



BUFFALO CAULIFLOWER BITES

(with Ranch Dressing!)

By Dr. Cindy Tanzar
(Standard)

Cauliflower is one of our favorite ingredients because it takes on the flavor of the other ingredients so easily. While this recipe adds great variety to your meal, it is also an awesome appetizer for the family or friends. The sauce hides the flavor of the cauliflower so well, that even those of you who don't care for vegetables can enjoy them!

Makes 4 servings. One cup of cauliflower equals one serving of vegetables, and 1 Tbs. of dressing equals one serving of fat.



INGREDIENTS

6 cups fresh cauliflower florets
2 teaspoons garlic powder
Pink Himalayan salt & ground pepper, to taste
1 Tbs. Kerry Gold butter, melted
3/4 cup Frank's Red-Hot Sauce
Coconut or avocado oil



INSTRUCTIONS

Preheat oven to 450°F. Grease a baking sheet (can line with parchment or aluminum foil) with coconut or avocado oil. Set aside. Mix the garlic powder, salt, pepper, melted butter and hot sauce into a small bowl.

Add the cauliflower into a large gallon-sized Ziploc bag. Pour the buffalo sauce into the bag and shake until the cauliflower florets are fully coated. Spread onto the baking sheet.

Bake for 20 minutes.

HOMEMADE RANCH DRESSING

1/2 cup GHS or Primal Kitchen mayonnaise

1/2 cup coconut milk (full-fat, canned, mixed well) **

1/2 tsp. onion powder

1 tsp. garlic powder

1 tsp. dill

Pink Himalayan salt & ground pepper, to taste

Whisk all ingredients together to combine. Season with salt and pepper. (**Make your dressing as thin or thick as you like by decreasing or increasing the coconut milk.) Store in an airtight container in the refrigerator for up to a week.