

Baked Buffalo Cauliflower Bites



Course : Side Dish
Categories : Vegetable
Source : www.livingupwell.com

Serving size : 5-6 servings of 3/4 cups
Preparation time : 10 mins
Cooking time : 15 mins

Ingredients

1 large head of cauliflower
1 1/4 cups almond flour
1 tablespoons garlic powder
1 tablespoons onion powder
2 teaspoons paprika
2 teaspoons sea salt
1 large egg
1/4 cup milk
2 tsp-1 tbsp. siracha sauce
2 tsp extra virgin olive oil
parchment paper
1 gallon Ziplock bag

Directions

Preheat oven to 425 F

1. In a gallon Ziplock bag, add almond flour, 2 tsp paprika, 1 tbsp. garlic powder, 1 tbsp. onion powder, 2 tsp salt, close the bag and shake to combine evenly.
2. Chop the cauliflower into bite sized pieces, leaving the florets attached to the stems.
3. In a large bowl, add egg, milk, whisk to combine, then add cauliflower. Toss until cauliflower is evenly coated with egg mixture.
4. Add cauliflower to ziplock bag, close, and gently toss to coat the cauliflower.
5. Carefully dump out the cauliflower onto 1-2 cookie sheets covered with parchment paper (the paper prevents it from sticking to the cookie sheet and burning). Spread them out in 1 layer so they are not touching, this is key to helping them brown.
6. Cook on bottom rack for 10 minutes, or until starting to brown. Carefully flip cauliflower to allow other side to crisp up and start to brown. Once browned, remove from oven.
7. In small bowl, combine 1 tbsp. extra virgin olive oil and 2 tsp - 1 tbsp. siracha sauce (depending on how spicy you like it). Brush the sauce on the cauliflower (this is meant to lightly sauce the cauliflower, they will not be heavily coated) and enjoy!

Notes

These are healthy, crispy, low carb and a great alternative to making chicken wings in buffalo sauce.

Kitchen equipment:

Parchment paper

2 cookie sheets

Chef's knife

Cutting board

1 small bowl

1 large bowl

Spatula

Silicon brush