

Oven-Baked Beetroot Falafel

Quantity	Ingredient
¼ cup	Gluten free oats, ground
1 whole	Beet, shredded
2 cloves	Garlic
¼ cup	Shallot
1 tsp	Cumin
1 tsp	Coriander
½ tsp	Salt
¼ tsp	Black pepper
¾ cup	Fresh herbs (parsley and/or cilantro) roughly chopped
1 tbsp	Olive Oil
1 can	Chickpeas, rinsed



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Directions:

- Preheat oven to 350F. Line a baking sheet with foil.
- Add oats to food processor and grind into a flour. Transfer flour to a bowl.
- Add garlic, shallot, and seasoning to food processor. Pulse until combined. Then, add chickpeas, herbs, and oil to mixture and pulse until combined.
- Transfer mixture to a bowl; fold in flour and shredded beets. If mixture is too wet, additional oat flour may be added.
- Shape mixture into golf sized balls and place on baking sheet. Flatten balls with palm if desired.
- Bake falafel for ~30 minutes, flipping halfway through.

Adapted from coconutandberries.com