



Buffalo Cauliflower

INGREDIENTS:

- 1 head of cauliflower, cut into large florets
- 1 cup all-purpose flour
- 1 cup unsweetened non-dairy milk (soy or rice would probably be best here)
- ½ tsp garlic powder
- ½ tsp Kosher salt
- Freshly ground black pepper
- 1 cup hot sauce (such as Frank's)
- 4 Tbsp olive oil
- Ranch dressing or vegan ranch (recipe below), for serving

VEGAN RANCH:

- 1½ cup vegan mayo
- 1½ teaspoon apple cider vinegar
- ½ tsp garlic powder
- ½ tablespoon dried parsley
- 1 teaspoon dried dill
- Salt to taste

If need to thin, use ¼ cup non-dairy milk (soy) or water.



DIRECTIONS:

1. Preheat oven to 450° and line two large baking sheets with parchment paper. Make batter: In a medium bowl, whisk flour, milk, and garlic powder until combined. Season with salt and pepper and whisk until the batter is smooth.
2. Dredge cauliflower in batter until evenly coated. Shake off excess batter and transfer to prepared baking sheets. Bake until the cauliflower is crispy and golden around edges, about 20 to 25 minutes.
3. Meanwhile make buffalo sauce. In a large bowl, whisk together hot sauce and olive oil. Toss baked cauliflower “wings” in sauce before serving.
4. Serve with ranch dressing and celery sticks, if desired.

This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.

