**Falafel Ingredient List**

* 1 lb dry chickpeas (also known as garbanzo beans) - do NOT substitute canned
* 1/2 tsp baking soda
* 1 small onion, roughly chopped
* 1/4 cup chopped fresh parsley
* 3-5 cloves garlic
* 1 1/2 tbsp flour or chickpea flour
* 1 3/4 tsp salt
* 2 tsp cumin
* 1 tsp ground coriander
* 1/4 tsp black pepper
* 1/4 tsp cayenne pepper
* Pinch of ground cardamom
* 1 tsp baking powder (optional – for fluffiness)
* Vegetable oil for coating