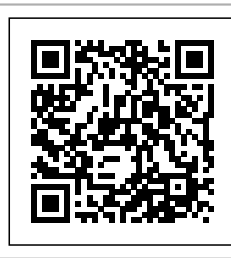


# Buffalo Cauliflower



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Recipe by: Laura Vitale

Serves 4 to 6

**Prep Time: 15 minutes**  
**Cook Time: 30 minutes**

## Ingredients

- 1 large Head of Cauliflower, florets only and make sure they aren't too small
- 3/4 cup of All Purpose Flour
- 3/4 to 1 cup of Water
- 2 tsp of All Purpose Seasoning
- 1 tsp of Granulated Garlic
- 1 tsp of Granulated Onion
- 1/4 tsp of Paprika
- Salt and Pepper, to taste
- 1/4 cup of Buffalo Sauce
- 2 Tbsp of Melted Butter
- 2 Tbsp of Breadcrumbs

1) Preheat your oven to 475 degrees, line a baking sheet with parchment paper, brush with olive oil and set aside.

2) In a large bowl, whisk together the flour, seasoning and water (start with 3/4 cup and add more if mixture is too thick) toss the cauliflower in the batter, toss to coat, then place in a single layer on your prepared baking sheet (make sure you shake off excess batter) bake for 15 minutes.

3) Melt together the butter and hot sauce, then brush evenly over the partially roasted cauliflower, sprinkle a touch of breadcrumbs all over the top and pop back in for 10-15 minutes, serve right away!

