



Recipe Details

Recipe Name - Crunchy Cauliflower Wings

Recipe Steps -

Ingredients

- 1 Large Size Cauliflower or 2 small (cut into medium bite size floret pieces)

Wet mixture for Cauliflower “wings”:

- 1 cup garbanzo bean flour (or flour of choice)
- 1 cup plant milk (we use unsweetened oat. Planet Oat is GF).
- 1 Tbsp Sriracha Sauce
- 2 tsp Garlic Powder
- 2 tsp Onion Powder

Coating:

Fat-free Panko (we buy ours at Trader Joe’s because it is fat-free and lower in sodium than most brands. You can also find other brands at your local grocery; please read the labels well. 4Cs made the one we bought for our Walmart Haul).

Dipping Sauce of your choice, such as:

BBQ sauce of your choice

Ketchup

Hot sauce

Sweet chili sauce

Etc.

Instructions

1. Cut cauliflower into florets (bite size); make sure you rinse it well
2. Mix all wet mixture for cauliflower together in a large bowl. Dump cut and cleaned florets into a wet mixture and coat well
3. Add panko to a separate bowl. Add small portions of the coated cauliflower to the panko and toss
4. Place panko-coated pieces on a parchment-lined cookie sheet. Repeat until all cauliflower is on the sheet (you may need two sheets so as not to crowd)
5. Bake at 400 degrees convection or 425 non-convection for 18 minutes. Toss cauliflower, place back in the oven for 7 to 8 minutes more
6. So crunchy and delicious, Enjoy!

