

Gluten Free Onion Rings

1 c Garbanzo Flour
1½ tsp Salt
½ tsp Onion Powder
½ tsp Garlic Powder
¾ c Water
1 ea Onion
3-4 c Peanut oil



1. Mix all ingredients except onion and oil and let set for about 30 minutes.
2. Heat oil in a deep heavy bottomed pot.
3. Cut onion into rings and dip into batter.
4. Fry until golden brown.

This batter is used an Indian dish called Pakora except different spices are used. These are chilies and fresh cilantro in place of the onion and garlic powder. Along with the onions that are fried potatoes and spinach leaves are also used and you serve with chutney and yogurt sauces. I found the Garbanzo flour at the Vitamin Cottage with the other flours.

I use peanut oil for frying because it has a high smoke point, which is when the oil will start to smoke. Peanut oil has a smoke point of about 450°F where olive oil's about 350°F. However, some people have allergies to peanuts so you need to stay away from it in that case. Sunflower oil has about the same as peanut oil and Canola oil's is about 400°F. Ok so why am I talking about smoke points??? It's because the hotter the oil the less oil absorption. With less oil absorption the more we can eat.

Be creative, have fun and enjoy!