

# Falafel Bites

Whip up these delicious grain-free falafel bites for your next dinner. They're quick, easy and are perfect on top of salads!

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Prep Time 5 mins

Cook Time 20mins

Total Time 25 mins



## Ingredients

- 1 can chick peas
- 1/4 cup chopped onion
- 2 tablespoons coriander
- 2 tablespoons parsley
- 1 ½ tablespoons [chickpea flour](#)
- ½ teaspoon [garlic powder](#)
- ½ tablespoon [chili powder](#)
- ½ tablespoon [cumin](#)
- ¼ teaspoon [salt](#)
- 1 tablespoon [olive oil](#)
- ½ tablespoon lemon juice

## Instructions

1. Preheat oven to 375°.
2. Add all the ingredients to a food processor and blend to a thick, paste-like consistency.
3. Using a tablespoon sized cookie scoop, scoop the dough into balls onto a greased baking sheet. Repeat until no dough remains.
4. Bake the balls until golden brown and crisp, about 20 - 25 minutes.
5. Allow to cool for 10 minutes, then enjoy!