



Baked Buffalo Bites

8 servings

Ingredients:

- 1 head of cauliflower, rinsed and patted dry
- ½ cup water
- ½ cup milk (or vegan milk substitute)
- 1 cup all-purpose flour (or gluten-free rice flour)
- 2 tsp **garlic powder**
- 1 tsp **cumin**
- 1 tsp paprika
- ¼ tsp salt
- ¼ tsp ground pepper
- 1 cup panko breadcrumbs
- ½ cup Frank's mild red hot sauce
- Up to 2 Tbsp honey (optional and add to taste)
- 2 Tbsp butter (for vegan use Earth Balance buttery spread)

Procedure:

1. Line baking sheet with parchment paper or non-stick foil. Preheat your oven to 450 F.
2. Cut washed cauliflower head into pieces/florets uniform in size, about ½ the size of a chicken wing.
3. Combine the milk/flour and spices in a medium mixing bowl. Mix until the batter is thick. Add cauliflower and toss.
4. One by one, shake off excess batter by hand and put on second baking sheet (not the one for cooking the florets)..
5. Add panko to a large bowl, add florets in batches and coat.
6. Lay the cauliflower single layer on the baking sheet. Bake for 15 minutes until golden brown, flipping the florets halfway through to get sides golden brown & crispy.
7. While the cauliflower is baking, get your buffalo wing sauce ready. In a small saucepan low heat, melt butter. Mix in hot sauce and honey (if desired). Remove from the heat. Taste and add honey if desired. Stir together and set aside.
8. Once the cauliflower is done its *first* round of baking, remove them from the oven and put all the baked florets into a mixing bowl with the wing sauce and toss to coat evenly but not soaked OR use a pastry brush or gravy ladle to drizzle, depending on amount of sauce you prefer.
9. Return cauliflower to the baking sheet and bake in the oven for another 10-15 minutes or until reached desired crispness.
10. Serve with ranch, blue cheese, or a homemade yogurt dipping sauce. Enjoy!

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Shopping List + Equipment List

Produce

- Head of Cauliflower**

Grocery

- Cumin**
- Garlic powder**
- Paprika**
- Salt**
- Pepper**
- Frank's Mild Hot Sauce**
- Dipping Sauce of choice**

Dairy

- Butter**
- Milk**

Dry Goods

- Panko Bread Crumbs**
- All Purpose Flour**

Miscellaneous

- Parchment or non-stick foil**

Equipment

- 2 Baking Sheets**
- Knife (one child friendly and adult if possible)**
- 2 mixing bowls, 1 med and 1 large**
- Set of measuring spoons**
- Liquid measuring cup**
- 1 cup dry measuring cup**
- Pastry brush/gravy ladle/large spoon**
- Tongs**
- Saucepan**
- Rubber spatula**
- Cutting board**



Tips and Notes:

- Frank's mild hot sauce is the most popular sauce used for wings. You can also use their mild buffalo sauce or sauce of your choice, or use a favorite barbecue sauce.
- Coating in sauce is optional! If you want to just make crunchy cauliflower bites with dip, omit this step.
- I like to serve my bites as I would serve wings, with carrots and celery.
- Bites can be cooked in an air fryer at 375 degrees for 10 mins, add sauce and return to air fryer for another 5 mins. You will need to do this in small batches as crowding the tray won't allow cauliflower to crisp.
- For the dipping sauce, you can use a store bought dip of choice, but keep an eye on the ingredients if you want to keep it healthy. There are also a number of healthier versions of ranch and blue cheese dressing online.