

## INGREDIENTS

### CC Provided Items:

- 1 15-ounce can chickpeas (rinsed, drained, and patted dry)
- 3-4 Tbsp crushed rolled oats

### Not Provided Items:

- 1 ½ tsp cumin
- 2 tbsp garlic powder
- 2 tbsp onion powder
- ¼ tsp salt and pepper
- 2 Tbsp sesame seeds (or sub finely chopped nuts)
- 3-4 Tbsp avocado oil for cooking
- 1/3 cup dried parsley (or sub cilantro)

## DIRECTIONS

1. Add chickpeas, and seasonings to a food processor or blender and mix/pulse to combine, scraping down sides as needed until thoroughly combined.
2. Add ground oatmeal 1 Tbsp at a time and pulse/mix to combine until no longer wet and you can mold the dough into a ball without it sticking to your hands
3. Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. (If you're in a hurry you can chill in the freezer for 45 minutes). Once chilled, scoop out rounded tbsp amounts and gently form into 11-12 small discs
4. Heat a large skillet over medium heat and add enough oil to generously coat the pan – about 2 Tbsp
5. Once the oil is hot, cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafels are browned – the deeper golden brown, the crispier they'll be.
6. Serve warm with garlic-dill sauce or hummus, inside a pita or naan, and with desired toppings or atop a bed of greens.



## VEGAN FALAFEL

*Clyde's Cupboard*

*Gluten Free | High Protein | Vegan | Dairy Free*

Yield:  
12 Servings

Prep Time:  
2 Hours

Cook Time:  
10 Min

## NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
91 kcal	6 g	8 g	2 g	2 g