



Game Day Crowd Pleasers

BUFFALO CAULIFLOWER POPPERS

Add these flavorful poppers to your Super Bowl spread—or enjoy them any day of the week.

INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1/2 cup brown rice flour
- 1/2 cup hot sauce
- 1/2 cup water
- 3 cups cauliflower florets, cut into 1.5 inch pieces

TO MAKE

1. Preheat the oven to 450°F.
2. Line a baking sheet with parchment paper and brush the paper with the oil.
3. In a medium bowl, stir together the flour, 1/4 cup of the hot sauce and the water.
4. Dip the cauliflower pieces into the batter and place them on the prepared baking sheet as you go.
5. Bake for 15 minutes.
6. Remove poppers from oven, flip and brush with the remaining 1/4 cup of hot sauce, then bake for 10 minutes more.

Quick Tip: Serve these buffalo poppers with a quick blue cheese dip and veggies. Stir together 1/2 cup plain 2% Greek yogurt and 3 tablespoons crumbled blue cheese. Serve with carrot and celery sticks.

Source: [®]Dawn Jackson Blatner, RD, CSSD, LDN

