

# All-The-Fried-Things Batter

THM-Friendly: FP

(depends on filling/batter is FP)

Multiple Servings

- 1/2 cup THM [Pristine Whey Protein](#)
- 1 tsp. [xanthan gum](#)
- 1/2 tsp. [mineral salt](#)
- 2 tsp. baking powder
- 3 Tbsp. seltzer (I used [Mama Dew](#) I had made up! If you don't have Mama Dew, add a splash of ACV to your batter)
- 1 whole egg
- 2 Tbsp. unsweetened [nut milk](#)
- 2 Tbsp. masa
- [oat fiber](#) for coating (if you don't have this - don't sweat it - it's optional)

Mix all ingredients (except oat fiber) and pour into a tall glass or bowl (depending on what you are coating).

Roll whatever you are coating (i.e., hot dogs, onion rings) in oat fiber to lightly coat.

Dip into the batter, rolling around to well coat. Lay on parchment.

Air fry at 390° for 5 minutes.

enJOY!



<https://www.joyfullifewithkj.com/allthefriedthings>

