

## Baked Falafels

**Ingredients needed:** make 2 dozen small muffin sized balls

- 1 lb dried chick peas (canned chickpeas do not work well)
- ½ cup chopped onion
- ¼ cup chopped parsley (I substituted arugula)
- 3 cloves garlic (roasted gives an nice taste)
- 1½ tsp turmeric
- 1 tsp cumin
- 1½ tsp sea salt
- ¼ tso of each: cayenne pepper & black pepper



**Step 1:** soak the chick peas for 24-36 hours in pure water (make sure they are covered with water)

**Step 2:** drain then rinse the chick peas well then put them into your food processor with the rest of the ingredients

**Step 3:** process until everything is well mixed – it will become moist and stick well to make balls

**Step 4:** Preheat oven to 350F

**Step 5:** grease your muffin tins or cookie sheet and place a tablespoon of the mixture in each muffin hole (or about 1” apart on the sheet

**Step 6:** bake for 12-15 minutes then remove from the oven and serve warm with the sauce below

**Pine Nut Sauce:** make 1½ cup

Put the following in a mini blender:

- ½ cup apple cider vinegar or lemon juice
- ½ cup olive oil
- 2-4 tbsp pine nuts
- 1 tsp garlic powder
- 1 tsp honey

Process everything until creamy then serve with the falafels.



## Red Pepper Pate

**Ingredients needed:** makes 2 cups

- 1 cup almonds (soaked overnight)
- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 clove of garlic
- ½ cup sweet peppers (diced)
- ¼ cup nutritional yeast
- 1-2 lemons juiced
- Sea salt to taste
- A pinch of Cayenne pepper (optional)

Step 1: Put all the ingredients into a food processor and process until soft and creamy.

Step 2: Serve with tortilla chips, flax crackers or the falafels above.

Step 3: Put in a sealed container and it will keep for 4-6 days in the fridge.

