

*From the kitchen of David and Jennifer Deaven*

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## Vegetarian/Buffalo Cauliflower

### Vegetarian/Buffalo Cauliflower

A: 3/4C flour  
3/4C milk  
2t garlic powder  
1t paprika  
1t black pepper, ground  
1t salt

B: 1 cauliflower, torn into florets

C: 1/2C franks red hot sauce  
2T butter  
1T honey

1. Combine (A) in bowl, add (B) and stir to coat. Place onto parchment paper in pan and bake 450F for 20 minutes.
  2. Whisk together (C). Remove cauliflower from oven, toss in sauce, return to parchment and bake 450F for 20 minutes.
  3. Serve with celery, carrots, and ranch dressing.
- Servings: 4



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