

BUFFALO CAULIFLOWER

Prep Time 0 mins | Cook Time 21 minutes | Yields 4 servings



INGREDIENTS

- 1 tablespoon onion powder
- 1 teaspoon paprika
- ¾ cup water
- ½ cup whole wheat flour
- 1 container “steam in a bag” cauliflower
- ½ can garbanzo beans
- 8 tablespoons buffalo sauce

INSTRUCTIONS

- 1) Heat oven to 450°F.
- 2) Use coconut oil to grease sheet pan.
- 3) Microwave “steam in a bag cauliflower” following the instructions on the bag.
- 4) In a medium bowl, combine flour, water, onion powder, and paprika. If mix seems too thick, add more water. If it seems too watery, sprinkle in more flour.
- 5) When cauliflower is finished, pour into the bowl.
- 6) Pour garbanzo beans in the bowl as well.
- 7) Mix well.
- 8) Spoon battered cauliflower and garbanzo beans onto prepared sheet pan.
- 9) Bake for 15 minutes.
- 10) Pour buffalo sauce into a bowl and dump cauliflower and garbanzo mixture into the sauce. Mix well, return to the pan, and bake for another 2 minutes.
- 11) Serve warm as an appetizer with toothpicks or in a tortilla with your favorite toppings.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3593 mg	150 %
Potassium 139 mg	4 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 5 g	22 %
Sugars 3 g	
Protein 6 g	13 %
Vitamin A	34 %
Vitamin C	58 %
Calcium	4 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	