

RECIPE OF THE WEEK: PALEO EDITION

Healthy Onion Rings

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Ingredients:

1 large onion
approx. ½ cup coconut flour
¼ cup arrowroot powder
garlic powder, salt, pepper
2 eggs
coconut oil

Instructions:

1. 1 heat coconut oil over medium/high heat in a large skillet
2. mix coconut flour, arrowroot and spices on a large plate
3. Beat eggs in a bowl
4. Peel and thinly slice whole onion into rings
5. Separate rings and dip into egg mixture, then into coconut mixture
6. Drop into hot oil and cook about 3 minutes per side
7. Remove and eat

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