# Baked Buffalo Cauliflower Bites

Source: Dustin Harder of VeganRoadie.com

## About the Recipe

**462 Calories · 3 g Protein · 3 g Fiber**
**Appetizers**

## Ingredients

***Makes 8 Servings***

- 1/4 cup flax meal
- 1/2 cup water
- 1 tablespoon apple cider vinegar
- 1/2 cup unsweetened plain oat milk
- 3/4 cup gluten-free rolled oats
- 1/2 cup gluten-free vegan panko breadcrumbs
- 1 head cauliflower cut into bite-size florets, roughly 4 cups
- 1 1/4 cups Buffalo-style hot sauce

## Directions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper.
2. Add the flax meal and water to a bowl and let sit for 5 minutes until thickened. In a separate bowl, add the vinegar to the milk and let sit for 5 minutes to coagulate.
3. While the flax mixture and milk mixture are thickening, add the oats and breadcrumbs to a blender or food processor and blend until a sandlike consistency is reached.
4. Add the cauliflower to a large bowl, pour the thickened flax and milk mixtures over the cauliflower, and toss to coat all of the pieces. Add the oat and breadcrumb mixture in phases, 1/3 at a time, and toss until all of the pieces are coated. Add 1/3 cup of the Buffalo sauce, toss to coat, add another 1/3 cup, and

toss again. Add another 1/3 cup of Buffalo sauce and toss to coat all of the pieces. Transfer to the prepared baking sheet and bake for 25 minutes.

5. Remove the cauliflower from the oven, drizzle with 1/4 cup sauce, and toss with a spatula to coat. Drizzle with remaining sauce over any white pieces of cauliflower that might be exposed still.
6. Bake for an additional 15 minutes until darker in color and crispy.

## Nutrition Facts

*Per serving:*
**Calories:** 462
**Fat:** 5 g
**Saturated Fat:** 1 g
**% Calories From Fat:** 43%
**Cholesterol:** 0 mg
**Protein:** 3 g
**Carbohydrate:** 13 g
**Sugar:** 3 g
**Fiber:** 3 g
**Sodium:** 513 mg
**Calcium:** 39 mg
**Iron:** 1 mg
**Vitamin C:** 25 mg
**Beta-Carotene:** 105 mcg
**Vitamin E:** 2 mg