



## Baked Falafel

NIBBLEDISH CONTRIBUTOR

### Ingredients

- 1 16oz can garbanzo beans
- 1/4 cup panko breadcrumbs
- 1/4 red onion
- 1/4 red pepper
- 2 tbsp olive oil
- 1/2 tsp baking powder
- 1/2 tbsp chili powder
- 2 tsp parsley
- 2-3 tsp minced garlic
- 1 tbsp coriander
- 2 tbsp cumin
- 1 tbsp hot sauce

### Instructions

1. Preheat oven at 375. Combine everything in a food processor. Bake in a greased muffin tin for 30-35 mins, flip halfway