

MAIN DISH

Makes: 8

Glycemic Load: 4



Falafel

Ingredients:

2 cans [chickpeas](#)
1 medium onion
1 cup chopped parsley
2 cloves of garlic
1 egg
1 tsp [ground coriander](#)
1 tsp [ground cumin](#)
Pinch [cayenne pepper](#)
¼ cup [coconut flour](#)

Coating:

[Coconut flour](#)
Beaten egg
Gluten free breadcrumbs

Method:

Roughly chop your onion and finish in the food processor.
Add the chickpeas and process until finely chopped.
Add the remaining ingredients and process until well mixed.
Add the coconut flour if needed to help the mixture bind.
Shape the mixture into small balls then coat in flour, beaten egg and breadcrumbs.
Shallow fry the falafel in [coconut oil](#) for about 3 minutes on each side or until golden brown.