



Recipe Details

Recipe Name - Candy Apple Cauliflower Wings

Recipe Steps -

Ingredients

- 2 small/medium or 1 large honey crisp apple, peeled and cut into large pieces
- 1 lemon, juiced
- 1 Roma tomato (or small tomato of your choice)
- 1/4 cup sun-dried tomatoes
- 6 Medjool dates pitted and 2 dried figs or 8 Medjool dates if you do not have figs
- 1 clove garlic
- 2 Tbsp sesame seeds
- 1/4 cup pumpkin seeds
- 1/2 Tbsp apple cider vinegar
- 1 Tbsp tamari
- 2 Tbsp raw tahini
- 1/2 cup water
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper

Instructions 1

1. place all ingredients except cauliflower in a high-speed blender, and blend until smooth and creamy (will be on the thicker side so tamp down)
2. Cut cauliflower into desired bite-size pieces, and place in a large bowl
3. Pour sauce over the cauliflower, coat well
4. Place cauliflower pieces onto lined dehydrator trays
5. Place all trays in the dehydrator and dehydrate at 118 degrees for 8 to 10 hours (see note below if you do not have or do not want to use a dehydrator)
6. Enjoy with your favorite dipping sauce or in lettuce wraps as tacos with your favorite toppings

Note: You can cook the wings in a 350-degree oven on a parchment-lined cookie sheet. Bake for 20 minutes, flip, and bake for 5 to 10 minutes longer (this is not a raw option, but will work well). You can also place the wings in your oven on the lowest setting and let them bake for several hours. If you have a proof setting on your oven, this will work just like a dehydrator (proof is usually 110 degrees), place the wings in the oven on proof for 10-12 hours (this is an excellent raw option, as long as the temperature stays below 118 degrees all the nutrition and enzymes will remain intact). Any way you cook the wings, we hope you enjoy them!

