

## Onion Rings

1 recipe pancake batter (using 3 ½ tablespoons Pancake Master Mix)

8¼-inch onion rings, from a medium onion  
vegetable oil for frying

Dip onion rings in pancake batter. Fry until golden in oil heated to 375 degrees. Remove to a paper towel to drain. Serve immediately.

Yield: 8 onion rings.

	Phenylalanine (mg)	Protein (gm)	Calories
Per recipe	64	1.5	369
Per onion ring	8	0.2	46