

# Falafil (backpacking)

*Burger Substitute*

8 Servings

Main Dishes, Backpacking (On the Go), Snacks, Fast

Prep 0:30 Cook 0:08 Stand 0:15 Total 0:53

A fresher Recipe is used for home. I store dry ingredients in a zip lock bag. When I am ready for a meal I just pour out what I want and add water.

- 1 cup yellow split peas, Raw, dry
- 2 cups garbanzo beans, Raw, dry
- 2 tablespoons sesame seeds, Powdered
- 1 1/2 teaspoons curry powder
- 2 teaspoons cumin
- 2 tablespoons parsley flakes
- 2 teaspoons marjoram, (optional)
- 3 teaspoons coriander, seed (cilantro)
- 1/4 teaspoon sea salt, (or Kelp Pwd)
- 1/2 teaspoon baking soda
- 2 teaspoons onion granules or powder
- 1 teaspoon garlic powder

Blend or grind all dry ingredients together until a fine granular texture. Store in ziplock. Add 2/3 Cup water to 1 Cup mix or until a heavy paste consistency.

stir well.

Let sit for 15 min.

slice thin (1/2 inch) or make patties

A. fry- in olive oil until light brown, flip or

B. Skillet- place on non-stick skillet/griddle or spray with oil if non stick. cook for 8-10 min per side or until slightly brown.

Serve hot with my tomato sauce and any fresh veggies in pocket bread or sprouted wheat tortilla.

May be taken with you for lunches or snack- on the go

Source: Evan

## Amount Per Serving

Calories 193      Calories from Fat 26

Percent Total Calories From:

Fat 13%      Protein 22%      Carb. 64%

Nutrient	Amount per Serving	% Daily Value
Total Fat	3 g	4%
Saturated Fat	0 g	2%
Cholesterol	0 mg	0%
Sodium	233 mg	10%
Total Carbohydrate	31 g	10%
Dietary Fiber	2 g	9%
Sugars	0 g	

Protein 11 g

Vitamin A 4% Vitamin C 8% Calcium 0% Iron 20%