

Cauliflower Buffalo Bites

1 head cauliflower
1 c. coconut flour
1 c. unsweetened almond milk or coconut milk
1 tsp. organic unrefined coconut oil (for greasing the pan)
2 tsp. garlic powder
Pinch of salt
Pinch of pepper

Buffalo Sauce

1 Tbsp. organic unrefined coconut oil
1 c. buffalo sauce or hot sauce

Cashew Ranch Dip

1 1/4 c. cashews, soaked overnight in water
2 Tbsp. lemon juice
1 tsp. fresh or dried dill
Pinch of salt
Water (enough to cover cashews in the food processor)

Directions

To make the "wings": Preheat the oven to 450 degrees. Grease a baking sheet with a dollop of coconut oil.

Chop the cauliflower to create bite-size florets, and set aside.

Make the batter by combining the coconut flour, almond milk, garlic powder, salt and pepper. Mix well.

Dip the cauliflower florets into the batter to lightly coat, and place on the greased baking sheet. Bake the battered cauliflower in the oven for about 20 minutes. Remove the baking sheet from the oven. (Keep the oven on.)

In another bowl, mix the sauce ingredients. Brush sauce on each piece of cauliflower, coating well. Once finished, place the sheet back in the oven and bake for another 8-10 minutes.

To make the ranch dip: Put all of the ingredients in a food processor and mix well. Pour into a bowl and garnish with extra dill, if desired.

NOTE: I made these for the big game and found that the ratio of coconut flour to almond/coconut milk listed above created a very thick paste (too thick to dip the cauliflower in). I'd suggest starting with 1/3 cup of flour and 1 C of liquid, adding more flour gradually until you achieve the consistency of a thin pancake batter.