



# Buffalo Cauliflower

Cauliflower is aaaaall the rage nowadays, and there’s nothing like a new trend to get you excited to fire it up in the kitchen! Maybe you love cauliflower rice, or you’re often found chowing down on a cauliflower crust pizza. But we’re throwing it back with the recipe that started all the #cauliflowerlove: buffalo cauliflower. They’re so flavor-packed that won’t even miss wing night with these around.

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Tasty Team

## Ingredients

for 4 servings

- ¾ cup all-purpose flour (95 g)
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup milk or milk alternative (180 mL)
- 1 head cauliflower
- ¼ cup buffalo sauce or hot sauce (70 g)
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

## Nutrition Info

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- Calories **265**
- Fat **9g**
- Carbs **38g**
- Fiber **4g**
- Sugar **12g**
- Protein **7g**

Estimated values based on one serving size.

## Preparation

Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.

In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.

Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.

Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.

Enjoy!