



Air Fryer Oat Flour Crusted Buffalo Cauliflower



SERVINGS

6-8



COOKING TIME

20 min

Enjoy a flavorful twist on cauliflower with this air fryer recipe, featuring a crispy oat flour crust infused with zesty buffalo flavor for a delicious and guilt-free snack or appetizer.

Ingredients

- 1 head cauliflower
- 1 tbsp oil, vegetable or canola
- 1 tsp baking powder
- 1 cup [Quaker® Oat Flour](#)
- 1 tsp garlic powder
- 1 tsp paprika
- To taste salt & pepper
- 1 cup milk or dairy alternative
- As desired Buffalo hot sauce

Cooking Instructions

1. Preheat air fryer to 400°F.
2. Cut the cauliflower into bite sized florets, toss with oil, salt, pepper, and baking powder.
3. Make a batter using oat flour, garlic powder, paprika, salt, pepper, and oat milk.
4. Add the cauliflower into the batter, mix to coat well.
5. Lightly grease your air fryer basket or rack. Arrange cauliflower in a single layer (working in batches if they don't all fit in a single layer). Air fry for 15 minutes or until fork tender and slightly browned.
6. Remove the cauliflower and add back to a large bowl. Toss in your hot sauce then return to the air fryer for a further 5 minutes to crisp up.
7. Serve hot with ranch or blue cheese dressing on side.