

Falafels

Measure Ingredient		Directions
2 cups	garbanzo beans soaked overnight	Add all ingredients to food processor. Blend together. Form into small balls. Shallow fry in canola or peanut oil. Drain on paper towels.
1	small, white onion roughly chopped	
4	garlic cloves	
1 bunch	parsley	
1 bunch	cilantro	
1+ TBSP	cumin powder	
1 tsp	salt	
1/2 tsp	pepper	
1 tsp	ground coriander seeds	
1/2 tsp	red pepper flakes (optional)	

See youtube video: <http://tr.im/iHx9>