

BUFFALO CAULIFLOWER WINGS

1 Head **Cauliflower** cut into wing size pieces
½ Cup **gluten free flour**
1 tsp **garlic powder**
1 tsp **onion powder**
1 ½ tsp **paprika**
½ tsp **Cumin**
½ tsp **sea salt**
¼ tsp **black pepper**
¼ tsp **Cayenne Pepper** (OPTIONAL) If you like heat
¾ Cup **un sweetened Non dairy milk** of choice

BUFFALO WING SAUCE INGREDIENTS:

½ Cup **water**
¼ Cup **white vinegar**
1 tsp. **paprika**
1 tsp. **garlic**
¼ tsp. **sea salt**
3 Tblsp **tomato paste**

AIR FRYER INSTRUCTIONS:

Place your cut up cauliflower in a large bowl. Then in a separate bowl, combine your flour and all the seasonings and mix to combine. Then add the milk and mix well to make your batter. Now pour the batter into your bowl with the cauliflower and mix well to evenly coat each piece.

Place your coated cauliflower into your crisp basket in the air fryer. Then set it to 390 degrees F and air fry for 20 minutes, shaking your basket every 5 minutes or so.

Meanwhile, prepare your buffalo wing sauce by adding all its ingredients to a small sauce pan. Whisk to combine and simmer over medium heat 3-5 minutes, allowing the flavors to combine

Then use a silicone brush to evenly coat your florets in the buffalo sauce. Continue air frying for another 10-15 minutes, shaking or flipping your florets at the halfway point. Cook time will vary according to the air fryer model you're using and floret size.

Serve with vegan Ranch (below)



RANCH DIPPING SAUCE

1 Cup raw unsalted Cashews
½ Cup + water as needed for thinness
1 Tbsp Lime juice
1 tsp dried parsley
1 tsp dried dill weed
½ tsp garlic powder
½ teaspoon sea salt
¼ tsp black pepper

Add all the ingredients to a high-speed blender and process until smooth.

Transfer to a bowl. Lasts a week or so in the refrigerator. Great salad dressing too!

RAW BROWNIES WITH CHOCOLATE ICING

BROWNIE:

1 cup **walnuts**

1 cup pitted medjool **dates**

1/2 cup **Coco Powder**

ICING:

1 pitted **avocado**

3 Tblsp. **honey or agave**

2 Tblsp. **Coco powder**

2 tsp. **vanilla**

dash **sea salt**



FOR BROWNIES: Combine walnuts dates and 1/2 cup coco powder in food processor and process until the mixture resembles potting soil. Pat into 8x8 inch pan. Double recipe and put in 9x13 pan.

FOR ICING:

Mix in food processor the avocado, honey or agave, second lot of cacao, vanilla and salt. Spread over bottom layer. Refrigerate. Lasts for weeks in the refrigerator.