

## Buffalo Cauliflower Bacon Bites: Bold, Cheesy, and Absolutely Irresistible

Buffalo Cauliflower Bacon Bites



**OVEN**  
**400°F**

**TIME**  
**20-25 min**

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**Recipe Card**

**SAVE**  
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### INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 12 slices of bacon, halved
- 1/2 cup buffalo sauce
- 1/4 cup ranch or blue cheese dressing (for drizzle or dipping)
- 1/2 cup shredded cheddar cheese
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper

Chopped parsley or green onions (optional, for garnish)

#### Instructions:

**Prepare the Cauliflower:** Preheat your oven to 400°F (200°C). Toss the cauliflower florets in a large bowl with buffalo sauce, garlic powder, smoked paprika, salt, and pepper until evenly coated.

**Wrap in Bacon:** Wrap each cauliflower floret with half a slice of bacon, securing it with a toothpick. Place the bacon-wrapped florets on a parchment-lined baking sheet.

**Bake the Bites:** Bake the bacon-wrapped cauliflower for 20-25 minutes, or until the bacon is crispy and the cauliflower is tender.

**Add the Cheese:** Remove the bites from the oven and sprinkle shredded cheddar cheese over them. Return the tray to the oven and bake for an additional 5 minutes, or until the cheese is melted and bubbly.

**Drizzle or Dip:**For extra flavor, drizzle ranch or blue cheese dressing over the bites before serving, or serve the dressing as a dipping sauce on the side.

**Serve & Enjoy:**Garnish the bites with chopped parsley or green onions for a pop of color, then serve them hot. Enjoy these cheesy, spicy bites with friends or keep them all to yourself!

**Tips for Perfect Buffalo Cauliflower Bacon Bites:**

**Choose Thick Bacon:** Thick-cut bacon wraps better and adds a heartier texture to the bites.

**Adjust Spice Level:** Use mild buffalo sauce if you prefer less heat or add a touch of hot sauce for an extra kick.

**Crispy Finish:** For extra crispy bacon, broil the bites for 1-2 minutes at the end of baking, keeping a close eye to avoid burning.

**Why You'll Love This Recipe:**

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10. Why You'll Love This Recipe: Buffalo Cauliflower Bacon Bites are the perfect blend of spice, crunch, and creaminess. They're low-carb, gluten-free, and packed with bold flavors, making them a guilt-free treat for any occasion. Whether you're entertaining a crowd or indulging in a solo snack, these bites are sure to be a hit.
11. Try them out and let me know what you think! For more creative and delicious recipes like this, check out I Wuv Cooking.

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

Original recipe: <https://chefmaniac.com/buffalo-cauliflower-bacon-bites-bold-cheesy-and-absolutely-irresistible/>