



Rochelle's Stop and Smell the Cauliflower

If you love barbecue chicken wings, you will love this recipe! Super easy to make at home and a great substitute to use instead of chicken. I make it as an appetizer or a side dish for dinner. Enjoy!



INGREDIENTS

1 head of cauliflower
(4 cups of florets)

For Batter

1 cup milk
¾ cup all-purpose flour
¼ tsp salt
¼ tsp ground pepper
Optional: add 1 tsp paprika if
you want spicy

For Flavor

Your choice of BBQ sauce
2-3 Tablespoons honey
1 Tablespoon butter or
coconut oil

DIRECTIONS

Preheat the oven to 400°F. Put parchment paper or tin foil on baking sheet. Wash and cut up the cauliflower. While those dry, mix all the ingredients for the batter in a large bowl and whisk until most of the lumps are gone (usually a minute or two). Dip the cauliflower one-by-one into the batter and place on baking sheet. You can dip all the cauliflower into the batter at once, but make sure to pull out each one-by-one onto the sheet. Bake for 20 minutes or until they start to look golden brown.

While the cauliflower is in the oven, mix BBQ sauce, honey, and butter in a small saucepan over low heat. Optional: you could add a hot sauce to this if you like your wings spicy.

Remove the cauliflower from the oven, dip into the mixture you just made, and place back on the baking sheet (I use tongs for this step). Bake in the oven another 10 minutes.

Serve with your favorite dipping option. Enjoy!