

Crispy Cauliflower Wings

Ingredients

For the cauliflower:

- 1 medium head of cauliflower, cut into florets
- 1 cup all-purpose flour
- 1 cup unsweetened plant-based milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup breadcrumbs or panko

For the sauce:

- ½ cup buffalo sauce, BBQ sauce, sweet chili sauce or any sauce you can tolerate
- 1 tablespoon melted vegan butter or olive oil

Optional for serving:

- Vegan ranch or dip
- Celery and carrot sticks
- Green onions or sesame seeds for garnish



Instructions

1. Preheat the oven to 425°F (220°C) and line a baking tray with parchment paper.
2. In a large bowl, whisk together the flour, plant-based milk, garlic powder, onion powder, paprika, salt, and pepper until smooth.
3. Place the breadcrumbs in a separate bowl.
4. Dip each cauliflower floret into the batter, allowing excess batter to drip off, then coat in breadcrumbs.
5. Arrange the florets on the baking tray in a single layer.
6. Bake for 20–25 minutes, flipping halfway through, until golden and crispy.
7. In a separate bowl, mix the sauce with the melted vegan butter or olive oil.
8. Toss the baked cauliflower wings in the sauce until evenly coated.
9. Return to the oven for another 5–10 minutes for extra crispiness.
10. Serve warm with your favourite dip and fresh vegetables.

Tips

- For extra crispy wings, use panko breadcrumbs.
- Air fry at 400°F for about 15–18 minutes instead of baking.
- Try different sauces to customize the flavour.
- These are best enjoyed fresh out of the oven.

This recipe is a great example of how plant-based meals can be both comforting and easy to prepare while supporting healthier indoor environments through simple, home-cooked ingredients.