



SPICY CAULIFLOWER BITES^o

SERVES: 3 (1 cup each) **Prep Time:** 20 min. **Cooking Time:** 35 min.

CONTAINER EQUIVALENTS: 1 1



I ALWAYS try to bring a somewhat healthy dish to parties, but I don't want to be that person who always brings the vegetable platter. This is a great way to bring something interesting that can be passed off as not-so-healthy. (Shhh...)

- | | | | |
|-------------------------|---|------------|--|
| 6 cups | cauliflower florets (approx. 1 lb.) | 1. | Preheat oven to 350° F. |
| ½ tsp. | sea salt (or Himalayan salt), <i>divided use</i> | 2. | Lightly coat large baking sheet with spray. |
| ¼ cup | hot pepper sauce | 3. | Place cauliflower on baking sheet. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt. |
| 2 Tbsp. + 2 tsp. | rice vinegar | 4. | Bake for 20 minutes, or until tender-crisp. |
| 1 tsp. | chili powder | 5. | While cauliflower is baking, combine hot sauce and vinegar in medium saucepan. |
| 1 dash | ground smoked paprika | 6. | Add chili powder, paprika, garlic powder, onion powder, maple syrup, Worcestershire sauce, butter, and <i>remaining</i> ¼ tsp. salt; whisk to blend. |
| ¼ tsp. | garlic powder | 7. | Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 5 minutes, or until thickened. Set aside. |
| ¼ tsp. | onion powder | 8. | Add cornstarch slurry, whisk until combined. |
| ½ tsp. | pure maple syrup | 9. | Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well. |
| ½ tsp. | Worcestershire sauce, gluten-free, vegan | 10. | Return cauliflower to oven. Bake for 5 minutes. |
| 1 Tbsp. | organic grass-fed butter | 11. | Remove from oven, transfer cauliflower to plate lined with paper towels to drain. |
| 1½ tsp. | cornstarch (preferably GMO-free) + 1½ tsp. water (combine to make a slurry) | 12. | Serve 1 cup hot cauliflower mixture with 1 Tbsp. Lemon Garlic Sauce for each serving. |

SPECIAL EQUIPMENT:

Nonstick cooking spray

SERVING SUGGESTION:

- Pair with sliced celery for a traditional appetizer. Make sure you add your container!
- Add 1 Tbsp. Lemon Garlic Sauce (see *separate recipe for Lemon Garlic Sauce*) to each serving. Make sure you count ½ container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 96 Total Fat: 2 Saturated Fat: 1 Cholesterol: 5 Sodium: 599 Carbohydrates: 12 Fiber: 2 Sugars: 5 Protein: 2

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

LEMON GARLIC SAUCE^o



SERVES: 5 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1




- 2 Tbsp.** fresh lemon juice
- 1** large egg yolk, pasteurized*
- 2 cloves** garlic, crushed
- 1 Tbsp.** Dijon mustard, gluten-free
- 1 Tbsp.** whole-grain mustard, gluten-free
- Sea salt (or Himalayan salt)
and ground black pepper
(to taste; optional)
- 3 Tbsp.** extra-virgin olive oil


- 1.** Combine lemon juice, egg yolk, garlic, and mustards in a small bowl; mix well.
- 2.** Season with salt and pepper, if desired.
- 3.** Slowly add oil, whisking continuously until well blended.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 92 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 37 mg Sodium: 203 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.