Buffalo Cauliflower Bites

8 servings | 30 min | 50 min | Difficulty

INGREDIENTS

CAULIFLOWER:

- 1 head cauliflower, cut into florets
- 1/2 cup water
- 1/4 cup almond flour
- 1/4 cup corn starch
- 2 tbsp. coconut flour
- 1/2 tsp. garlic powder
- 1/4 tsp. salt

BUFFALO SAUCE:

- 2/3 cups hot sauce (we like Frank's Red Hot)
- 2 tbsp. butter, melted
- 1/2 tsp. garlic powder
- 1/4 tsp salt

INSTRUCTIONS

1. Preheat oven to 450 degrees.

2. In a large bowl whisk together water, almond flour, tapioca flour, coconut flour, ½ teaspoon garlic powder and ¼ teaspoon salt.

3. Add cauliflower florets and toss until well coated.

4. Line a large baking sheet with parchment paper and spread cauliflower out in a single layer. Bake in preheated oven for 20 minutes.

5. While cauliflower is baking combine hot sauce, melted butter, ½ teaspoon garlic powder and ¼ teaspoon salt in a medium-sized bowl and whisk until well combined.

6. Combine baked cauliflower and buffalo sauce in a large bowl and toss to combine. Return cauliflower back to the parchment paper-lined baking sheet and bake for an additional 10 minutes.

7. Serve buffalo cauliflower bites immediately with ranch dressing, vegan if needed, and celery sticks and enjoy!