



# Buffalo Cauliflower Bites

## Ingredients:

- 1 head cauliflower, cut into florets/bite sized pieces
- 1 - 1 1/2 cups milk
- 1/2 cup flour
- 1 tbsp salt
- 1/2 tbsp black pepper
- 2 tsp paprika
- 1 tsp onion powder
  
- 1/2 stick butter, melted
- 1/4 – 1 cup (or more) hot sauce, depending on how spicy you like them
  
- 1 recipe Homemade Buttermilk Ranch Dressing

## Directions:

Preheat air fryer to 390 degrees (425 degrees if using oven).

Spray/brush fryer basket with oil.

Mix flour, milk and spices in a large bowl until combined, like pancake batter.

Toss cauliflower in batter. Using tongs, toss around until cauliflower is fully covered. Shake off excess batter and place in a single layer in air fryer basket or on a baking sheet lined with parchment (if using oven).

Cook for 10 minutes. If using oven, cook for 15 minutes, turn and cook for another 10-15 minutes.

Meanwhile, mix butter and hot sauce to desired heat level.

Immediately, put cauliflower in a large bowl and toss with sauce. Serve right away with Homemade Ranch Dressing.