

Air fryer buffalo cauliflower results in crispy and crunchy cauliflower bites every time. It's the perfect game day appetizer or snack!

INGREDIENTS:

- 1 large head cauliflower, chopped into small-to-medium sized florets (about 4 cups)
- ½ cup all purpose flour, gluten free 1:1 flour will work too
- ½ cup water
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon sea salt, plus more to taste
- ¼ teaspoon black pepper
- ½ cup buffalo-style wing sauce



INSTRUCTIONS:

1. Wash and chop cauliflower into 1-inch florets. Try to make all the florets about the same size so that they cook evenly. Pat dry.
2. In a large bowl, whisk together flour, water, garlic powder, paprika, salt and pepper. Add cauliflower florets and toss to coat.
3. Preheat air fryer if required. Add coated cauliflower to air fryer basket in a single layer and cook on 400°F until crisp, about 10 minutes, flipping halfway. You might need to cook in batches depending on how big your air fryer basket is.

4. Remove cauliflower florets from air fryer and add them back into the same large mixing bowl. Pour buffalo sauce over the cauliflower and toss to coat.
5. Add cauliflower back to air fryer in a single layer and cook for another 5-7 minutes, until crisp, checking at the 5-minute mark.
6. Serve cauliflower wings with dipping sauce of choice with a side of celery and/or carrot sticks.

PREP TIME:15 minutes

COOK TIME:15 minutes

TOTAL TIME:30 minutes

SERVINGS:4

Nutrition

Serving: 1/4 of recipe

| Calories: 122kcal | Carbohydrates: 24g | Protein: 6g |
Fat: 1g | Sodium: 1140mg | Potassium: 652mg | Fiber: 5g |
Sugar: 6g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.