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## Atkins Garlic Toast Crisps

Whip up a batch of these crunchy, garlicky crisps to have on hand for spreads, dips or to crumble into soups.

### Ingredients

3 tablespoons olive oil  
 3 cloves garlic, pushed through a press  
 2 cups [Atkins Bake Mix](#)  
 1 tablespoon baking powder  
 1/2 teaspoon salt  
 1 cup club soda  
 2 eggs, lightly beaten

### Directions

1. Heat oven to 350°F. Place olive oil and garlic in a small microwave-safe cup. Cook on high 1 minute or until garlic begins to turn golden; set aside.
2. Lightly coat an 8" x 4" loaf pan with vegetable oil. In a mixing bowl, combine bake mix, baking powder and salt. Add club soda, eggs and 1 tablespoon garlic oil. Mix thoroughly by hand or with an electric beater. Transfer dough to prepared pan; smooth top. Bake 1 hour.
3. Transfer bread to a wire rack to cool 20 minutes. Increase oven temperature to 400°F. With a serrated knife, cut loaf into 20 thin slices. Place slices on a baking sheet. Brush with half the remaining garlic oil. Bake 7 minutes. Remove baking sheet from oven; flip slices and brush with remaining oil. Bake an additional 7 minutes, until golden and crisp.
4. Cool toasts completely before storing in an airtight container for up to 3 days. Toasts may be frozen, wrapped, for up to 2 months.

### Variations

Garlic-Herb Crisps: Add 1/2 teaspoon dried oregano and 1/2 teaspoon dried basil to the dry ingredients. Rosemary-Olive Crisps: Add 6 pitted, chopped oil-cured black olives and 1 teaspoon dried crumbled rosemary leaves to the dry ingredients.

[ IN BRIEF ]

Servings: 20  
 Prep time: 10 minutes  
 Bake/Cook time: 1 h 15 min

[ NUTRITION PER SERVING ]

Carbohydrates: 3 grams  
 Net Carbs: 2 grams  
 Fiber: 1 grams  
 Protein: 1.5 grams  
 Fat: 3.5 grams  
 Calories: 70

Good for  
 Atkins Plus:

**You can find this article at:**

[http://www.atkinscenter.com/food/recipes/all/Atkins\\_Garlic\\_Toast\\_Crisps.html](http://www.atkinscenter.com/food/recipes/all/Atkins_Garlic_Toast_Crisps.html)

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