

# BUFFALO CAULIFLOWER BITES

**Recipe makes**

10 servings

**Prep time**

15 minutes

**Cook time**

30 minutes



## NUTRITION INFO PER SERVING

(1/10 recipe)

**Calories** 130

**Protein** 0.9 g

**Phenylalanine** 31 mg

## INGREDIENTS

1 cup (110 g) low protein  
all-purpose mix

1 cup water

1/2 tsp baking powder

1/2 tsp cayenne pepper,  
ground

1 tsp garlic powder

1 tsp salt

1 head cauliflower, cut  
into florets

1/4 cup cayenne pepper  
hot sauce

3 Tbsp butter, melted

## DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Mix low protein all-purpose mix, water, baking powder, cayenne pepper, garlic powder, and salt together in a large bowl; stirring until smooth.
- 3 Add cauliflower florets, turning gently with a fork until evenly coated.
- 4 Place cauliflower in a single layer in a large, shallow baking pan sprayed with no stick cooking spray.
- 5 Bake in preheated oven for 20 minutes or until golden brown.
- 6 Combine hot sauce and butter in small bowl. Spoon over cauliflower, turning the cauliflower pieces to coat evenly.
- 7 Bake for 10 minutes longer or until cauliflower is crispy, turning after 5 minutes of cooking.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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