

# Buffalo Cauliflower Bites

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Yield: 4 Servings



## Ingredients

- 1 head cauliflower
- 1 tablespoon olive oil
- 1/3 cup buffalo sauce

## Batter

- 1/2 cup flour
- 1 teaspoon garlic salt
- 1/2 cup whole milk
- 1 tablespoon hot sauce

Recipe/Picture Source:

<https://tasty.co/recipe/buffalo-cauliflower-bites>

## Directions:

1. Preheat oven to 450 degrees F
2. Cut the head of cauliflower in half. Pluck bite-sized florets from each half. Trim bottoms of florets as necessary.
3. In a medium bowl, mix the batter ingredients.
4. Add cauliflower to the batter. Stir so each floret is fully coated.
5. Line a baking sheet with parchment paper. Spread cauliflower on baking sheet and drizzle with olive oil.
6. Bake for 20 minutes.
7. Remove the cauliflower from the oven and toss with buffalo sauce.
8. Return cauliflower to oven and bake for an additional 10 minutes.
9. Enjoy!

