



Buffalo Cauliflower Bites

Makes: 4 servings

Ingredients:

1 head of cauliflower cut into florets
1 cup all purpose flour
1 cup 1% milk
½ tsp garlic powder
½ tsp salt
½ tsp black pepper
1 cup Frank's red hot sauce
3 tbsp melted butter
Ranch dressing for dipping (optional)
Celery sticks for serving (optional)

Directions:

1. Preheat oven to 450° and line two large baking sheets with parchment paper.
2. In a medium bowl, whisk flour, milk, garlic powder, salt, and pepper until combined.
3. Coat cauliflower in batter. Shake off excess batter and transfer to baking sheet. Bake until the cauliflower is crispy, about 20 to 25 minutes.
4. While cauliflower is cooking, prepare buffalo sauce. In a large bowl, whisk together hot sauce and melted butter. Toss baked cauliflower bites in sauce and serve.
5. Optional: serve with ranch dressing and celery sticks.

Nutrition info per serving: 198 calories, 31 g carbohydrates, 4 g protein, 11 g fat