

# Keto Cheese Dippers

These are so good! I sprayed the muffin tin with avocado spray, sprinkled cheese, you can use any kind, poured in some egg whites with the cheese, just about a tablespoon, added season salt, baked 400 degrees for 8-10 minutes or until crispy. They are great for dipping! I used Ranch and also Salsa!







I don't provide nutritional information on my recipes. I may include the carb count. I count total carbs and that's it. With all of my recipes I recommend using Carb Manager for your Macros. Just enter your ingredients there to get your nutritional information.

Different brands of the same ingredient can contain a different amount of carbohydrates. "SERVING SIZE" perception can also be different from one person to another.