

Falafel

Ingredients:

- 2 cans of garbanzo beans
- 4 carrots pulse in food processor into small pieces
- small floret of broccoli pulse in food processor into small pieces
- 5 Tbs of bread crumbs
- 3 eggs beaten
- 4 Tbs of fresh parsley

Directions:

1. Add garbanzo beans and parsley to food processor and pulse to a medium crumb
2. Add pulsed carrot and broccoli to garbanzo bean mixture
3. Add eggs and bread crumbs and pulse until mixture combines
4. Form into small patties (1 Tbs of mixture) and fry in a slightly oiled pan over medium heat until golden brown.
5. Serve warm with Carrot Dip!

