|  |
| --- |
|  **Cauliflower Buffalo Bites** |
| **YIELD 4 SERVINGS** Ingredients1 head of cauliflower cut into florets1 cup buffalo sauce½ cup sweet potato flour½ cup water1 tsp corn starch1 tsp garlic powder1 tsp paprika½ tsp sea salt¼ tsp ground pepper¼ cup chopped cilantroC:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for nut free logoImage result for gluten free logoNutritional’s Per Serving□ Calories 127 Cal □ Protein 4 grams□ Fiber 3 grams□ Sugar 3 grams□ Fat 3 grams□ Carbs 21 grams |  PREP 10 MIN | COOK 30 MIN | TOTAL 40 MINPreparationsPreheat the oven to 425 degrees and line the baking sheet with parchment paper.  Cut the cauliflower into bite size pieces and discard the stem of the plant.Make the batter by adding equal parts of potato flour, water and tossing in the spices, corn starch and salt and pepper.  The mixture should be pretty thick and almost like a paste.Coat the cauliflower florets with the batter.  You can add the florets to the bowl of batter and toss around till well coated.  Then use a colander to drain off the excess batter.  This step helps to make sure the baked cauliflower is not mushy.Place the cauliflower bites on the parchment paper and bake in the oven for 15 minutes.  Turn the cauliflower halfway through the baking process to ensure the bites are brown on both sides and continue baking for another 15 minutes.Once the bites have baked take them out of the oven and coat with the buffalo sauce in a bowl.  Once fully coated place on a serving dish sprinkle with cilantro and add your favorite dipping sauce, enjoy!**Tips**Cut the florets into bite size pieces.  However, do not cut them too small they will end up becoming mushy and will not crisp up once baked.  place the florets in the bowl of batter and coat well then toss them in a colander to drain the excess batter on the cauliflower.  You can bake the bites on parchment paper over a cookie sheet.  Spray the sheet with cooking spray to prevent sticking.  These snacks are best served if baked right away so they maintain their crispy texture! |

Notes