

# Judi's Recipe Club



## Spicy Buffalo Cauliflower Popcorn

I used this recipe for the maiden voyage of my new Tribest Sedona Dehydrator.

The flavor of this spicy buffalo sauce has a sweet component from the dates and a nice spicy kick from the cayenne pepper.

### Cooking Instructions

1. Chop your cauliflower into tiny pieces, cutting the florets as small as possible to get the crunchiest and most flavorful popcorn!
2. Place all ingredients for spicy buffalo sauce in a high speed blender (I use a vitamix) and blend until mixture reaches a thick uniform consistency.
3. Pour or spoon your spicy buffalo sauce into a large mixing bowl and set aside.
4. Toss the florets into your spicy buffalo mixture and stir until every piece is well covered with the sauce.
5. Place your spicy buffalo cauliflower florets onto your dehydrator trays.
6. Optional: Sprinkle a little sea salt or favorite herbs over top of your cauliflower.
7. Dehydrate at 115 F for 12 - 24 hours, until desired crunchiness. The longer you dehydrate the crunchier your cauliflower will get.

### Notes

Soak sun-dried tomatoes in warm water at least one hour ahead of time.

If you are not using soft, fresh dates then soak your dates in warm water at least one hour ahead of time.

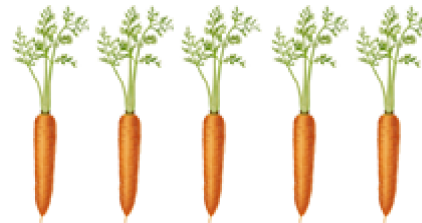
Store in an air-tight container in the refrigerator for a few days.

If you don't own a dehydrator, bake on the lowest temperature (mine goes down to 170F).

### Ingredients

- 2 heads of cauliflower
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- Spicy Buffalo Sauce
  - $\frac{3}{4}$  -1 cup dates
  - $\frac{1}{2}$  cup filtered water
  - $\frac{1}{4}$  cup sun-dried tomatoes
  - 2 - 3 Tbsp. nutritional yeast
  - 2 Tbsp. raw tahini
  - 1 Tbsp. apple cider vinegar
  - 1-2 tsp. cayenne pepper
  - 2 tsp. garlic powder
  - 2 tsp. onion powder
  - $\frac{1}{2}$  tsp. turmeric

### Our Rating ...



Serving size is 1/2 cup

- 1 yellow container
- 2 teaspoons