



AIR FRYER ONION RINGS

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Prep time: 10 mins | Cook time: 10 mins | Yield: 2-3 servings

DESCRIPTION

These onion rings are oil-free, vegan, and only require a few ingredients! By using an air fryer to make this recipe, no deep-frying or oil is necessary to create the classic crispy on the outside and soft in the inside onion ring texture!

INGREDIENTS

- 1 yellow onion
 - 1/2 cup panko breadcrumbs
 - 1/3 cup almond milk
 - 1/4 cup whole wheat flour
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon chili powder
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INSTRUCTIONS

1. Cut the ends of the onion and peel off the skin. Cut onion into 1/2 inch rings.
2. In a small bowl, combine breadcrumbs and spices. Pour almond milk and flour into separate bowls. Dip each onion ring into the flour, then the milk, then the breadcrumb mixture.
3. Air fry onion rings at 400°F for 10 minutes.



DID YOU MAKE THIS RECIPE?

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