



Crispy BBQ Cauliflower

Servings: 4

Recipe courtesy of
Prescribe Nutrition

What you'll need



measuring
spoons



measuring
cups



bowl



sheet pan

Ingredients

1 head cauliflower, cut into florets

1 cup almond flour, (or a gluten-free flour)

1 ½ cup water

1 Tbsp garlic powder

2 tsp salt

2 tsp black pepper

2 cups bread crumbs (a gluten free panko)

2 cups BBQ sauce (we used a refined-sugar free variety, like Primal Kitchen)

2 Tbsp scallions, chopped

¼ cup honey

1 tsp black pepper

Directions

1. Preheat the oven to 450°.
2. Whisk the flour (1 cup), water (1½ cup), garlic powder (1 Tbsp), salt (2 tsp), and pepper (2 tsp) until it resembles pancake batter. You'll want it a little on the thin side, so add more water as needed.
3. Set up your dunking station: batter - bread crumbs (2 cups) - parchment-lined baking sheet. Working one floret at a time, dunk each piece into the batter and shake off any excess. Then, roll in the bread crumbs, and place on the baking sheet. Repeat this process until all the cauliflower is coated.
4. Bake for 15 minutes, then flip and bake for 10 minutes more. Coat the cauliflower in the BBQ sauce and bake for another 15 minutes.
5. Meanwhile, stir the pepper (1 tsp) into the honey (¼ cup).
6. Once the cauliflower is done, add more BBQ sauce if you like, drizzle in peppered honey, and top with scallions.



Nutrition Facts

Servings 4

Amount Per Serving

Calories **608**

% Daily Value

Total Fat 18.4g **24%**

Saturated Fat 1.7g **8%**

Cholesterol 0mg **0%**

Sodium 2981mg **130%**

Total Carbohydrate 95.1g **35%**

Dietary Fiber 8.4g **30%**

Sugars 39.1g

Protein 9g

Vitamin D 0mcg **0%**

Calcium 220mg **17%**

Iron 5mg **26%**

Potassium 612mg **13%**



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