

## **Buffalo Cauliflower**

### **Ingredients**

- 1 medium head of cauliflower, cut into small pieces.
- 1 large egg white or 1/4 cup of water
- 1/3 cup of tapioca flour (can use regular flour, or arrowroot powder)
- 2 tsp granulated garlic
- 1/2 tsp of kosher salt

### **Sauce**

- 3 TBSP Butter
- 1/3 cup of Frank's Red Hot Sauce
- 2 TBSP fresh lemon juice
- 3 TBSP Apple juice or 2 TBSP of honey

1. Preheat the oven to 400 F degrees.
2. In a large bowl whisk the egg white or the water with the tapioca flour, garlic and salt.
3. Place the cauliflower onto baking sheet. Make sure to shake off excess batter.
4. Bake for 18 minutes. Turn the cauliflower florets over and back for another 18 to 20 minutes. You want the cauliflower to be brown and a bit crispy.
5. While the cauliflower is baking make the sauce. Heat the Hot sauce, butter, lemon juice and your choice of sweetener in a pan at low heat. Whisk together.
6. Once the cauliflower is browned toss with the sauce.
7. Serve and enjoy!