

# Cauliflower Buffalo Wings

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 8 oz.

| Ingredients                         | Quantity | Measure |
|-------------------------------------|----------|---------|
| Cauliflower florets                 | 6        | Cups    |
| Chickpea flour or All-Purpose Flour | 1        | Cup     |
| Garlic Powder                       | ¼        | Tsp.    |
| Salt                                | ¼        | Tsp.    |
| Paprika                             | ¼        | Tsp.    |
| Water                               | 1        | Cup     |
| Olive Oil                           | ½        | Cup     |
| Frank's Red hot Buffalo Wing Sauce  | 1        | Cup     |
| Carrot Sticks                       | 24       | Sticks  |
| Celery Sticks                       | 24       | Sticks  |
| Non-Dairy Ranch Dressing            | 16       | Oz.     |

## Preparation

1. Preheat oven to 450 degrees.
2. Combine flour, water, salt, garlic powder, paprika and whisk until combined.
3. Dip cauliflower in batter and place baking sheets lined with parchment paper. Spray the tops with a bit of oil.
4. Bake for 18-20 minutes or until the tops start to get color on them.
5. Pull cauliflower out of the oven and lightly dip them into buffalo sauce to coat. Put them back into oven for another 5 minutes to crisp back up.
6. Remove from oven.

## Serving Suggestion

Serve with carrot / celery sticks and ranch dip. Serving size: cauliflower 4 oz., ranch dip 2 oz., carrot stick 1 oz., celery stick 1 oz.

## Nutrition Information

\* From USDA Nutrient Database

### Cauliflower Buffalo Wings with carrots and celery

Calories: 195 Total Fat: 5g Saturated Fat: 2g Carbohydrate: 14g Protein: 5g Sodium: 369mg  
Vitamin A: 283µg Vitamin C: 38mg Calcium: 35mg Iron: 1.8mg Folic Acid: 56µg

### Dairy-free Ranch, 2 ounces

Calories: 280 Total Fat: 28g Saturated Fat: 2g Carbohydrate: 4g Protein: 1g Sodium: 420mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 40mg Iron: 0mg Folic Acid: 0µg

