



Cheesy Cauliflower Buffalo Dip

Ingredients:

- 2 cups of cauliflower florets
- 2-4 garlic cloves
- 2 tbsp hot sauce
- 1 tbsp apple cider vinegar
- 1 tsp paprika
- 1/2 tsp pepper
- 1/4 tsp salt
- 2 tsp oil
- 1 packet Diet Right Cheese Sauce
- 1/2 cup water
- Red pepper flakes for garnish

Directions:

1. Preheat oven to 350° F.
2. Roast cauliflower florets and garlic cloves 40 minutes
3. Remove cauliflower and garlic from oven, place in blender and add hot sauce, apple cider vinegar, paprika, pepper, sea salt, oil, cheese sauce and water.
4. Blend until smooth.
5. If a creamer dip is desired add water by the tbsp blending each time.
6. Garnish with red pepper flakes

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, daily healthy fat, daily salt.

716-320-1515
DietMentor.com
info@dietmentor.com