

BUFFALO CAULIFLOWER SANDWICH

*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

THESE ARE SO DELICIOUS! GET CREATIVE AND DRESS THEM UP WITH ALL YOUR FAVORITE TOPPINGS!



GENERAL INGREDIENTS

- 1-2 HEADS CAULIFLOWER
- 1 CUP PANKO
- 1 CUP BUFFALO HOT SAUCE
- BURGER BUNS OF CHOICE
- TOPPINGS OF CHOICE; LETTUCE, TOMATO, RED ONION, AVOCADO, SPROUTS, ETC.

BATTER INGREDIENTS:

- 2 CUPS FLOUR
- 1 ½ TBS CREOLE SEASONING
- 1-2 TBS POWDERED SUGAR OPTIONAL
- ¾ - 1 CUP MILK
- 1 CUP WATER

1. COMBINE BATTER INGREDIENTS & SET ASIDE.
2. PLACE PANKO CRUMBS IN A SHALLOW BOWL.
3. PREP CAULIFLOWER
 - REMOVE GREEN LEAVES, LEAVE STEM INTACT (OR THE ENTIRE HEAD WILL FALL APART).
 - CUT CAULIFLOWER INTO 1 INCH STEAKS.
4. DIP ALL CAULIFLOWER PIECES IN BATTER, COAT WITH PANKO, THEN SET ON PARCHMENT LINED BAKING SHEET.
5. BAKE IN 400-DEGREE OVEN FOR 20 MINUTES ON EACH SIDE
6. REMOVE FROM OVEN & DIP BAKED CAULIFLOWER IN BUFFALO SAUCE.
7. DRESS IT UP HOWEVER YOU DESIRE. LAYER WITH LETTUCE, SLICED TOMATO, RED ONION, & AVOCADO, ON A TOASTED BUN

