

Buffalo Cauliflower Bites

4-6 Servings

One of the unhealthy things I inherited from my grandmother was her deep fryer—and I used to use it a lot, mostly to make buffalo wings. Now I want a healthier snack but I still love that hot spicy sauce—I just want it without the added oil, and I really don't want the wings. Buffalo Cauliflower Bites do the trick! They are full of flavor and spice without all the bad stuff.



Ingredients

- 1/2 cup water
- 1/4 cup almond butter
- 1/2 cup red hot sauce, plus extra for tossing with the cooked bites
- 3/4 cup whole wheat pastry flour
- 1/4 cup nutritional yeast
- 1 1/2 tablespoons granulated garlic
- 1 large head cauliflower, cut into 1-inch florets (about 6 cups)

Steps

1. Preheat the oven to 375°F.
2. Combine everything but the cauliflower in a large bowl. Mix well. Add the cauliflower florets and toss to coat well.
3. Place the coated florets on a nonstick baking sheet in a single layer. Bake for 25 minutes or until golden brown.
4. Toss with extra red hot sauce if desired.

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