**Buffalo Cauliflower Bites**

Ingredients:

-1 head cauliflower, cut into bite-sized pieces

-½ cup flour

-½ cup water

-1 tsp garlic powder

-½ tsp salt

-¼ tsp black pepper

-2 Tbsp unsalted butter, melted

-2/3 cup Buffalo hot sauce

Instructions:

1. Preheat oven to 450 degrees. Spray a large baking sheet with non-stick cooking spray and set aside.
2. In a large bowl, whisk together flour, water, garlic powder, salt, and pepper. Add cauliflower florets and toss to coat.
3. Spread cauliflower evenly onto your prepared baking sheet and place in the oven. Bake for 15 minutes, flipping once. Remove from the oven and leave the oven on.
4. In a separate bowl, stir together melted butter and buffalo sauce. Add baked cauliflower and toss to coat.
5. Spread evenly onto the baking sheet. Place back in the oven and bake 25-30 minutes or until crispy, flipping once.
6. Remove from the oven and let sit 10 before serving warm or at room temperature. Serve with your favorite dressing for dipping.

Brian & Stacy Bruinsma