Buffalo Cauliflower

Dean Stansel

Ingredients:

- 1 head of cauliflower
- ¼ cup hot sauce
- 1 tsp. garlic salt
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 2 tsp. maple syrup

Directions:

1. Preheat oven to 450 degrees F. Line baking sheet with parchment paper.
2. Mix hot sauce, garlic salt and olive oil.
3. Toss cauliflower with mixture to cover.
4. Pour cauliflower mixture unto baking sheet lined with parchment paper.
5. Bake 25 minutes or until cauliflower is browned on the edges.

Note: You can also buy buffalo sauce if you do not want to make.