

Buffalo Cauliflower Bites



INGREDIENTS

- 1 cup Almond Flour
- 1 tsp Garlic powder (optional)
- 1/2 tsp Sea salt
- 1 large Egg
- 1 head Cauliflower (cut into florets)
- 1/2 cup Hot sauce
- 1/4 cup Butter (use Ghee or olive oil for dairy-free)

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
2. Combine the almond flour, garlic powder and sea salt in a large plastic bag or large bowl. Set aside..
3. Place the almond mixture into a bag that will be large enough to hold the cauliflower, or a large bowl with a lid. Set aside.
4. Whisk the egg in a large bowl. Add the cauliflower and stir to coat. Make sure all florets are coated. To make it easier, you can use a bowl with a lid and shake it.
5. Immediately add the cauliflower to the bag or bowl that has the almond mixture. Seal or fold over the bag (or cover the bowl), and shake to coat the cauliflower. (This is similar to the process of "shake and bake" chicken.)
6. Arrange the cauliflower in a single layer on the baking sheet. Roast in the oven for 25-30 minutes, until browned and tender.
7. Meanwhile, toward the end of the oven time, heat together the butter (or ghee) and buffalo sauce. You can do this in the microwave or on the stove over medium-low heat. Whisk to combine.
8. When the cauliflower is done, transfer it to a serving bowl. Evenly pour the buttery sauce mixture over it, and gently toss to coat. (Don't be too rough, so that the breading stays on.) Serve with blue cheese (if not dairy-free) and garnish with green onions.

Sweet Potato Guac Bites



This recipe is the perfect way to enjoy a serving of veggies, but your taste buds won't know the difference!

PREP TIME 15 mins COOK TIME 15 mins

INGREDIENTS

- 1 sweet potato (sliced into thin rounds)
- 1 Tbsp. avocado oil (you can use the spray or brush it on)
- 3 avocados
- 1 clove/tsp. garlic (minced)
- 1/3 cup red onion (diced finely)
- 1 tsp. salt (divided in half)
- 1/4 tsp. cumin
- 2 Tbsp. lime juice (or juice of 1/2 lime)
- 1/4 cup cilantro (chopped)

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. On a baking sheet lined with parchment paper, lay out the sweet potato rounds.
3. Spray or brush them with the oil (both sides) and then sprinkle on half the salt.
4. Bake for 15-20 minutes or until golden brown and slightly crispy. (You could also make the sweet potato rounds in an air fryer if you have one.)
5. While they are baking, prepare the guacamole by mashing the avocados in a small bowl.
6. Mix in the garlic, onion, salt, cumin, lime and cilantro.
7. Once the rounds come out of the oven, top with a spoonful of guacamole and serve!