



FALAFELS WITH CREAMY HUMMUS DIP



Ingredients for the hummus:

- 3 tbsp GreenVie SpreadMe Original
 - 200 g cooked chickpeas
 - juice of 1/4 lemon
 - 2 tbsp olive oil
 - 1/4 tsp garlic powder
 - 1/4 tsp paprika
 - 1/4 tsp cumin powder
 - 1/2 tsp salt
 - 1 dl aquafaba
 - 1 tbsp tahini paste



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FALAFELS WITH CREAMY HUMMUS DIP

Ingredients for the falafels:

- 4 cups chickpeas soaked in water overnight
 - 8 branches coriander
 - 1 tbsp flour
 - 1 tsp baking powder
 - 1 tsp salt
 - 1/4 tsp cumin powder
 - 1/4 garlic powder
 - 1/4 tsp cardamom
 - 1/2 smaller onion
 - oil for frying



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instructions

- for the hummus •

Mix all the ingredients with an immersion blender.

If the hummus is too watery add some more chickpeas. If too thick, add some water.

Season accordingly.

instructions

- for the falafels •



Mix all the ingredients in a blender.

The mixture should be somewhere in between couscous and a paste. Don't overprocess.

Form mixture into round balls. Fry the falafels in a frying pan at 180°C. Make sure that during frying the falafels are covered in oil.



