# Baked Spicy Cauliflower Bites

Spicy cauliflower bites add a kick to another side dish or alongside a green salad.

## Categories

Gluten-free
Yields: 2 servings
Preparation time: 12 mins
Cooking time: 40 mins
Category: Side dishes and appetizers
Complexity: Moderate
Vegan experience: Absolute beginner
Preparation style: Cooked



## Ingredients

| | |
|---|---|
| Cauliflower, raw | 1 large - head - 6" to 7" diameter |
| Almond flour | 1 cup |
| Avocado oil | 0.3 cup |
| Hot pepper sauce | 0.25 cup |
| Onion powder | 0.5 tablespoon |
| Garlic, powder | 1 teaspoon |
| Salt, Himalayan (pink) | 1 dash |
| Black pepper, ground | 1 dash |

## Instructions

1. Wash and chop up one large head of cauliflower into bite-sized portions. Pat dry with paper towel to remove excess water.
2. Preheat oven to 375 degrees Fahrenheit.
3. Put cauliflower in a mixing bowl and toss with the almond flour.
4. Add the spices and salt . You may add more pink Himalayan sea salt after baking, to your taste.
5. Put cauliflower bites spread out on a flat sheet pan. Drizzle the avocado oil and hot sauce on top.

6. Bake at 375 degrees for 40 minutes. When finished and looking crispy, take out of the oven and add more salt or pepper to your liking. Serve in bowl.