



Incredible Keto Falafel

Ingredients

2 c riced cauliflower
1 c finely chopped onion
1/2 c parsley
1/2 c cilantro
1 1/2 c almond flour
1/4 c coconut flour
1 egg
1T arrowroot flour
3 cloves garlic, chopped
4t cumin
salt and pepper to taste
1/2t turmeric
1/2t chili powder
1/2t curry powder
4T olive oil

Macros: 20 servings

calories. 66
carb. 1.5
protein. 3
fat. 5

Directions

Process all ingredients in food processor until very well blended and looks like coarse meal.

Roll into balls about 1 1/2" in diameter and place on baking sheet lined with parchment paper.

Bake at 400*f for 30 minutes, or until crispy. These would also be good air fried at 400 for 5 minutes, or pan fried in avocado oil.

You can pair these with any sauce you'd like, though we prefer taziki sauce made with fresh cucumbers!

