

# Vegan Cauliflower Buffalo Wings

*Servings:* 4 servings    *Prep Time:* 10 mins    *Cook Time:* 45 mins    *Total Time:* 55 mins

Tender on the inside, crispy on the outside, these Vegan Cauliflower Buffalo Wings are the perfect food for game day! They are quite spicy, so make sure to serve them with Vegan Ranch Dressing.

## Ingredients

- ☐ 1 large head cauliflower (about 5 cups)
- ☐ 1 cup water
- ☐ 3/4 cup all purpose flour (see notes for substitutions)
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1/4 teaspoon salt
- ☐ 1 cup Frank's Red Hot Sauce
- ☐ 1 tablespoon vegan butter, melted

## Instructions

1. Preheat the oven to 450 degrees F. Line a large baking sheet with parchment paper or a silicone mat.
2. Wash and cut cauliflower into bite sized pieces.
3. In a large bowl, add water, flour, garlic and onion powder, and salt. Whisk until well combined.
4. Add the cauliflower to the batter in the bowl, and toss to combine. Remove the pieces of cauliflower, one by one, and tap off the excess batter a few times on the side of the bowl. Place on the prepared baking sheet and make sure they are not touching each other, or they will all get stuck together as they bake.
5. Bake for 15 minutes. Flip them over and bake for 10 more minutes, until golden brown.
6. While the cauliflower are baking, prepare the hot sauce/butter mixture. Melt the butter in a saucepan on the stove over medium heat. Once melted, add the hot sauce and stir. Set aside.
7. Brush the buffalo/vegan butter sauce on each cauliflower wing, or toss the florets with the sauce in a large bowl, then return to the pan. Put them back in the oven for 20 minutes. Remove, and serve with [Vegan Ranch](#) dressing and celery, if desired.

## Notes

1. I find all purpose flour yields the best flavor and texture here, but it also works with almond flour, white whole wheat flour or a gluten free all purpose flour.