GLUTEN-FREE
COCONUT MILK POWDER
ONION RINGS

A HEALTHIER & VEGAN-FRIENDLY version of onion rings to enjoy with loved ones!

── INGREDIENTS ──

32 Oz
Coconut Oil

3 Medium
Yellow Onions

8 Large
Egg Whites
or Flax Seed Eggs

1 Packet
Dairy-Free Coconut
Milk Powder

1/2 Cup
Arrowroot Starch

1/2 Tsp
Baking Powder

2 Tsp
Pink Sea Salt
(Plus a Bit Extra Before Serving)

INSTRUCTIONS

1. In a large skillet using a candy thermometer or deep-fry thermometer, heat coconut oil to 350° over medium heat.

2. While you heat the oil, preheat your oven to 170° and set up a baking pan fitted with a wire rack in the oven to keep the onion rings warm before serving.

3. Peel the 3 onions and slice them to the desired thickness you want to make your onion rings.

4. Meanwhile, in a large bowl, whisk together the dry coconut milk powder, arrowroot starch, salt, and baking powder.

5. Add the egg whites OR flax seed eggs to the dry mixture and mix with a whisk until it is lump-free.

6. Working in batches, dip 2 or 3 onion rings into the batter and then fry in the coconut oil for about 30 seconds on each side.

7. Drain on paper towels, season with sea salt, and transfer to the prepared pan to keep warm in the oven until serving.

8. Enjoy these delicious onion rings with your loved ones and watch as no one will believe they are a healthy version!