

Cauliflower Hot Bites

Hot and spicy cauliflower bites! Battered, baked, and covered with hot sauce.

Prep time: 5 minutes

Cook time: 25 minutes

Makes: 4-6 servings

Ingredients:

- 1 cup water
- 3/4 cup whole wheat flour
(*gluten free will also work!*)
- 2 tsp garlic powder
- 6 ½ cups cauliflower florets
(*approximately 1 head*)
- 3/4 cup hot sauce
- 1 tbsp melted unsalted butter, or olive oil



Directions:

1. Preheat the oven to 450°F
2. Combine the water, flour, and garlic powder in a bowl and stir until well combined
3. Coat cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes
4. While the cauliflower is baking, combine the hot sauce and butter/olive oil in a small bowl
5. Pour hot sauce mixture over baked cauliflower and continue baking for an additional 5 minutes

Nutritional Information (per serving, based on 6 servings):

CALORIES: 115 | FAT: 2g | PROTEIN: 4g | CARBS: 20g | FIBER: 3g

Adapted from www.SkinnyTaste.com