

FALAFEL bites

with Lemon Greek Yogurt dipping sauce

Vegan & Gluten Free



Servings: approx. 100 bites

Prep Time: 20 minutes

Cooking Time: 30 minutes

Ingredients

Falafel Bites:

6 cans of Chickpeas

3 cups Gluten-Free flour (ratio for traditional flour is the same)

3 Eggs

6 Gloves of Garlic

1 Shallot

1/2 tsp. Onion Salt

1/4 tsp. Black Pepper

2 tsp. Kosher Salt

3 tsp. Parsley

2 cups Chickpea Juice

Vegetable Oil (do not add this to the ingredients, this is for frying the Falafel Bites)

Dipping Sauce:

1 cup Plain Greek Yogurt

1 tbsp. Parsley

1 Lemon

Directions

Falafel Bites:

Drain the Chickpea juice and place in a bowl, set aside for later.

Pulse drained Chickpeas in the food processor.

Dice the Garlic, set aside.

Dice the Shallot, set aside.

In a large bowl combine all the ingredients together and mix well: pulsed Chickpeas, Flour, Eggs, dices Garlic, diced Shallot, Onion Salt, Black Pepper, Kosher Salt, Parsley, Chickpea juice.

Next, use an ice cream scooper to form the Falafel Bites. I prefer the 1" scoop. Preheat the Vegetable Oil then place each scooped Falafel Bite in the pan until golden brown. Then place the cooked Falafel Bites on a cooking sheet with paper towel(s) to drain any excess oil and to cool before serving.

Dipping Sauce:

Mix all ingredients together: Plain Greek Yogurt, Parsley and the juice from the fresh Lemon.

Enjoy! ❤️ 🌱 🍋

#homemade #falafelbites
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