

Buffalo Cauliflower

INGREDIENTS

- 1 head cauliflower
- 3/4 cups flour (wheat or gluten free)
- 1 tsp paprika
- 2 tsps garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 3/4 cups milk (or milk alternative)
- Sauce/Glaze
- 1/4 cup buffalo sauce
- 2 tbsp coconut oil (or veg oil)
- 1 tbsp honey

INSTRUCTIONS

- In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.
- Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated.
- Follow baking instructions below.
- While it bakes/air fries, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined.
- Air Fryer Instructions
- Spray air fryer rack or basket with cooking oil. Working in batches, place cauliflower on the racks (or in your air fryer basket).
- Set your air fryer to AIR FRY and 15 minutes. At the halfway mark rotate your racks and flip cauliflower (or shake your basket).
- Brush glaze mixture over your cauliflower and air fry an additional 5 -10 minutes or until the cauliflower is tender and glaze has become sticky and delicious.
- Oven Instructions
- Arrange the coated cauliflower on the baking sheet. Bake in preheated oven at 450 for 20 minutes, flipping halfway.
- Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes or until the cauliflower is tender and glaze has become sticky and delicious.