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**CAULIFLOWER BUFFALO BITES**

This recipe has been adapted to make it as compliant as possible. It’s absolutely delicious hot or cold. It’s a great appetizer for parties or as a salad over a bed of spinach.

**Ingredients:**

* 1 large head of cauliflower, stems removed, cut in bite-sized chunks
* ½ a cup of hot sauce (Frank’s Red Hot Sauce is great)
* 1 Tbs. low sodium tamari
* 1 tsp. apple cider vinegar
* ½ tsp. garlic powder
* ¼ tsp. cayenne pepper

**Method:**

1. Preheat oven to 425 degrees. Line baking sheet with parchment paper.
2. Cut up cauliflower and place in a large bowl.
3. Make the buffalo sauce in a glass, measuring cup or a jar. Add hot sauce, tamari, apple cider vinegar, garlic powder and cayenne pepper. Whisk to combine.
4. Add 2/3 of the sauce to the cauliflower bowl and toss cauliflower to coat.
5. Arrange the cauliflower on the baking sheet in one layer.
6. Bake for 20 minutes. Turn over the cauliflower after 10 minutes to ensure even cooking.
7. When done, transfer the cauliflower to a serving dish and drizzle with the 1/3 remaining sauce.
8. Serve with either Faux Honey Mustard Dressing or Simple Tofu Dip (below).
* I usually double this recipe and store in a jar in the fridge.

**SIMPLE TOFU DIP**

In a blender, combine:

* 1 pkg. soft/silken tofu
* Juice of one lemon
* 1 tsp. each onion powder and garlic powder

Blend until smooth. If it is too thick, add a little filtered water until you get the consistency you like. Store in the fridge.