



When these came out of the oven my hubby couldnt help but eat 6 all own his own

Description

Ingredients

- 2 large onions, sliced into 1/4-inch discs
- 1 cup almond flour
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (optional, for a spicy kick)
- Salt and pepper to taste
- 2 large eggs, beaten
- 2 cups shredded mozzarella or cheddar cheese

Preparation

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Separate onion slices into discs.
3. Mix almond flour, paprika, garlic powder, cayenne, salt, and pepper in a shallow dish.
4. Whisk eggs in another dish.
5. Dip onion discs in egg, then coat with almond flour mixture.
6. Place on baking sheet, spaced apart.
7. Generously top each disc with shredded cheese.
8. Bake 12-15 minutes until cheese is bubbly and golden.
9. Let cool before removing from the baking sheet.

Variations & Tips:

Substitute almond flour with coconut flour or another low-carb flour, adjusting quantity if needed.

Experiment with different cheeses like parmesan or pepper jack.

Add Italian seasoning to the flour mix for an herby touch.

Prep onion discs in advance for quick weeknight baking.

Keep an eye on the oven to prevent over-browning.

Enjoy these Low Carb Cheesy Onion Ring Chips for a guilt-free, delicious snacking experience!â?•

Enjoy !

Category

1. Grandma Recipes

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Author

rauf

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