
Baked Buffalo Cauliflower Wings

Ingredients

- 1 head of cauliflower (approx. 5 cups of florets)
- 1 cup coconut milk
- 1 cup all-purpose gluten-free flour
- 2-3 tablespoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 2 teaspoons of smoked paprika
- ½ teaspoon sea salt
- ¼ teaspoon cracked pepper
- 1 cup buffalo wing sauce (i.e., Frank's Red Hot Buffalo Wing Sauce)



Instructions

1. Preheat oven to 425 F. Line baking sheet with natural un-bleached parchment paper or spray with coconut oil spray. If using oil, be sure to coat the baking sheet well with oil or cauliflower will stick.
2. Wash and cut cauliflower head into bite size pieces.
3. Mix the coconut milk, flour and spices in a large mixing bowl (set the hot sauce aside for later). Mix until the batter is thick and can coat the cauliflower.
4. Dip the cauliflower in the batter. Shake off excess batter. Lay florets in single layer on baking sheet.
5. Bake for 30 minutes until golden brown. Flip florets over half way through the baking to get all sides crispy.
6. After cauliflower has baked for 30 minutes, remove from oven and put baked florets into a mixing bowl with the wing sauce and toss until evenly coated.
7. Return cauliflower to baking sheet and bake for an additional 20-25minutes. Serve as-is or with vegan ranch, vegan blue cheese, or your favorite dipping sauce.