

CRISPY BUFFALO CAULIFLOWER (V, GF)

Servings - 2 steaks + a few extra florets or enough florets to serve 2-3

Ingredients:

- 1/2 C GF flour
- 3/4 C unsweetened almond milk
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/8 tsp paprika
- 1/8 tsp cayenne pepper
- 1/8 tsp black pepper
- 1 C GF breadcrumbs
- 1 head cauliflower, leaves removed and cut into either florets or steaks
- 2 TBS vegan butter (or regular)
- 2 C buffalo sauce



Directions

1. Preheat the oven to 425 and line a baking sheet with tin foil. Mix the first 8 ingredients together in a bowl until it forms a thick batter. In another shallow bowl, pour 1 C breadcrumbs in. Dip the cauliflower into the batter, coating all sides, then do the same into the breadcrumbs.
2. Place in one layer on the baking sheet and bake for 20 minutes, or until the breadcrumbs have started to brown.
3. In a small saucepan, melt butter and add buffalo sauce. Stir to combine, then drizzle over the cauliflower. Stir it all together to make sure the cauliflower is coating in the sauce, then serve as you wish either in a sandwich or as wings with ranch or blue cheese.