

## BUFFALO CAULIFLOWER BITES

- 1 cup Flour, whole wheat or all-purpose
- 1 cup Water
- 1 tsp Garlic powder
- 1 tsp Salt
- 1 head Cauliflower, cut into florets
- 1/2 cup Frank's RedHot® Original Cayenne Pepper Sauce
- 3 Tbsp Butter, melted

1. Preheat oven to 450°F.
2. Combine flour, water, salt, and garlic powder in a large bowl and stir until smooth. Add cauliflower and stir gently until florets are evenly coated with batter.
3. Arrange cauliflower in a single layer on lightly oiled, large baking sheet, preferably nonstick. Bake 20 minutes or until golden.
4. Combine Cayenne Pepper Sauce and melted butter and pour evenly over cauliflower. Toss gently until cauliflower is evenly coated.
5. Bake 10 minutes or until cauliflower begins to crisp, rearranging florets occasionally if needed. Serve with celery and blue cheese dressing.

### ADDITIONAL INFORMATION

#### Ingredients

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#### Course

[Starters](#)

#### Cuisine

[American](#)

#### Category

[Vegetables](#), [Vegetarian](#), [Wings](#)

**Serving Size**

**2**