



# MADELEINE'S SWEET POTATO FALAFEL WRAP

The perfect finger food for you and your child. This vegetarian baby recipe only takes 30 minutes and makes enough for you and your little foodie!

10 MINS  
PREP

20 MINS  
COOK

SERVES  
2-3

VEGGIE

## WHAT YOU NEED

2 Flatbreads

1 pouch of Babease-sweet potato and chickpea

Falafel:

1 tsp of cumin

1 tsp of coriander

1 can of chickpeas, drained

3 tbsp of chickpea flour

1 tbsp of tahini

2 tbsp of chopped parsley

Toppings:

1 tbsp of sesame seeds

1 tbsp of olive oil

150g of yogurt

## WHAT TO DO

1. Preheat the oven to 200c. In a food processor, process all the falafel ingredients, roll into balls, coat in sesame seeds, brush with oil and bake in the oven for 20 minutes.
2. Mix the yogurt and lemon together.
3. Grab a flatbread, smear with the Babease sweet potato, top with carrot, cucumber, falafels and finish off with a dollop of yogurt

½ lemon juiced

¼ cucumber, peeled

1 carrot, peeled