

BBQ Cauliflower Bites

INGREDIENTS

1 1/2 cups unsweetened almond milk
1 cup all-purpose OR whole wheat flour
2 teaspoons garlic powder
1 1/2 teaspoons smoked paprika
1/4 teaspoon salt
1/4 teaspoon pepper
1 large head (about 6 cups) of cauliflower, cut into florets
1 1/2 cups BBQ Sauce

DIRECTIONS

Preheat the oven to 450°. Line a baking sheet with parchment paper and set aside.

In a medium-sized mixing bowl, whisk together the unsweetened almond milk, flour, garlic powder, smoked paprika, salt, and pepper.

Dip the cauliflower florets into the mixture, coating evenly. Tap off any excess batter and place the florets onto the baking sheet. Bake for about 20 minutes, flipping halfway through.

While the cauliflower bites cook, heat the BBQ sauce in a small saucepan, stirring occasionally, until heated through. When the cauliflower bites have cooked, pull them from the oven and using tongs, carefully dip each floret completely into the bbq sauce mixture and place it back onto the baking sheet. Continue this until all the florets have been dipped. Bake for 25-30 more minutes, again flipping about halfway through. When they're finished, serve immediately!

Leftovers don't reheat very well. These are best eaten fresh.

