



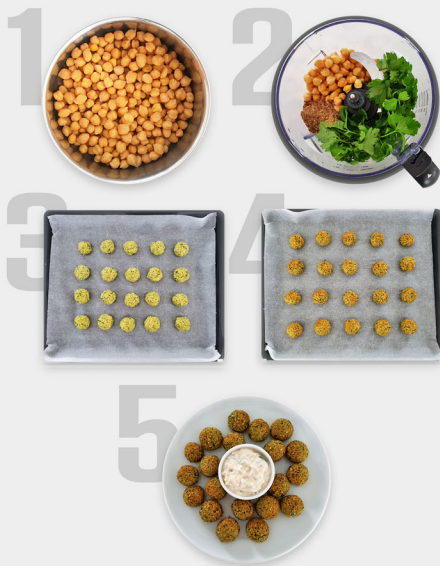
Chickpea Parsley Falafel

Visual Recipe
by DAREBEE
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1 cup ~ 7oz ~ 200g dried chickpeas
1oz ~ 30g fresh parsley
2 tbsps ground flaxseeds
½ cup ~ 3oz ~ 100ml water

LEVEL UP! Add 1 tsp cayenne pepper, 1 tsp cumin, 1 tsp garlic powder and 1 tbsp psyllium husks.

2 PORTIONS



INSTRUCTIONS

1. Soak chickpeas in plenty of water overnight. The next day, rinse and drain them.
2. Add all of the ingredients into a food processor and season for taste. Blend for 5 minutes or until well combined and paste-like.
3. Preheat the oven to 400°F (200°C). Form bite-sized balls and arrange on top of a baking tray lined with baking paper.
4. Roast in the oven for 20 minutes or until they begin to form golden brown crust.
5. Transfer to a plate. Serve with yogurt or a garlic yogurt sauce.