



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Vegan Onion Rings

INGREDIENTS:

- 1/3 C Gluten Free (Bob's Red Mill) or unbleached all purpose flour
- Pinch of salt
- 1/2 C unsweetened plant based milk
- 1/3 C Gluten Free* or regular Panko crumbs
- 1/4 C fine corn meal
- 1/2 tsp salt
- 1/2 tsp onion powder
- 1/4 tsp dried parsley
- 1/4 tsp paprika
- 1 medium onion
- Cooking oil spray
- Air fryer or oven.

DIRECTIONS:

- In a shallow, small bowl, place the flour, pinch of salt, and the milk in it. Whisk mixture until smooth. Set aside to thicken.
- In another shallow bowl add the Panko, cornmeal the salt, onion powder, dried parsley, paprika and mix well.
- Cut the onion into 1/2" thick slices across the bias. Pull the slices apart carefully. (have a few that are two layers thick) The center ring can also be used.
- Preheat your oven or air fryer to 375 degrees. If using your oven, line a cookie sheet with parchment paper; if using air fryer, lightly spray the inside basket with pan spray.
- Using tongs, dredge the onions in the wet mixture, letting some of the batter drip off, then transfer to the crumb mixture and gently press into the mix, covering all sides.
- If using the air fryer, only put a single layer of onion rings on the bottom. You may need to do a double batch. If using the oven, layer in a single layer on the cookie sheet and for both the air fryer and the oven, spray the top with pan spray. Bake/air fry approx 10 min, or until golden brown.



