



Recreation and
Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

INGREDIENTS

- 1 head Cauliflower
- ½ cup Flour
- 1 tsp Garlic Powder
- ¾ cup Unsweetened Almond Milk
- 1/3 cup Sriracha Sauce
- 1/3 cup Buffalo Sauce

DIRECTIONS

1. Preheat oven to 400 F.
2. Break head of cauliflower into bite sized florets.
3. In a large bowl, combine flour, garlic powder, almond milk and sriracha.
4. Add the cauliflower to the mixture and coat well.
5. Transfer coated florets onto parchment paper on a baking sheet and bake for 20 minutes.
6. Remove from the oven and allow to cool.
7. Once cool, transfer into a bowl and buffalo sauce and coat well.
8. Return cauliflower to the baking sheet and bake for 10 more minutes or until heated through.
9. Serve with ranch or your favorite dipping sauce.

Buffalo Cauliflower Bites

Dairy-Free | Vegetarian | Vegan

Yield:
2 Servings

Prep Time:
10 Min

Cook Time:
40 Min