

Baked Falafels with Tahini Sauce JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Falafels

- 1.5 cups sliced mushrooms (crimini or button)
- 1 small onion, chopped
- 1 tbsp coconut oil or extra-virgin olive oil
- 1 x 398 ml can organic BPA-free chickpeas, drained and washed
- 1 cup chickpea flour (brown rice or quinoa flour will work too)
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 3 garlic cloves
- Juice from half a lemon
- 1/4 cup fresh parsley (I added in an extra handful)
- Sea salt and black pepper

Instructions:

1. Preheat oven to 375F degrees. Grease a cookie sheet or line it with parchment paper.
2. Saute onions and mushrooms in oil until tender.
3. Using your food processor, add chickpeas, chickpea flour, cumin, chili powder, garlic, lemon juice, parsley, sea salt and black pepper. Blitz until well blended.
4. Add mushrooms and onions, blitz again until blended.
5. Take 1 1/2 tbsp of mix and form into balls. Don't worry if they are sticky and don't form into perfect balls. Mine didn't :)
6. Bake for 30 minutes. At 15 minutes flip them. I used a spatula and flattened them a bit so they weren't such a wonky shape.

Notes:

They freeze well and refrigerate for up to a week. Serves 4