

SHOPPING LIST: CHICKPEA FRITTERS WITH TZATZIKI SAUCE

INGREDIENTS

- 2 cans Garbanzo Beans
- Salt
- Cumin
- Paprika
- Coriander
- Dried Oregano
- 1 lime
- 1 Lemon
- 1 small cucumber
- Chopped garlic or a garlic bulb
- A small bunch of cilantro
- Green onions
- Oatmeal or Oat flour
- A small package of mint leaves
- 1 small cup of full fat plain Greek yogurt
- Cooking oil

DO-AHEAD PREP

1. Read through the entire recipe so that you have an understanding of the flow
2. Pull out any kitchen tools, pots and/or utensils you will need ahead of time
3. Spoon out 3 Tbsp of the bean liquid and drain the rest
4. Chop the cilantro
5. Slice the green onions
6. Slice the mint
7. Make the oat flour by pulverizing oats in the blender or food processor

