

Buffalo Cauliflower

1 head cauliflower, broken into thumb-sized florets

$\frac{3}{4}$ cup flour

1 cup water

Powdered garlic to taste

Cracked pepper to taste

$\frac{1}{2}$ cup Frank's Hot Sauce

2 Tbsp melted butter

1 tsp honey

Mix the flour, garlic, and pepper and add the water. Coat the florets with the paste. Spray Pam on a baking sheet and lay out the florets in one layer. Bake at 450 for 20 minutes.

Mix the hot sauce, butter, and honey. Paint the baked florets with the mix and bake again at 450 for another 10 min.

Ready to serve. Add 5 min baking if not soft enough.