



BAKED FALAFEL BITES

THIS RECIPE COULD BE PAIRED WITH SALADS OR RICE TO MAKE A MEAL, OR EATEN ON ITS OWN AS A PROTEIN-PACKED SNACK.



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Mindset Tips

This recipe is a great one to help give our mood a boost, chickpeas contain an amino acid called tryptophan which is converted in the body to serotonin which is our 'happy hormone'. Chickpeas are also a great source of fibre which helps keep the beneficial bacteria in our gut happy and that in turn is linked with improving our digestive health and improving our overall mood.

Recipe

Prep Time:	5 minutes
Cook Time:	25 minutes
Serving:	24

INGREDIENTS:

- Garbanzo beans (chickpeas) (2 15 oz. cans, drained and rinsed)
- Chopped onion (1/2 cup)
- Coriander (1/4 cup)
- Parsley (1/4 cup)
- Chickpea flour (3 tablespoons)
- Garlic powder (1 teaspoon)
- Chilli powder (1 tablespoon)
- Cumin (1 tablespoon)
- Salt (1/2 teaspoon)
- Olive oil (2 tablespoons)
- Lemon juice (1 tablespoon)

METHOD:

Step 1:

Preheat your oven to 190°C (375°). Line a baking tray with parchment paper.

Step 2:

Blend all the ingredients until a thick paste forms.

Step 3:

Place the dough onto the prepared baking tray using a tablespoon. Bake the balls for 20-25 minutes, until golden brown.

Step 4:

Rest for 10 minutes, and serve.

NUTRITIONAL INFORMATION

Calories	66
Fat	2 g
Protein	13 g
Carbs	9 g
Fibre	3 g

Mindfulness Tip

Cooking provides a wonderful opportunity to be present, mindful and aware, as opposed to being distracted, stressed or overwhelmed. It is an opportunity to train the mind, to understand what it means to be in the here and now.

Practice being mindful whilst you bring all of these delicious ingredients together to fuel yourself.

Try the tips below:

Take the time to smell and immerse yourself in what the scents represent to you (i.e. peacefulness, happy memories, energy)

Notice the textures of each ingredient as you bring them together throughout the recipe (i.e. notice how they feel to touch as you crumble or sprinkle in the spices)

Create calm space by deep breathing to ground yourself (i.e. take a deep breath in through your nose as you take the ingredients and breathe out through your mouth as you add the ingredients together)



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