

Roasted Buffalo Cauliflower

Portion Size: ½ cup

Yield: 6

Ingredients:

Cauliflower, chopped ½" pieces	1 ½ pounds
Canola Oil	5 tsp
Salt	¼ tsp
Black Pepper	½ tsp
Frank's Buffalo Wing Sauce	5 tsp

Preparation:

1. Toss cauliflower with oil, salt, and pepper.
2. Roast in a 350F degree oven for about 15 minutes or until tender.
3. Toss with buffalo sauce.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
60	2	6	2.5	2	4	0	180

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