



Simple | Healthy | Delicious

Buffalo Cauliflower Bites

INGREDIENTS

1 medium cauliflower head
½ cup Nature's Earthly Choice™ Ancient Grain Flour
½ cup water
2 teaspoons garlic powder
½ teaspoon ground black pepper
1 cup Buffalo sauce
¼ cup melted butter
½ cup breadcrumbs, optional
Butter or coconut oil for greasing



DIRECTIONS:

1. Pre-heat oven to 450 degrees Fahrenheit. Chop cauliflower into bite-sized pieces.
2. Mix the flour, water, garlic powder, and black pepper. Toss the cauliflower in the batter, and lay out on a foil-lined greased baking sheet. Bake for 20 minutes, flipping once.
3. Meanwhile, combine the Buffalo sauce and melted butter. For a milder version, use ½ cup Buffalo sauce and ½ cup olive oil.
4. In a large bowl, combine the cooked cauliflower and Buffalo mixture. Gently toss until coated and return to the baking sheet. If desired, sprinkle with breadcrumbs. Bake for another 15 to 20 minutes, or until pieces turn slightly golden brown. Serve with gorgonzola cheese or bleu cheese dressing.