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## SWEET POTATO FALAFEL BITES RECIPE



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BULK FOODS

# SWEET POTATO FALAFEL BITES

VEGAN

200g organic falafel mix  
100g sweet potato, mashed  
20g fresh parsley, chopped  
1 tsp Australian garlic granules  
2 spring onions, finely chopped  
2 tbsp organic white sesame seeds  
60mL water  
3-4 tbsp Australian extra virgin avocado oil

## METHOD

In a large bowl, mix the falafel mix with mashed sweet potato along with chopped parsley, garlic granules, spring onions, sesame seeds and water. Mix until a firm dough forms.

Scoop out tablespoon-sized portions of the mixture and shape into balls.

Place the falafel balls into an air fryer basket, drizzling with avocado oil to coat.

Air-fry at 200°C for about 10 minutes or until crispy. Remove and repeat with the remaining mixture.

Serve with your favourite dipping sauce, such as hummus or tzatziki.

Store falafel bites in an airtight container for up to 5 days. Alternatively, they can be frozen for up to a month. Remove and re-warm in the air fryer.

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