Pura Vida Performance

Inspired Health, Coaching and Nutrition

FALAFELS

Welllll this combo is going to knock your wee socks off! Yummy baked falafels, which you must have with the Lemon Tahini Sauce and of course my homemade Simple Salsa. All you need is a food processor to whip this gem of a meal up. Enjoy!

Ingredients:

3 cloves garlic
½ cup red onion, chopped
¼ cup fresh cilantro, packed
1/3 cup fresh parsley, packed
1 can chickpeas (14 ounces), rinsed
2 tbsps ground flaxseed
¼ cup bread crumbs
½ tsp cumin
½ tsp sea salt

Instructions:

1. Preheat oven to 400F.
2. Line baking sheet with parchment paper.
3. In your food processor, chop garlic.
4. Add the onion, cilantro and parsley and process until minced.
5. Add your chickpeas and process until it's a coarse doughy mixture and holds together when rolled into a ball.
6. Place the mixture into a large bowl and add the flaxseeds, bread crumbs, cumin and sea salt and stir until combined.
7. Shape the mixture into small balls and sort of flatten them as you roll them.
8. Bake the falafels for about 15 minutes on one side and then flip to bake on the other side for 15 minutes or until golden brown.

Makes approximately 16 falafels.

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