

BUFFALO CAULIFLOWER BITES

adapted from chocolatecoveredkatie.com

Yield: 2 servings
Prep Time: 5 minutes
Bake Time: ~35 - 40 minutes
Storage: best fresh; refrigerate up to 1 - 2 days



Ingredients for Bites

1/2 tablespoon avocado oil or oil spray
1/2 head large cauliflower, cut into florets with most of the stem part off
1/4 cup whole wheat or gluten-free flour
1/2 teaspoon garlic powder
1/4 teaspoon smoked paprika, just omit if you don't have this on hand
1/2 teaspoon salt, or to taste
3 - 4 tablespoons milk of choice
1/2 cup whole wheat or gluten-free breadcrumbs, finely crushed to help it stick to the cauliflower

Ingredients for Sauce

1/4 cup buffalo sauce or hot sauce (such as Frank's brand)
1 tablespoon avocado oil
1 tablespoon maple syrup, or to taste

Directions

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper and set aside. If you have an oven-safe cooling rack, place that over the parchment paper; it will help the cauliflower crisp up even better.
2. Spray florets with oil spray or toss with oil, then set aside. This helps the coating stick to the florets.
3. In a large bowl combine the flour, garlic powder, paprika, salt, and 3 tablespoons milk. You should end up with a thick, smooth batter - if it looks a bit dry or crumbly, add an extra tablespoon of milk.
4. Add the cauliflower florets to the bowl and toss until evenly coated.
5. Add crushed breadcrumbs and toss cauliflower until evenly coated.
6. Arrange in a single layer on parchment-lined baking sheet or cooling rack (if using). Bake for 25 minutes.
7. In the meantime, combine the ingredients for the sauce and mix well. Take cauliflower out of the oven, brush or spoon sauce over the florets. Bake for another 10-15 minutes. If you want it extra crispy, broil for another 2-3 minutes, watching so it doesn't burn. Serve with ranch dressing, along with some celery and carrot sticks.