



Falafel BALLS

Ingredients

1 large can of drained chick peas (540ml/19 ounces)
3 gloves of garlic, peeled
pinch of black pepper
pinch of turmeric
pinch of sea salt
1 tbsp parsley (preferably dried)
1 tbsp of nutritional yeast
1/2 cup olive oil
juice from 1 whole lemon
1/4 cup chickpea flour
6 drops of DoTerra Cumin essential oil, or 1/2 tsp. of ground cumin

Directions

1. Combine all ingredients, except for olive oil, into a food processor
2. Gently pulse, then, on low, slowly add the olive oil. Texture needs to be sticky in order to form into balls. Add or remove as much olive oil as you find necessary.
3. Form into balls and either fry on medium in your favourite oil, until golden brown (approx. 5-10 mins.) on each side.
4. Remove from pan, let balls cool down and serve!
5. Serves approximately 8 falafel balls.