



Cooking
in the
Kitchen
at **Olum's**

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Buffalo Cauliflower Bites

Serves 6

Ingredients:

- 1 head of cauliflower, cut into florets
- 2 cups whole wheat pastry flour
- 2 cups water
- ¼ cup butter
- ¼ cup hot sauce (or less!)
- 1 teaspoon garlic powder

Directions:

1. Preheat the oven to 425° F. Prepare a baking sheet with non-stick cooking spray.
2. In a mixing bowl stir together the flour and water, it will make a thick paste.
3. Dredge each cauliflower floret in the flour mixture and place on the prepared baking sheet.
4. Bake for 20-25 minutes until the cauliflower bites are lightly browned.
5. In a mixing bowl melt the butter and stir in the hot sauce and garlic powder.
Toss the cauliflower bites with the buffalo sauce and serve.