

Healthy Buffalo Cauliflower Bites

Ingredients

6 cups of fresh cauliflower florets
2 teaspoons garlic powder
a pinch of salt
a pinch of pepper
1 tablespoon butter, melted
 $\frac{3}{4}$ cup Frank's RedHot hot sauce

Instructions

- 1 Preheat oven to 450.
- 2 Spray a baking sheet with olive oil. Set aside.
- 3 Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl.
- 4 Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated.
- 5 Spread on a baking sheet.
- 6 Bake for 20 minutes.
- 7 Serve with ranch or blue cheese dressing.

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