Protein Falafel

Ingredients:

1/2 cup (118ml) liquid egg whites
3/8 cup (51g) unflavored pea protein powder
1 can (255g) unsalted cooked and drained chickpeas
1/4cup (34g) oat flour (gluten-free or regular)
1/4of a red onion (34g)
1 fresh garlic clove
1 handful of fresh parsley (or more, depending on taste)
2 tbsp fresh lemon juice
1/2 tbsp ground cumin
1/2tbsp. ground coriander
1/2tbsppaprika
1 tbsp sea salt

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).

2. In a bowl or mixer, pulse together the above ingredients; you want to retain some of the batter's texture, so just pulse the mix until the chickpeas are mushy.

3. Shape mixture into balls or fritters and place them on a baking tray. Bake in the oven for 15 minutes.

4. Turn falafel balls over so they brown evenly. Bake for another 15 minutes.

5. If falafel is thoroughly browned, take them out of the oven.

6. Eat them! They're good dipped in hummus and also delicious dipped in Greek yogurt with fresh coriander and onions. They're also good inside pita bread, or alongside a good old-fashioned salad!

Nutrition Facts:
Per six falafel, recipe yields twelve
Calories: 356
Fat: 6g

Carbs: 35.7g
Protein: 40g
Make Fluffier Falafel:
Try adding chopped nuts, flaked coconut, or extra spices to the recipe. You could also roll the falafel balls in ground almonds before you bake them. Don't be afraid to experiment!

Courtesy of Anna Sward @ Proteinpow.com