

# BUFFALO CAULIFLOWER BITES

## INGREDIENTS

- 1 head of [cauliflower](#)
- 1/2 cup [buffalo sauce](#) (I used Frank's Red Hot)
- 1 Tbsp [melted butter](#)
- 1 1/2 cups [panko bread crumbs](#)
- [coarse salt](#)
- Sides: [Ranch Dressing](#), [Carrot Sticks](#), [Celery Sticks](#)

## INSTRUCTIONS

Cut the cauliflower into large florets and place them in a large mixing bowl.

In a separate bowl, mix the hot sauce and melted butter.

Pour the hot sauce mixture over the cauliflower florets and mix well.

Let the mixture marinate for about 15 minutes, stirring a couple of times.

Place the panko bread crumbs in a ziplock bag and add cauliflower. Shake to coat well.

Place the cauliflower onto the airfryer baking tray, making sure not to lay them on top of each other. I like to cook this recipe in 2 batches so as not to overcrowd the cauliflower.

Set your air fryer to 400 degrees and cook for 12-15 minutes.

Serve with ranch/blue cheese dressing and carrots/celery sticks.

