



[Recipe: Spicy Buffalo Cauliflower](#)



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Ingredients. $\frac{3}{4}$ cup all-purpose flour. 1 teaspoon paprika. 2 teaspoons garlic powder. $\frac{1}{2}$ teaspoon pepper. $\frac{3}{4}$ cup milk or milk alternative. 1 head cauliflower. $\frac{1}{4}$ cup buffalo sauce or hot sauce. 2 tablespoons coconut oil or vegetable oil.. Jump to Recipe Print Recipe. Get your snack on with these spicy buffalo cauliflower wings – coated, breaded and baked, these cauliflower But even all you wing fans out there will love these spicy little buffalo-sauce-covered cauliflower nuggets. Tossed in your favorite homemade or This recipe for spicy Buffalo cauliflower bites is a great vegetarian alternative to Buffalo wings. Roasted cauliflower stands in for chicken and provides more fiber For these spicy buffalo cauliflower bites, you'll need hot sauce, flour, butter (I use ... I started this blog... to create and share healthy, flavorful meat-free recipes!. Take a head of cauliflower and break it up into bite sized pieces. We're going to use the same batter as my Orange Chicken Recipe – so mix a These spicy, crispy baked buffalo cauliflower wings are a great ... I've had so many meat eaters ask for the recipe after trying them, and a friend Buffalo cauliflower is a tasty appetizer of cauliflower coated in a buffalo dip-flavored breading ... Skewers Recipe - Buffalo sauce is painted onto roasted cauliflower and then sprinkled ... This was a good way to eat Cauliflower if you like spice.. This recipe is a great substitution for buffalo wings and can be made gluten-free, vegan, or vegetarian. Dip in ranch or blue cheese for even more added flavor.. For the Buffalo cauliflower: Meanwhile, microwave the butter in a small microwave-safe bowl on high until melted. Whisk in the hot sauce and lemon juice and set How to Make Best, Crispiest Buffalo Cauliflower Bites. The first time I made Buffalo cauliflower bites, I discovered that most recipes are designed Ingredients. 1 large head of cauliflower cut into florets. $\frac{1}{2}$ cup flour. $\frac{1}{2}$ cup water. 2 teaspoon garlic powder. 1 teaspoon paprika. Salt and pepper to taste. cooking spray. $\frac{1}{2}$ cup hot sauce.. This recipe for buffalo cauliflower bites is crispy cauliflower florets baked to perfection and coated in spicy buffalo sauce.. 6357shares. 1464; 2092; 2801. Jump to Recipe. These easy, healthy Buffalo Cauliflower Bites are made in the oven, perfect for football!. Vegetarians, your life is about to get a billion times better. Meat lovers, even those of you obsessed with classic buffalo wings, you won't miss I paired my spicy and flavorful buffalo cauliflower bites with a rich and creamy blue cheese dressing as well as some cool, crisp celery sticks ...

Looking for a spicy snack that's hot, full of flavor, and easy to make? Try out this quick spicy cauliflower recipe and learn how to make buffalo cauliflower.. Buffalo Cauliflower Bites are the perfect game day appetizer! This secretly healthy recipe is so good, no one will miss chicken wings! ... I'm a sucker for anything doused in spicy buffalo sauce. I love buffalo chicken wings as We love making this buffalo cauliflower recipe (with a side of Blue ... If you have anyone in your group who can't handle the spice, leave a few Looking for a healthier (and kinder) alternative to chicken wings? Try these juicy, tangy, and spicy buffalo cauliflower "wings"!

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