Buffalo Cauliflower

Ingredients:

- 1 head cauliflower
- 3 tbsp Frank's hot sauce
- 3 tbsp nutritional yeast
- 2 tbsp avocado oil
- 1 tbsp arrowroot starch (sub corn starch)
- 1.5 tsp maple syrup
- 1/4 tsp salt

Directions:

1. Chop cauliflower into bite-sized pieces
2. Mix remaining ingredients in a bowl
3. Stir cauliflower into the sauce and toss to combine
4. Cook cauliflower in the air fryer at 360°F for 14 minutes, shaking halfway

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