

Spicy Buffalo Cauliflower Wings

Ingredients

1 cup of water or low protein milk

1 cup of low protein mix (e.g. Fate/Loprofin/Juvela)

2 teaspoons of garlic powder

1 head of cauliflower, chopped into pieces

200ml of buffalo or hot sauce (check label for protein content)

1 tablespoon of olive oil or melted butter

Blue cheese dressing (check label for protein content) and celery sticks to serve with the wings

Method

1. Preheat the oven to 230°C.
2. Combine the water/low protein milk, low protein flour mix, and garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with the flour mixture and place in a shallow baking dish. Bake for 18 minutes.
4. While the cauliflower is baking, combine your buffalo sauce and olive oil or margarine in a small bowl.
5. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 to 8 minutes.
6. Serve alongside a blue cheese dressing (check label for protein content) and celery sticks.

