

Baked Almond 'Falafel' Bites with Tahini Drizzle

Serves: 3

INGREDIENTS:

1 cup raw almonds
1/4 cup hemp seeds
2 cloves garlic
1 tsp ground cumin
1 tsp chili powder
1/2 tsp onion powder
1/2 tsp salt
1 egg
2 tbsp coconut oil
1/2 cup fresh parsley
avocado or coconut oil spray
wraps of choice *optional
1/3 cup plain hummus
Arugula
1/2 red onion chopped

Lemon Tahini Dressing:

1/3 cup tahini
juice 1 lemon
1 tbsp pure maple syrup
1 tbsp olive oil



Serving size: 1 wrap with 3-4 falafels + 1 spoonful of tahini on top with veggies

INSTRUCTIONS:

1. Place almonds, hemp seeds, garlic, cumin, chili powder, onion powder and salt in a food processor and process for 10 seconds.
2. Add in egg, coconut oil and parsley and process for another 10 seconds.
3. Scoop mixture into a bowl and let chill in the fridge for 30 minutes.
4. Preheat the oven to 350 degrees and take out a baking sheet.
5. Using a spoon, scoop out the ingredients and roll into 12 balls using your hands. Place on the baking sheet and then into the oven to bake for 20 minutes.
6. While waiting, whisk the dressing in a small bowl and set aside.
7. When the falafel is done, take it out of the oven and spray with non-stick spray. Put back in the oven for 2 minutes so the tops become golden brown. Let them cool slightly.
8. Heat up your wraps, add a smear of hummus, little bit of arugula, 2-3 balls, red onion and drizzle of tahini dressing.