

# Food Babe's Buffalo Cauliflower Bites



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	20 mins	25 mins	5

<https://foodbabe.com/buffalo-cauliflower-bites-perfect-healthy-appetizer>

## Ingredients:

- 1 head cauliflower, chopped
- ½ cup almond flour (nut allergy - use spelt flour)
- ½ cup almond milk (nut allergy: use coconut milk)
- ½ teaspoon hot sauce
- ¼ teaspoon garlic powder
- 1 pinch sea salt
- 1 pinch fresh ground pepper

## Buffalo Sauce:

- ¼ cup hot sauce
- 2 tablespoons white vinegar
- 1 teaspoon horseradish
- 1 pinch paprika

## Yogurt Dill Sauce:

- ½ cup plain yogurt
- 1 tablespoon fresh dill, chopped
- 1 teaspoon fresh lemon juice
- 1 pinch sea salt
- 1 pinch fresh ground pepper

## Optional Toppings:

- 1 carrot, diced
- 1 celery stalk, diced
- 2 tablespoons fresh parsley, chopped

## Instructions:

1. Preheat the oven to 425° F.
2. Place the almond flour, milk or water, hot sauce, garlic and salt and pepper in a bowl. Whisk to combine.
3. Dredge the cauliflower in the flour mix until well coated. Place on a greased baking sheet and bake for 15 minutes.
4. While the cauliflower is baking, make the hot sauce. Place all of the ingredients in a bowl and whisk to combine.
5. When done, pour the hot sauce evenly over the cauliflower while still on the baking sheet. Toss to combine and place back in the oven for 5 minutes.
6. If making the yogurt dill sauce, place all of the ingredients in a bowl and mix to combine.
7. To serve, place the cauliflower bites on a plate and top with the yogurt dill sauce and chopped carrot, celery and parsley. Enjoy!

## Notes:

- Please use all organic ingredients if possible.