

Healthy Buffalo Cauliflower Bites

These are a great, healthier alternative to your usual chicken wings!



INGREDIENTS

1 head	Cauliflower, cut into pieces
½ cup	Frank's Red Hot Sauce
1 Tbsp.	Butter
½ tsp.	Garlic Powder
Pinch of	Salt

DIRECTIONS

1. Preheat oven to 400° F.
2. Put aluminum foil on a baking sheet and coat with cooking spray.
3. Cut cauliflower into pieces.
4. Melt butter in microwave. Add Frank's sauce and garlic powder and combine.
5. Toss cauliflower florets in sauce until thoroughly coated. Add more sauce if needed.
6. Evenly place florets on baking sheet and bake in oven for 30-45 minutes, or until crisp.
7. Serve hot with celery sticks and your favorite dipping sauce.

