

Buffalo Cauliflower



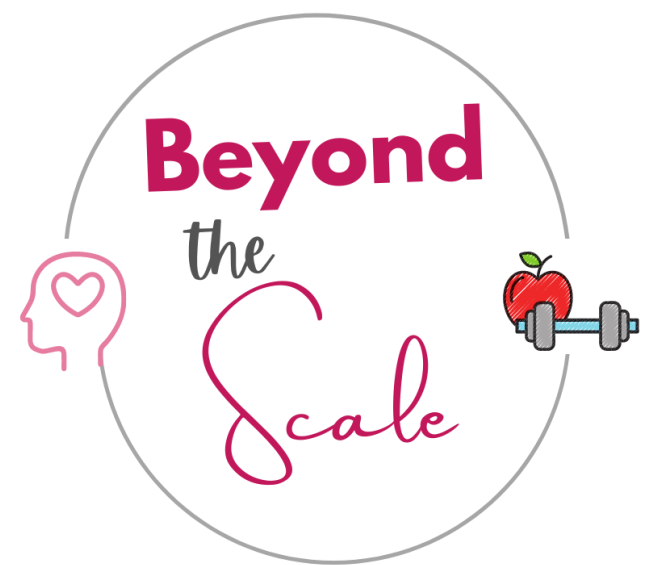
Ingredients

- 1/4 cup Frank's Hot Sauce
- 1 Head of Cauliflower
- 1 tsp Garlic Powder
- 1 tsp Pink Himalayan Salt or Sea Salt
- 1 Tbsp Lemon Juice
- 1 Tbsp Extra-Virgin Olive Oil
- 1 Tbsp Melted Butter
(unsalted/becel avocado or olive oil)

Directions

Oven

1. Line baking sheet with parchment paper
2. Preheat oven to 425 degrees
3. Cut up cauliflower head
(Remove stem + cut into medium sized florets)
4. In a bowl, whisk together hot sauce, spices, lemon juice, olive oil and melted butter
5. Toss and coat cauliflower florets in bowl
6. Place each floret with tongs on baking sheet
(don't let extra sauce pour out onto paper)
7. Bake for 30-35 minutes **(flip halfway)**



Air Fryer

1. Place coated cauliflower into crisp basket and set to 390 degrees F
2. Cook for 20 minutes
(shake basket every 5 mins!)