Baked Falafel Recipe / Vegan Oil Free Falafel

Baked Falafel Recipe / Vegan Oil Free Falafel is a middle eastern food, usually served in a pita bread. 4 years back I remember, it was raining that evening, my husband took me to this fine middle eastern restaurant called **Pita +** in St.Louis (US) to introduce falafel to me. They served hot falafel in pita bread when I bit it, it tasted exactly like paruppu vadai (masala vadai) which is a famous deep fried snack in South India. Usually to make falafel, you need chickpeas, spices and for binding the flour added, finally it was deep

fried.. Since I want to make in a healthier way, I baked the falafel in oven it tasted just like deep fried falafel. Try this baked version of vegan, gluten free and oil free falafel recipe, you will love it.

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baked falafel

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Prep time
15 mins
Cook time
20 mins
Total time
35 mins

Baked falafel recipe / Vegan gluten free oil free falafel is a healthy middle eastern vegetarian recipe, served in pita bread, or in wraps or burger.
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Recipe type: snacks
Cuisine: Middle Eastern
Serves: 8
Ingredients

- 400 gms of chickpeas, Cooked
- 1 large sweet potato
- 2 garlic cloves
- ½ onion
- ½ tsp of baking powder
- 1 tbsp of ground flax seeds
- 1 tsp of black pepper powder
- 1 tsp of red chilli flakes
- 1 tsp of cumin powder
- 1 tsp of coriander powder
- 1 Tsp of lemon juice
- Few cilantro leaves, chopped
- 1 tbsp of extra virgin olive oil
- 2 Tbsp of chickpeas flour
- Salt to taste

Instructions

1. Boil the sweet potato in a large vessel with water, cook till soft.
2. Peel the skin of the sweet potato and set aside.
3. Peel the onions and garlic cloves, chop them into pieces.
4. Preheat the oven to 350 F.
5. In a non-stick pan, add oil,chopped onions, garlic , fry it for few mins by stirring occasionally and keep it aside.
6. Add the chickpeas and boiled sweet potato to the blender (mixie) grind them coarsely. Add in the cilantro to it. Repeat until all the chickpeas are broken up.
7. Transfer everything to a bowl.
8. Add the lemon juice, red chilli flakes, black pepper powder, ground flax seed, cumin powder, coriander powder, salt, baking powder, the sauted onions and garlic. Mix well everything. If the dough stick together, add chickpea flour and water if needed.
9. Form a equally sized balls and flatten it with your palms. Place the falafel on a baking tray and put them

in the oven for about 20 minutes or until they turn golden.

10. Enjoy them on a salad, in wraps, pita breads or in burger.