

Easy as Pie – Vegetarian Buffalo Wings

Ingredients:

For the Batter:

1 large head cauliflower, broken to florets
1 cup flour
1 cup unsweetened almond milk
½ tsp salt
½ tsp ground black pepper
1 tsp garlic powder
1 cup crushed almond

For the Buffalo Sauce:

¼ cup hot sauce
2 tbsp butter, melted
1 tbsp vinegar
2 tsp garlic powder
3 tbsp pure maple syrup
½ tsp salt

For the Ranch Dip:

1 cup mayonnaise
¼ cup unsweetened almond milk
1 tbsp fresh parsley, chopped
1 tsp lemon juice
½ tsp onion powder
¼ tsp sea salt
¼ tsp black pepper



Procedure:

1. Preheat oven to 450 F (323 C) and line a baking sheet with parchment paper. In a mixing bowl, combine the batter ingredients together.
2. Dredge the cauliflower florets in the batter mixture and coat with crushed almonds. Repeat until all florets are coated.
3. Place in the oven and bake for 20 -22 minutes. In a large bowl, combine all buffalo sauce ingredients.
4. Take out cauliflower wings from the oven. Coat cauliflower wings with buffalo sauce. Return cauliflower wings on baking sheet and bake for another 5 minutes.
5. Create the ranch dip by mixing all ranch dip ingredients. Refrigerate. Take the wings out of the oven. Serve with the ranch dip.