

RAW FALAFEL

3/4 cup sprouted chickpeas*, ground in a food processor
3/4 cup raw sunflower seeds, finely ground in a food processor
3/4 cup raw almonds, finely ground in a food processor
1/4 yellow onion, diced
1/4 cup olive oil (extra virgin, first cold pressed, and organic)
2 tablespoons fresh lemon juice
1/3 cup Nama Shoyu
3 garlic cloves, peeled and crushed with a garlic press
2 tablespoons curry powder

In a mixing bowl, combine all the ingredients and mix thoroughly.

Using a 1 1/2 to 2-ounce ice-cream scoop with a levered pinching handle, form the mixture into mounds on a dehydrator.

Dehydrate at 100°F for approximately 32 hours.

* Instruction to sprout the chickpeas: Soak them for 8 hours and drained the water. Keep them in the refrigerator for 2 to 3 days.

Serving Suggestion: Serve with Mango Chutney (See Dressings, Dips & Sauces).

(From Matt Amsden's book: RAWvolution)