

Buffalo Cauliflower Bites (Vegan Wing Alternative)

This recipe serves 4 people and takes approximately 30 minutes to prepare and cook.



OVEN
450°F

TIME
30 min

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INGREDIENTS

- 1 head of cauliflower, cut into bite-sized florets
- 1 cup all-purpose flour
- 1 cup plant-based milk (such as almond or soy milk)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup buffalo sauce
- 1 tbsp vegan butter, melted
- Optional: ranch or blue cheese dressing for dipping

DIRECTIONS

1. Preheat your oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix together the flour, plant-based milk, garlic powder, onion powder, paprika, salt, and black pepper until well combined.
3. Add the cauliflower florets to the bowl and toss until they are evenly coated with the batter.
4. Place the coated cauliflower on the prepared baking sheet and bake for 20 minutes, flipping halfway through.
5. In a separate bowl, mix together the buffalo sauce and melted vegan butter.
6. Once the cauliflower is crispy and lightly browned, remove it from the oven and toss it in the buffalo sauce mixture until evenly coated.
7. Return the cauliflower to the baking sheet and bake for an additional 5-10 minutes, until the sauce is sticky and the cauliflower is crispy.
8. Remove from the oven and let cool for a few minutes before serving with your choice of dipping sauce.
9. Pro tip: For an extra crispy coating, you can also dip the cauliflower in the batter a second time before baking.

TIPS FOR SUCCESS

Make sure to cut the cauliflower into bite-sized florets to ensure even cooking and a crispy texture.

For a gluten-free option, you can use a gluten-free flour blend instead of all-purpose flour.

If you prefer a milder flavor, you can use less buffalo sauce or mix it with some BBQ sauce for a sweeter taste.

To make the bites even more flavorful, you can add some extra spices to the batter, such as cumin or chili powder.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/buffalo-cauliflower-bites-vegan-wing-alternative/>