

# HAPPY SERENDIPITY

no-fry falafel with chia seeds and salad

250 g chick peas

3 el lemon juice

1 small onion

1 garlic clove

1 teaspoons baking soda

1 teaspoons tahini paste

2 tablespoons flour

2 tablespoons chia seeds and 6 tablespoons water

handful of parsley

salt and pepper

bit of olive oil

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YUMMY!



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- \* soak chia seeds in water for 15 minutes; pre-heat the oven to 200°C
- \* blend chick peas, onion, garlic and parsley
- \* mix chick pea puree with chia seeds, salt, pepper, tahini, flour and baking soda until you have a smooth dough
- \* make small even balls from dough, sprinkle with olive oil and bake for 15 minutes, turn around and keep on baking for another 15 minutes.
- \* in the meanwhile you can prepare a salad, serve all together and enjoy your fat free, healthy and delicious meal!