

BANDALICIOUS

Delicious. Easy. Healthy.

BUFFALO CAULIFLOWER BITES

Serves: 4



YOU WILL NEED:

- ½ large head of fresh Cauliflower
- ¼ c. Wegman's Seasoned Pan Searing Flour
- ¼ c. 2% milk
- ¼ c. Buffalo Sauce (no sugar)
- Garlic powder
- Onion powder
- 2 Tbls. Yogurt Based, Bleu Cheese Dressing

DIRECTIONS:

1. Preheat oven to 450.
2. Break apart cauliflower into bit size pieces; but not too small!
3. Set aside in a medium size mixing bowl.
4. In a small mixing bowl, combine flour and milk. Wisk until smooth.
5. Carefully pour over cauliflower and toss evenly with a rubber spatula.
6. Spread coated cauliflower pieces out onto a lightly greased cookie sheet.
7. Sprinkle with a few dashes of garlic and onion powder(s).
8. Bake for 10 minutes.
9. Remove from oven and pour buffalo sauce over cauliflower pieces, careful to flip them and coat as even as possible.
10. Bake for an additional 5 minutes.
11. Remove from oven, transfer onto a platter.
12. Drizzle bleu cheese over top.
13. Serve and Enjoy!

CAL: 84
FAT: 3
CARB: 12
FIBER: 3
SUGAR: 4
PROTEIN: 4

**If you are not using Wegman's flour, you can make your own by sifting together ¼ cup flour with ½ tsp. black pepper and ½ tsp. sea salt.*