

Healthy Cauliflower Buffalo Bites



HEALTHY CAULIFLOWER BUFFALO BITES

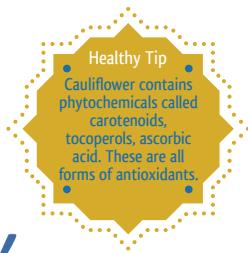
Prep Time: 15 minutes

Cook Time: 30 minutes

Serving Size: 8

INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 tsp garlic powder
- 1 pinch of salt
- 1 pinch of pepper
- ½ cup hot pepper sauce
- 2 tbsp butter, melted
- 3 tbsp water



DIRECTIONS

For Skillet:

1. Turn on skillet to medium heat. Add 3 tbsp. water.
2. Add cauliflower to skillet and cover with lid. Cook for 8 minutes (or desired softness).
3. Make sauce. Combine garlic powder, salt, pepper, melted butter, and hot sauce in a large bowl. Stir.
4. Add cauliflower to bowl and coat with sauce.
5. Serve with celery and your favorite wing sauce.

For oven: PREHEAT oven to 450 °F

1. Spray a baking sheet with olive oil spray. Set aside.
2. Mix garlic powder, salt, pepper, melted butter, and hot sauce in a large bowl and stir.
3. Add cauliflower to bowl and stir.
4. Arrange cauliflower in a single layer on lightly oiled, large baking sheet (preferably nonstick).
5. Bake 20 minutes or until golden.
6. Serve with celery and your favorite wing dip.

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