

RECIPE FOR THE SACRAL CHAKRA

Carrot & Cumin Falafels

These delightful carrot falafels are loaded with antioxidants to replenish and nourish the Sacral chakra. The addition of cumin and turmeric give them an extra dose of healing power.

Ingredients

120 g cooked chickpeas, drained & dried
2 carrots, grated
1 small onion, finely chopped
2 tbsp almond flour
1 tsp cumin powder
1 tsp turmeric
1/2 cup fresh coriander, chopped
1/2 cup fresh mint
1 lemon zest
4 tbsp water
Salt and pepper, to taste

Directions

1. Preheat the oven to 190°C - 375°F and line a large baking tray with parchment paper and slightly grease with oil.
2. Place the chickpeas in a food processor and pulse until roughly chopped. Tip the rest of the ingredients and whizz to a rough paste. Season with salt and pepper to taste and scoop into a bowl.
3. Form the mix into 24 flattish balls in your hands. Put onto the baking tray and bake for 10-15 minutes each side or until golden.

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