

## **Cauliflower buffalo “wings”**

### Ingredients:

1. ½ head of cauliflower
2. franks red hot sauce
3. olive oil

### Instructions:

1. heat oven to 450 degrees
2. tear your cauliflower florets off and trim the stem. You can cut the cauliflower pieces in half if you like.
3. Place cauliflower onto a baking sheet and pour about 1 tablespoon of olive oil on top. Mix with hands.
4. Bake for 15 mins, then flip. Drizzle about 1 tablespoon of Franks Red Hot sauce onto the cauliflower. Bake for another 10-15 or until your desired crispiness.

### Nutrition Facts

- ½ head of cauliflower = approx. 80-105 cals
- olive oil = approx. 100 cals depending on brand
- franks red hot sauce = 0 cals
- TOTAL= approx. 205 cals

I love to dip my **cauliflower bites** into a **vegan dipping sauce**

## **Vegan dipping sauce**

### Ingredients:

1. Vegan mayo (I like simple truth or follow your heart brand)
2. Lemon (half a lemon or lemon juice to taste)
3. Dill
4. Pepper

### Instructions:

1. Place 1 tablespoon of vegan mayo into a dish.
2. Juice half a lemon and mix into the vegan mayo.
3. Add a teaspoon of dill, and about ¼ teaspoon of pepper. Mix.

### Nutrition Facts-

- Vegan mayo = approx. 90 cals p/tablespoon
- TOTAL= approx. 90 cals