

Crispy Onion Rings

THM-Friendly: FP

- one large onion (your favorite kind - I use vidalia)
- 1 batch "[All The Fried Things](#)" batter
- 1 cup [No Carb Easy Bread](#) mix

Slice the onions; best if left thick.

Separate into rings.

Dip in [oat fiber](#) as recommended in the All The Fried Things batter recipe.

Then coat in batter, moving immediately to dip into the No Carb Easy Bread (dry) mix.

Lightly spray each side of the onion ring with cooking spray.

Air fry at 400 degrees for 10-12 minutes - until crispy.

enJOY!

