

Cauliflower Buffalo Wings	
Ingredients	Instructions
<ul style="list-style-type: none"> • 1 head cauliflower, cut into bite-sized pieces • 1 cup brown rice flour (all-purpose flour or gluten-free flour works as well) • 1 cup water (to adjust batter consistency) • 1 tsp onion powder • 1 ½ tsp paprika • 1 tsp garlic powder • ½ tsp cumin • ½ tsp salt • ½ tsp pepper • ¼ tsp cayenne pepper • ¾ cup of milk (or substitute for almond, cashew or soy milk) <p>Buffalo Sauce Ingredients</p> <ul style="list-style-type: none"> • ½ cup water • ¼ cup white vinegar • 1 tsp paprika • 1 tsp garlic powder • ¼ tsp cayenne pepper • ½ tsp salt • 3 tbsp tomato paste 	<ol style="list-style-type: none"> 1. Preheat Oven: Preheat oven to 450°F (230°C) and line a baking sheet with parchment paper. 2. Make Batter: In a large bowl, combine flour, paprika, garlic powder, onion powder, cumin, cayenne, salt, and pepper. Next add milk and mix well until batter forms. Add water to adjust the consistency, if necessary. 3. Coat Cauliflower: Dip each cauliflower floret in the batter, then place on the baking sheet. 4. Bake: Roast for 20 minutes, flipping halfway through cooking. If not crispy and golden brown after 20 minutes bake for another 5 minutes. 5. Sauce: While cauliflower is in the oven prepare the buffalo sauce. Add all ingredients to a small saucepan over a medium heat. Whisk together to combine, and simmer for 3-5 minutes. 6. Toss: Toss the hot cauliflower florets in buffalo sauce. Serve immediately while hot with ranch dipping sauce.