



Cauliflower Buffalo Wings

These wings can be made with a variety of homemade sauces like bbq or teriyaki. Be creative with these healthy delicious game or party day appetizers.

U.S.

4 cups (about 1/2 head)	Cauliflower, cut into florets
1 cup	Instant Oats
1 1/2 tsp	Garlic Powder
1/2 tsp	Onion Powder
1/2 tsp	Smoked Paprika
3/4 cup	Water

Metric

1.3 kg
80 g
4.5 g
1.5 g
1.5 g
180 mL

For the Buffalo Sauce:

1 Tbsp	Butter, unsalted	14 g
1/3 cup	Hot Sauce (such as Frank's or Crystal)	80 mL
1 tsp	Lemon Juice, fresh	5 mL
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (205°C).
3. Cut the cauliflower into medium-sized florets.
4. Place oats in a blender and blend until the oats resemble flour.
5. In a medium bowl add oat "flour," garlic, onion powder, and smoked paprika. Whisk to combine.
6. Pour 3/4 cup water into the flour mixture and whisk thoroughly. It should be the consistency of slightly thick pancake batter.
7. Pour the batter over the cauliflower florets and gently toss until all pieces are evenly coated.
8. Allow excess batter to drip off of the florets, and evenly space the cauliflower over 2 baking sheets lined with parchment paper. .
9. Bake for 15 to 18 minutes, or until golden brown.
10. While the cauliflower wings are baking, make the buffalo sauce.
11. Microwave the butter for 15 seconds, or until completely melted.
12. Mix in hot sauce, lemon, and black pepper. Stir until a smooth sauce is formed. **Note:** sometimes, if the hot sauce is cold from being kept in the refrigerator, the butter may solidify again and the sauce will not be smooth. If this happens, microwave in 10 second increments until the butter is fully melted again and you have a smooth sauce.
13. When the cauliflower is golden brown and crispy, remove from the oven.
14. To serve, toss the wings in buffalo sauce to evenly coat and serve, to be consumed immediately. Or place the sauce on the side for easy dipping. Enjoy!

Nutrition Facts

4 Servings

Serving size **1 cup Cauliflower and 1 tbsp Buffalo Sauce**

Amount per serving

Calories **110**

Total Fat 2.5 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 170 mg

Total Carbohydrate 20 g

 Dietary Fiber 4 g

 Total Sugars 2 g

 Includes 0 g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 334 mg

Phosphorus 52 mg
