



Crispy Vegan Chickpea Meatballs



Wholesome. Protein-Packed. Crowd-Pleasing.

These vegan chickpea meatballs are the *real* ✓



Ingredients:

- 1 (15 oz) can chickpeas, rinsed & drained
- ½ small onion, finely diced
- 2 garlic cloves, minced
- 2 tbsp nutritional yeast (optional, but adds cheesy flavor)
- ¼ cup rolled oats (or almond flour for low-carb)
- 1 tbsp ground flaxseed + 3 tbsp water (flax egg)
- 1 tsp cumin
- ½ tsp smoked paprika
- Salt & black pepper to taste
- 1 tbsp olive oil (plus more for pan-frying or air-frying)



Instructions:

1. **Make the flax egg:** Combine ground flax and water in a small bowl. Let sit 5–10 minutes to thicken.
2. **Mash the chickpeas:** In a large bowl, mash the chickpeas with a fork or potato masher until mostly smooth but still slightly chunky.
3. **Mix it all together:** Add all remaining ingredients, including the flax egg. Mix well until a dough forms.
4. **Shape** into small patties or “meatballs.”
5. **Cook:**
 - **Air Fryer:** 375°F for 10–12 mins, flipping halfway.
 - **Pan-Fry:** Heat a little oil and fry each side until golden brown (about 3–4 mins per side).
 - **Oven:** 400°F for 20 mins, flipping halfway.