

Falafel Sammie

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 slices of Silver Hills Sprouted Bread
- 4 falafels
- Slices of raw onion or pickled onions
- 4 grape tomatoes, sliced
- 2 tbsp tahini paste
- 1 tbsp water
- Juice from 1/2 lemon
- Pinch of sea salt
- Pinch garlic powder
- Sprinkle of fresh parsley

Instructions:

1. In a small bowl, combine tahini, water, lemon juice, sea salt and garlic powder. Mix until combined. If it's too thick, add a touch more water to desired consistency.
2. If bread is frozen, let thaw 10 minutes before assembling sammie. Using a fork, flatten falafel before adding to sammie.
3. Place flattened falafel onto sammie. Top with pickled onions, tomatoes, drizzle with tahini dressing and some parsley.
4. Enjoy right away!

Notes:

Serves 1 - Double or triple ingredients for more than 1 sammie. This sammie goes well with the Cucumber Beet Hummus Sammie!