



BUFFALO CAULIFLOWER

Ingredients:

- 1 HEAD CAULIFLOWER
- 70G GROUND ALMONDS
- 1 TSP GARLIC POWDER
- 2 TSP SMOKED PAPRIKA
- 1/2 TSP SALT
- 1/2 TSP PEPPER
- 180ML ALMOND MILK
- 60ML HOT SAUCE
- 1 TBSP OLIVE OIL

Method

1. PREHEAT OVEN TO 230°C/450°F THEN, LIGHTLY GREASE A LARGE BAKING DISH.
2. CUT YOUR CAULIFLOWER INTO BITESIZE FLORETS.
3. IN A LARGE MIXING BOWL, ADD GROUND ALMONDS, GARLIC POWDER, PAPRIKA, SALT, PEPPER AND ALMOND MILK. MIX WELL UNTIL COMBINED.
4. ADD CAULIFLOWER FLORETS INTO THE BOWL OF BATTER. TOSS UNTIL EACH PIECE OF CAULIFLOWER IS COATED GENEROUSLY AND EVENLY.
5. TRANSFER COATED CAULIFLOWER TO GREASED BAKING DISH. DRIP A LITTLE OIL OVER THE BATTERED FLORETS AND BAKE FOR 20 MINUTES, FLIPPING HALFWAY.
6. WHILE CAULIFLOWER IS BAKING, COMBINE HOT SAUCE AND OLIVE OIL IN A SMALL BOWL. WHEN THE 20 MINUTES ARE UP, BRUSH HOT SAUCE MIXTURE ON THE CAULIFLOWER, THEN BAKE FOR ANOTHER 15-20 MINUTES.
7. REMOVE FROM OVEN AND SERVE WITH YOUR FAVOURITE DIPPING SAUCE.

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Nutritional Information

CAULIFLOWER - CAULIFLOWER IS A CRUCIFEROUS VEGETABLE THAT IS NATURALLY HIGH IN FIBER AND B-VITAMINS. IT PROVIDES ANTIOXIDANTS AND PHYTONUTRIENTS THAT CAN PROTECT AGAINST CANCER. IT ALSO CONTAINS FIBRE TO ENHANCE WEIGHT LOSS AND DIGESTION, CHOLINE THAT IS ESSENTIAL FOR LEARNING AND MEMORY.

ALMONDS - ALMONDS CONTAIN LOTS OF HEALTHY FATS, FIBER, PROTEIN, MAGNESIUM AND VITAMIN E. THE HEALTH BENEFITS OF ALMONDS INCLUDE LOWER BLOOD SUGAR LEVELS, REDUCED BLOOD PRESSURE AND LOWER CHOLESTEROL LEVELS. THEY CAN ALSO REDUCE HUNGER AND PROMOTE WEIGHT LOSS.

PAPRIKA -PAPRIKA CONTAINS CAPSAICIN, A COMPOUND FOUND IN PEPPERS THAT HAS BEEN SHOWN TO HAVE A WIDE RANGE OF HEALTH BENEFITS. FOR EXAMPLE, IT HAS ANTIOXIDANT PROPERTIES, CAN HELP REDUCE THE RISK OF CANCER AND HEART DISEASE, IMPROVE IMMUNITY, AND EVEN ALLEVIATE GAS.

ALMOND MILK - A FANTASTIC ALTERNATIVE TO DAIRY MAKING IT A SUSTAINABLE SOURCE, IT IS LOW IN CALORIES AND LOW IN SUGAR. IT CONTAINS HIGH AMOUNTS OF VITAMIN E AND IS A GOOD SOURCE OF CALCIUM, WHICH HELPS TO MAINTAIN STRONG BONES AND TEETH.

OLIVE OIL - OLIVE OIL IS RICH IN HEALTHY MONOUNSATURATED FATS, CONTAINS LARGE AMOUNTS OF ANTIOXIDANTS, HAS STRONG ANTI-INFLAMMATORY PROPERTIES, CAN HELP TO PREVENT STROKES, IS PROTECTIVE AGAINST HEART DISEASE AND IS NOT ASSOCIATED WITH WEIGHT GAIN AND OBESITY.