

# FALAFEL MOCK BALLS LOW CARB



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1 cup raw cauliflower pureed  
1/2 cup ground almonds  
1 tablespoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon salt  
1/2 teaspoon cayenne pepper  
1 clove garlic minced  
2 tablespoon fresh parsley finely chopped  
2 large eggs mixed well  
3 tablespoon coconut flour (you could take coconut flakes and grind it well in the food processor)-

Mix all the ingredients well.

Form balls or patties and fry in olive oil until brown.

Serve with ranch dressing for a dip.

Bron: Karin Van Collier Minnaar