



Makes 6 cups
Ready In: 35 minutes

INGREDIENTS:

⅓ cup brown rice flour
2 tablespoons almond flour
1 tablespoon tomato paste
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons smoked paprika
1 teaspoon dried parsley
1 head cauliflower, cut into 2-inch florets
⅓ cup Frank's hot sauce or barbecue sauce

[Spinach Ranch Dip](#)

Crispy Buffalo Cauliflower Bites

It took a lot of trial and error to find the right coating that would not draw out the moisture and would make the florets crisp, so I am pleased that it has turned out to be a very simple recipe. You will not need to add salt as the sauces have enough salt to season them. Either a smoky barbecue sauce or Frank's hot sauce would work well, but if you are like me and prefer sweet and spicy, then try a little bit of both. Serve with ranch or Caesar dressing on the side if you wish, or whip up a batch of Spinach Ranch Dip. Note: The buffalo cauliflower bites will get softer once they are coated with the sauce, so hold off tossing until the very last minute

By Darshana Thacker

- 1 Preheat oven to 450°F. Line 2 baking sheets with parchment paper.
- 2 Combine the brown rice flour, almond flour, tomato paste, garlic powder, onion powder, paprika, parsley, and ⅔ cup of water in a blender. Puree until the batter is smooth and thick. Transfer to a bowl and add the cauliflower florets; toss until the florets are well coated with the batter.
- 3 Arrange the cauliflower in a single layer on the prepared baking sheets, making sure that the florets do not touch one another. Bake for 20 to 25 minutes, until crisp on the edges. They will not get crispy all over while still in the oven.
- 4 Remove from the heat and let stand for 3 minutes to crisp up a bit more. Transfer to a bowl and drizzle with the sauce. Serve immediately.

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