BUFFALO CAULIFLOWER WINGS WITH VEGGIE STICKS

These spicy buffalo cauliflower wings are a delicious treat when you want something cozy and comforting. The thick batter coats the cauliflower very well which results in a crispy exterior. Served with carrot and celery sticks for some extra crunch!

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Small pot
- Oil
- Salt
- Pepper

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WHAT'S INSIDE

	2 servings	4 servings
Dry mix	1 cup	2 cups
Cauliflower	1 head	2 heads
Vegan butter	1/4 cup	1/2 cup
Hot sauce	1/3 cup	2/3 cup
Carrots	2	4
Celery	2-4 stalks	4-8 stalks

Nutrition Facts
Valeur nutritive

Per Serving (722 g)
pour 1 (722 g)

Calories 590	% Daily Value* % valeur quotidienne*
Fat / Lipides 25 g	33 %
Saturated / saturés 5 g + Trans / trans 6 g	55 %
Carbohydrate / Glucides 80 g	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 2320 mg	101 %
Potassium 1850 mg	39 %
Calcium 175 mg	13 %
Iron / Fer 3 mg	17 %

*5% or less is **a little** 15% or more is **a lot**
*5% ou moins c'est **peu** 15% ou plus c'est **beaucoup**

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1
Preheat oven to 450°F. Prep ingredients: cut the **cauliflower** into bite-sized pieces and cut the **carrots** and **celery** into sticks. Line a baking sheet with a silicone baking mat or lightly grease.

2
In a large bowl, combine the **dry mix** and 1 cup of **water** (2 cups for 4 servings) and whisk well. The batter will be thick.

3
Dip the **cauliflower bites** into the **batter**, coating each piece well and shaking off any excess. Place on the prepared baking sheet and bake for 20-24 minutes, flipping halfway through.

4
Meanwhile, heat a small pot over low heat, then combine the **butter** and **hot sauce** and whisk until combined and the **butter** has melted. Set aside.

5
Remove the **cauliflower** from the oven and coat the **cauliflower florets** in the **sauce**. Place back in the oven and cook for another 12-14 minutes until crispy and slightly browned.

6
Serve with **veggie sticks** on the side.