



Hemp Seed Falafel with Tikka Masala Sauce (Keto/Paleo/Vegan)

Ingredients:

Falafel

- 1/2 cup hemp seeds
- 2 garlic cloves, finely chopped
- 2 tbsp. olive oil
- 1 tsp. cilantro
- 2 tsp. flax seeds
- 2 tbsp. filtered water
- salt and pepper, to taste

Tikka Masala Sauce

- 2 tsp. **Tikka Masala Spice Blend**
- 1/3 cup Kite Hill Unsweetened Almond Yogurt

Directions:

Falafel

1. Add the ingredients above to a high speed blender or food processor and blend until combined.
2. The mixture should achieve a "mushy" texture. If it appears crumbly, add 1-2 more teaspoons of water.
3. Add olive oil to a small pan and turn on medium heat.
4. Form the mixture into round balls about 1 quarter in diameter (should yield 5-6 falafel balls).
5. Fry on the stove for 3-5 minutes per side or until golden brown.

Tikka Masala Sauce

1. Add two teaspoons of **Tikka Malasa** spice blend to yogurt.
2. Stir until fully incorporated.