



SEASONED ONION RINGS

- 2 medium size white or brown onions
- 3 tablespoons sea salt
- 1.5 teaspoons sea salt
- 1 tablespoon lemon juice
- 1 tablespoon nut milk (I used almond milk)
- 1.5 cups ground golden flaxseeds (or $\frac{3}{4}$ cup almond meal + $\frac{3}{4}$ cup flaxseeds)
- 1.5 tablespoons garlic powder
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon ground black pepper

Use a mandolin or a knife to slice the onion to 6mm thick rings and place in a medium size bowl with the 3 tablespoons sea salt and lemon juice – and cover with ice cold water and allow to sit for 1-2 hours which will mellow out the pungency of the onions – rinse and drain when ready.

Pour the nut milk into a small bowl and set aside.

Combine the ground flaxseeds, garlic powder, remaining 1.5 teaspoons sea salt, cayenne pepper and black pepper in a bowl – pour $\frac{1}{4}$ of the mixture onto a plate.

Dip each onion ring into the nut milk, shake of the excess moisture and then dredge into the flaxseed mixture.

Place the onion rings onto a mesh dehydrator tray.

When the flaxseed mixture becomes too moist to stick to the onion rings, discard it and add another $\frac{1}{4}$ of the mixture – repeat until all the rings are coated.

Dry at 45°C for 8 hours or until crispy (if you don't have a dehydrator, place in low temperature oven until onion rings are dried to your liking).

Store in an airtight container for up to 1 week in the refrigerator.