**INTUITIVE COOKING: FALAFEL AND FIXINGS MATERIALS LIST**

Hello and welcome to the class! I can’t wait to meet you; we are going to have so much fun. For more on me and what I do, visit EmberLiving.com. If you have questions, feel free to email me at [alegre@emberliving.com](mailto:alegre@emberliving.com) . Best, -Alegre

The class will be structured like this. I will lecture a little bit and then I’ll cook, and then, if you want to, you will cook. **If you want to cook, please bring the following materials.** Please shop according to your tastes and budget. The list below is a jumping off point. Do not feel constrained by it.

**Even if you don’t cook, you can taste all the food I make.**

**IF YOU WANT TO COOK PLEASE BRING**

* Containers to transport finished food (items may be warm)

**TO MAKE FALAFEL: this is not a traditional falafel because we DO NOT deep fry it**

* 1-can cooked garbanzo beans
* 1-onion
* 1-bunch parsley (you may need the whole bunch, if you prefer cilantro you can substitute)
* 1-head of garlic
* 1-tomato

**TO MAKE TZATZIKI**

* 16-ounces greek yogurt (I use full fat) or soft tofu if you are vegan
* 3-Persian cucumbers
* 1-head garlic (only need 1-clove so you can use same head from falafel)

**TO MAKE TABOULE**

* 1-bunch parsley (you may need the whole bunch, if you prefer cilantro you may substitute)
* 1-2 small tomatoes
* 1-lemon
* 1-onion (only need half so you can use same one from falafel)
* 1-cup of bulgar wheat or can use quinoa or millet in place (please cook it and bring it to class prepared)