



Air Fryer Buffalo Cauli Bites

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

181.8 calories, 9.17 g carbohydrate, 4.18 g fiber, 4.99 g NET carbs, 4.78 g protein, 15.02 g fat

Ingredients

- 1/2 cup(s) almond flour
- 3 Tbsp(s) butter, melted
- 4 cup(s) cauliflower florets
- 4 Tbsp(s) hot sauce
- 1/4 tsp(s) sea salt
- 2 tsp(s) garlic powder
- 1 tsp parsley

Preparation

1. Place cauliflower florets in a large mixing bowl and set aside.
2. Melt butter and stir in hot sauce.
3. Pour the hot sauce mixture over the cauliflower and stir to coat.
4. In a small bowl whisk together almond flour, sea salt, garlic powder, and parsley.
5. Sprinkle the almond flour mixture over the cauliflower; toss to coat.
6. Transfer half of the prepared cauliflower to the air fryer. Do not crowd
7. Air fry at 350 degrees F for 15 minutes, shaking a couple times during the cooking process
8. The florets will be done when golden brown and slightly crispy.
9. Serve with celery sticks and bleu cheese dressing.

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