

Cauliflower Hot Bites

Savor these hot and spicy cauliflower bites: perfectly battered, baked, and drizzled with fiery 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 a 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 the hot sauce mixture over the 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



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