



Buffalo Cauliflower

Cauliflower is aaaaaall the rage nowadays, and there's nothing like a new trend to get you excited to fire it up in the kitchen! Maybe you love cauliflower rice, or you're often found chowing down on a cauliflower crust pizza. But we're throwing it back with the recipe that started all the #cauliflowerlove: buffalo cauliflower. They're so flavor-packed that won't even miss wing night with these around.

Pierce Abernathy

Tasty Team

Ingredients

for 4 servings

¾ cup all-purpose flour

1 teaspoon paprika

2 teaspoons garlic powder

1 teaspoon salt

½ teaspoon pepper

¾ cup milk or milk alternative

1 head cauliflower

¼ cup buffalo sauce or hot sauce

2 tablespoons coconut oil or vegetable oil

1 tablespoon honey

Nutrition Info

Calories **265**

Fat **9g**

Carbs **38g**

Fiber **4g**

Sugar **12g**

Protein **7g**

Estimated values based on one serving size.

Preparation

- 1** Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- 2** In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.
- 3** Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.
- 4** Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.
- 5** Enjoy!