

## Golden Baked Falafels

### Ingredients:

- 2 medium-sized kumara or 1 large kumara (baked)
- 1 can chickpeas (drained + rinsed)
- 1/2 red onion (diced)
- 1/2 lime or lemon (juiced)
- 4 tbsp flour (any is fine, I use coconut)
- Salt & pepper
- 1/2 tsp ground cumin
- 1/4 tsp paprika

### Method:

1. Preheat the oven to 180 and line a baking tray with baking paper.
2. Bake kumara whole for 45 minutes - 1 hour. (Remember to stab the kumara with a fork first)
3. Remove the skin from the kumara and mash with a fork in a large mixing bowl.
4. Add chickpeas to the kumara and roughly mash with a fork then add remaining ingredients along with a crack of salt and pepper.
5. Scoop out 12-14 evenly sized balls of mixture and place onto the baking tray.
6. Bake in the oven for 30 minutes.

I love these falafels so much! They are my current favourite lunch and they keep me feeling full and satisfied for a long time. I sometimes have them as an afternoon snack to get me through the day. They are so simple to make and you most likely already have the ingredients at home.