

# Spicy Ranch Cauliflower Crackers

A spicy keto cracker made with cauliflower instead of flour! The perfect low-carb cracker. Store in an airtight container.

Recipe by [Hazel Martin](#) | Created on **Nov 19, 2021**

## Ingredients

- 1 (12 ounce) package frozen riced cauliflower
- cheese cloth
- 1 egg
- 1 tablespoon dry ranch salad dressing mix
- ? teaspoon cayenne pepper, or more to taste
- 1 cup shredded Parmesan cheese

## Directions

- Place riced cauliflower in a microwave-safe bowl. Microwave, covered, for 3 to 4 minutes. Transfer to a cheesecloth-lined strainer and allow to cool for 15 minutes. Squeeze moisture out of the cooled riced cauliflower.
- Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- Combine riced cauliflower, egg, ranch mix, and cayenne pepper in a bowl and mix well. Stir in Parmesan cheese until incorporated.
- Drop mixture with a small cookie scoop onto the prepared cookie sheet and flatten with a small hand rolling pin, a cup, or your hand to approximately 1/16-inch thickness. The thinner the dough, the crispier the cracker.
- Bake crackers in the preheated oven for 10 minutes, flip, and bake for an additional 10 minutes. Cool on a wire rack.

## Nutrition Facts

Serving: **18 crackers** | Calories: **28.6 kcal** | Carbohydrates: **1.3 g** | Protein: **2.5 g** | Saturated fat: **0.9 g** | Cholesterol: **14.2 mg** | Sodium: **103.5 mg** | Fiber: **0.4 g** | Sugar: **0.1 g**

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