

Buffalo Cauliflower “Wings” with Avocado Cream

Serving Size 1/4 (3 mini tacos)

Servings ~18 mini tacos



Nutrition Information

Calories	487
Protein	15 g
Fiber	11 g
Carbs	3 g
Potassium	1291 mg

Health Benefit

[High Fiber](#)

Independence Live Recipe

Ingredients

Cauliflower Main Ingredients:

1 head cauliflower, trimmed and cut into small florets

1.5 cups whole grain flour

2 cups coconut milk

1 tsp. garlic powder

Half of purple cabbage, chopped

1 bag corn tortillas

Avocado Cream

2 avocado, ripe, peeled, and coarsely chopped

8 oz. plain yogurt

1 tsp. lemon juice

Buffalo Sauce

1 bottle (Frank's red) hot sauce

1/4 stick unsalted butter, melted, cooled to room temperature

1 Tbsp. Worcestershire sauce

Directions

1. Preheat oven to 450 degrees

2. Wash, chop cauliflower, small pieces
3. Mix flour, spices and milk in medium bowl (mixture will be thick)
4. Dip cauliflower, cover with mixture and lay on parchment paper on baking sheet
5. Bake on middle rack for 18 minutes
6. Chop cabbage, set aside
7. For avocado cream, mix avocados, yogurt and fresh lemon, set aside
8. For buffalo sauce, whisk hot sauce, melted butter and Worcestershire, set aside
9. Pull out cauliflower (should be browned), dip in buffalo sauce, place back on baking sheet on top rack for 8 more minutes
10. Place in tortilla, top with cabbage and avocado cream

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