

Spicy Buffalo Cauliflower Bites

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Servings: 6 • **Size:** about 1 cup cauliflower • **Old Points:** 2 pts • **Points+:** 3 pts
Calories: 119.4 • **Fat:** 2 g • **Protein:** 4 g • **Carb:** 21.4 g • **Fiber:** 3 g • **Sugar:** 0.2 g
Sodium: 1172 mg

Ingredients:

- 1 cup water
- 1 cup all purpose flour
- 2 tsp garlic powder
- 22 oz (6 1/2 cups) cauliflower florets
- 3/4 cup Franks Hot Sauce
- 1 tbsp melted unsalted butter

Directions:

Preheat the oven to 450°F. Lightly **spray** a large non-stick baking sheet with oil.

Combine the water, flour, and garlic powder in a bowl and stir until well combined.

Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.

While the cauliflower is baking, **combine** the hot sauce and butter in a small bowl.

Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 minutes. Serve with [skinny blue cheese dressing](#) if desired and celery sticks.