



# Eggplant Balls

Visual Recipe  
by DAREBEE

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2 eggplants  
1 cup - 5oz - 150g flour  
2 tbsps - 1oz - 30g ground flax seeds

**LEVEL UP!** Replace regular flour with oat, soy or buckwheat flour or the mix of the three. Add plain yogurt and tomato sauce for garnish.

2 PORTIONS

## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Peel and cut the eggplant into bite-sized pieces. Arrange on top of a baking tray lined with baking paper in a single layer.
2. Roast in the oven for 15 minutes or until the eggplant is cooked through.
3. Combine cooked eggplant with flour and ground flax seeds. Season for taste and mash together until combined.
4. Form bite-size balls and arrange on top of the baking tray lined with baking paper in a single layer. Return to the oven.
5. Bake for another 15 minutes or until the tops begin to golden brown.
6. Transfer to a plate. Serve with plain yogurt mixed with tomato paste 4:1 ratio.

