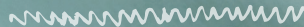




# Chickpea & apple bites



→ FAMILY FOOD PATCH

# CHICKPEA & APPLE BITES



Makes roughly  
12 small bites



Can be  
frozen



Prep time: 10mins + 35mins  
fridge & cooking time

## What you need

1 x 425g can of drained chickpeas

1 carrot, washed and grated

1 large apple, washed and grated  
(skin left on)

1 egg

2 tbsps plain flour

1 tsp cumin

1 clove of garlic, peeled and chopped

Olive oil for frying

## How to make



1. Place everything into the bowl of a food processor and blend for 1 min, stirring half-way through.
2. Use hands to form small patties and place on baking paper on a plate. Pop in fridge for 30mins+ to firm up.
3. Heat oil in a frying pan over a medium heat and cook patties until browned on either side.
4. Place on kitchen paper to absorb any excess oil and serve. Delicious cold too!