

## Baked Flaxseed Falafel

### Ingredients

- 1 cup canned or cooked chickpeas (drained and rinsed)
- 2 tbsp ground flaxseed
- 1 garlic clove
- 2 tbsp parsley (chopped)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- ½ tsp cumin
- Salt to taste

### Instructions

1. Preheat oven to 375°F (190°C).
2. Add all ingredients to a food processor and blend until chunky but moldable.
3. Form into small balls or patties.
4. Place on a lined baking tray and bake for 25 minutes, flipping halfway.
5. Serve with tahini sauce or in pita bread.

### Health Benefits

- Flaxseed: Boosts the fiber and protein profile

- Chickpeas: Great source of plant-based protein and zinc
- Parsley: A natural diuretic and antioxidant-rich herb
- Garlic: Immune-boosting and antimicrobial