



12 SERVINGS



27 MINUTES



105 CALS

These Baked Falafel Patties Can be Used in Multiple Dishes

SOPHIE VIAU

Ingredients

- 1 can chickpeas
- 1 small onion
- 1 clove of garlic
- 1 tsp dry parsley
- 1/2 tsp cumin
- 1 pinch of bicarbonate food
- 1 pinch of baking powder

Instructions



PREP: 15M

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COOK: 12M

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READY IN: 27M

1. Preheat the oven to 375F.
2. Drain and rinse the canned chickpeas.
3. Peel the onion and garlic.
4. Put all of the ingredients into a blender.
5. Blend until a fine, granular texture is obtained.
6. Use an ice cream scoop or your hands to form 12 patties.
7. Arrange the falafel patties on a baking tray, and bake for 10 to 12 minutes.