

Healthy Buffalo Cauliflower Bites

#recipe

#food/cooking

#food/side dish#

#people/Gal on a Mission#

#need to make#

#needs nutrition info#

#2019/January#

Healthy Buffalo Cauliflower Bites

Ingredients

6 cups of fresh cauliflower florets

2 teaspoons garlic powder

a pinch of salt

a pinch of pepper

1 tablespoon butter, melted

¾ cup Frank's RedHot hot sauce

Process

Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside.

Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl.

Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet.

Bake for 20 minutes.

Serve with ranch or blue cheese dressing.