



## Buffalo Cauliflower

SERVINGS: 5

PREPPING TIME: 10 MINS

COOKING TIME: 30 MINS

### INGREDIENTS

- 1 large head of cauliflower, cut into florets
- 1 cup all-purpose flour
- 1 cup water
- 4 tsp. garlic powder
- 2 tsp. smoked paprika
- 1/4 tsp. black pepper
- 1/2 cup hot sauce
- 2 tbsp. plant-based butter, melted
- 1/2 tbsp. lemon juice

### DIRECTIONS

1. Preheat your oven to 450°F. Either spray a baking sheet with cooking spray or line it with parchment paper to prevent sticking.
2. In a large bowl, thoroughly mix flour, water, garlic powder, paprika, salt, and pepper until the batter achieves a smooth consistency. Add cauliflower to the batter and ensure they are evenly coated.
3. Arrange the cauliflower on the prepared baking sheet in a single layer, leaving some space between each piece. Bake in the preheated oven for approximately 20 minutes, remembering to flip them over halfway through cooking, until they are lightly browned.
4. Meanwhile, in a separate small bowl, combine the hot sauce, melted butter, and lemon juice until the mixture is well blended.
5. Once the cauliflower has been partially baked, brush the buffalo sauce mixture generously onto each piece.
6. Return the baking sheet to the oven and continue baking until the cauliflower begins to further brown, approximately 10 minutes.
7. Serve the buffalo cauliflower hot, optionally accompanied by ranch dressing, celery/sweet peas, carrots, and radishes for dipping. Enjoy!

### NUTRITION

Serving size: 1 serving (206g)  
(per serving) 170 calories, 6g fat, 2g saturated fat, 0mg cholesterol, 670mg sodium, 26g carbohydrate, 7g fiber, 4g sugar, 6g protein