



Ingredients

One cup (250 mL) of dry beans equals 2-2½ cups (500-625 mL) cooked. You can [soak and cook](#) your own beans and then put them in individual freezer bags for future use. This is not only economical but makes for quick meals. Freezing soaked and cooked beans also makes them easier to digest and causes less gas and bloating.

- 4 cups (1 L) [cooked garbanzo beans](#) (they should be very soft)
- 6 cloves garlic, minced
- ½ cup (125 mL) finely chopped fresh parsley
- ½ cup (125 mL) finely minced onion
- 1 tsp (5 mL) cumin powder
- dash of cayenne pepper
- 2 free-range eggs, beaten
- 2 tsp (30 mL) tahini
- 2 tbsp (30 mL) flour or chickpea flour

- 6 whole wheat pita bread

[Tahini sauce](#), [tzatziki](#), grated cheese, lettuce, tomato, onions, cucumber, and sprouts for garnish

Instructions

1. Using the food processor, mash garbanzo beans into a soft paste.
2. Combine all ingredients except flour until well mixed.
3. Refrigerate for at least one hour.
4. Lightly roll into balls, then roll in the flour and bake on a cookie sheet at 400°F (200°C) for 20-25 minutes or until crispy on the outside.
5. Place 3 or 4 falafels in a pita bread with tahini sauce and tzatziki, grated cheese, lettuce, tomato, onions, cucumber, and sprouts.

Makes 20-24 falafels.