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**VEGAN BUFFALO BITES**

This recipe was adapted from a recipe I found online from *The Real Food Dietitians* and have converted it to vegan ingredients. It’s absolutely delicious hot or cold. It’s a great appetizer for parties or as a salad over a bed of spinach. I have included a vegan Ranch dressing for dipping.

**Ingredients:**

* 1 large head of cauliflower, stems removed, cut in bite-sized chunks
* ½ a cup of hot sauce (Frank’s Red Hot Sauce is great)
* 2 ½ Tbs. coconut oil or olive oil
* 1 Tbs. tamari
* 1 tsp. apple cider vinegar
* ½ tsp. garlic powder
* ¼ tsp. cayenne pepper

**Method:**

1. Preheat oven to 425 degrees. Line baking sheet with parchment paper.
2. Cut up cauliflower and place in a large bowl.
3. Make the buffalo sauce in a small pot. Place the pot over low heat. Add the coconut oil or olive oil and heat until melted.
4. Add hot sauce, tamari, apple cider vinegar, garlic powder and cayenne pepper. Whisk to combine when warm and remove from the heat.
5. Add 2/3 of the sauce to the cauliflower bowl and toss cauliflower to coat.
6. Arrange the cauliflower on the baking sheet in one layer.
7. Bake for 20 minutes. Turn over the cauliflower after 10 minutes to ensure even cooking.
8. When done, transfer the cauliflower to a serving dish and drizzle with the 1/3 remaining sauce.
9. Serve with Cashew Ranch Dressing.