

BBQ Cauliflower Bites

Serves 8*

Ingredients:

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| 1 head of cauliflower (4 cups of florets) | 1 tablespoon onion powder |
| ½ cup favorite lower protein milk (rice milk used in recipe) | 1 teaspoon chili powder |
| ½ - ¾ cup water | ¼ teaspoon of each salt and pepper |
| 1 cup gluten free all-purpose flour | 1 cup favorite barbeque sauce |
| 1 tablespoon garlic powder | |

Instructions:

Heat oven to 425 degrees Fahrenheit. Prepare a rimmed baking sheet with parchment paper or foil.

Wash and cut cauliflower into bite size florets.

Mix together lower protein milk, water, flour and spices in a bowl. Mix until batter is thick and can coat the cauliflower without dripping.

Dredge cauliflower in the batter, shaking off any excess. Place in a single layer on the baking sheet.

Bake for 20-25 minutes until golden, flipping halfway through. When cauliflower is done baking, toss with barbeque to coat evenly.

Kcal: 177

Protein: 3 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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