



FANIMAL  
RECIPES

# BUFFALO CAULIFLOWER BITES

TOTAL TIME: 45 MINTUES

- 1 large head cauliflower (cut into bite size pieces)
- 1-2 tbsp extra virgin olive oil
- 1/3 - 1/2 cup Panko breadcrumbs
- 1/2 cup Tabasco Buffalo Style Hot Sauce

#### Vegan Ranch Dip

- 1/2 cup vegan sour cream
- 2 tbsp lemon juice
- 1/2 cup soy milk (\*see note)
- 1/2 tsp salt
- 1/2 tsp onion powder, garlic powder, dried parsley

- 1** Preheat oven to 450 degrees F. In a large bowl, drizzle the olive oil over the cauliflower and toss to coat well. Pour the breadcrumbs over and toss again to coat.
- 2** Pour cauliflower onto a parchment lined baking sheet and spread out into one layer. Roast for 20 minutes or until cauliflower starts to get tender. Take out of oven and pour back into the large bowl.
- 3** Pour hot sauce over cauliflower and toss to coat. Place back on baking sheet and roast for another 10-15 minutes or so until cauliflower starts to get crispy on the edges.
- 4** Meanwhile, make the Cheater Vegan Ranch Dip. Combine all ingredients in a high speed blender and blend until combined. Take cauliflower out of oven. Serve with Cheater Vegan Ranch Dip.

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