

Homemade

KETO WRAP

— CRISPS —

GARLIC PARMESAN

LOW-CARB  KETO

Crispy, golden and full of flavour – the perfect low-carb snack or side!



INGREDIENTS

- 4 low-carb wraps (thin variety works best)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp Italian herbs (oregano or mixed herbs)
- ¼ tsp chilli flakes (optional)
- ¼ cup grated Parmesan cheese



METHOD

- 1. Preheat the oven**
Preheat your oven to 180°C (350°F) and line a large baking tray with parchment paper.
- 2. Prepare the wraps**
Stack the wraps and cut into triangles or bite-sized pieces using a sharp knife or kitchen scissors.
- 3. Make the flavour mix**
In a large bowl, combine olive oil, minced garlic, salt, pepper, Italian herbs and chilli flakes. Mix well.
- 4. Coat the wrap pieces**
Add the wrap pieces to the bowl and toss until evenly coated.
- 5. Add the Parmesan**
Sprinkle grated Parmesan over the coated wrap pieces and toss again to evenly coat.
- 6. Bake**
Spread the pieces out in a single layer on the prepared baking tray.
Bake for 10–12 minutes, flipping halfway through, until golden and crispy.
- 7. Cool and enjoy**
Remove from oven and let cool for a few minutes.
They will crisp up even more as they cool.
Enjoy your delicious keto crisps!



PREP TIME
10 mins



COOK TIME
10–12 mins



MAKES
4 servings



TIPS

- Use thin, soft low-carb wraps for the crispiest results.
- Watch closely in the last few minutes of baking to avoid burning.
- Store in an airtight container for up to 4 days (if they last that long!).



FLAVOUR VARIATIONS

HERB & ROSEMARY

Use 1 tsp chopped fresh rosemary and 1 tsp thyme instead of Italian herbs.

CHEESY JALAPEÑO

Add 1 tbsp finely chopped jalapeños and 2 tbsp extra Parmesan.

PIZZA STYLE

Use 1 tsp pizza seasoning and 2 tbsp grated Parmesan. Delicious with a side of marinara dip!

LEMON & PEPPER

Add 1 tsp lemon zest and extra black pepper for a zesty twist.



BEST WRAPS TO USE

For the crispiest results, use thin, soft low-carb wraps. Avoid thicker or wholemeal variations as they may not crisp up as well. Brands like Mission Carb Balance®, La Tortilla Factory Low Carb Wraps, or similar thin keto-friendly wraps work best.

Crispy, cheesy & irresistible! 