

ZUCCHINI-CHICKPEA BAKED BITES

(inspired by [this post](#))

200 g zucchini (1 large or 2 medium), grated on a large-hole grater

250 g canned chickpeas, well-rinsed and drained

basil leaves to taste

1/2 tsp salt + more to sprinkle on zucchini

1/2 tsp smoked paprika

1/8 cup almond flour

1/8 cup all-purpose flour

panko bread crumbs

olive oil spray

Heat oven to 420F.

Salt the grated zucchini lightly and allow it to sit on a colander for 10 minutes. Squeeze the zucchini dry preferably using a towel.

Add to a food processor together with the chickpeas, salt, paprika and basil. Process until fully smooth, stopping to clean the bowl with a spatula once. Add the two flours and process just to bind it all.

Form small patties, cover with panko bread crumbs on both sides. Place them separated over aluminum foil and spray the surface with olive oil. Bake for 10 minutes, turn them gently, spray more olive oil on the top. Bake for 10 to 15 minutes longer, until golden brown. Serve with your favorite sauce or plain.