from experience!..

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