

## 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.

<b>U.S.</b>		<b>Metric</b>
4 cups	Cauliflower, florets	1.3 kg
1 cup	Instant Oats	80 g
1 1/2 tsp	Garlic Powder	4.5 g
1/2 tsp	Onion Powder	1.5 g
1/2 tsp	Smoked Paprika	1.5 g
3/4 cup	Water	177 mL
<i>For Sauce</i>		
1 tablespoon	Butter, unsalted	14 g
1/3 cup	Hot Sauce (such as Frank's or Crystal)	78 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. Break up either one large or 2 small heads of cauliflower into medium size florets. Put 4 cups of florets into a large bowl.
4. In a blender, add instant oats and blend on high to a fine powder.
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. Evenly space florets over 2 half baking sheets fitted with parchment or foil for easy clean up.
9. Place in the oven and bake for 15 to 18 minutes or until golden brown.
10. While the cauliflower wings are baking, make the buffalo sauce.
11. In a microwave safe bowl, add the butter. Microwave for 15 seconds or until melted.
12. To the butter, add lemon juice, hot sauce, and pepper. Stir to combine and set aside.
13. When the cauliflower is golden brown remove from 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

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4 Servings

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

**Amount per serving**        8 ounces

**Calories**                        **110**

Calories from Fat                20

**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