

# Healthy Buffalo Cauliflower Bites

#cooking/recipe

#cooking/side dish#

#2019/January#

#cooking/snack

#cooking/appetizer

#cooking/vegetarian

#cooking/vegan

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## 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.