

# RECIPE OF THE WEEK

## Cheesy Cauliflower Buffalo Dip

### Ingredients

- 1 1/2 cups of cauliflower florets
- 2 – 4 garlic clove
- 2 tbsp. hot sauce
- 1 tbsp. apple cider vinegar
- 1 tsp. paprika
- 1/2 tsp. pepper
- 1/4 tsp. salt
- 2 tsp. oil – optional
- 1 packet Ideal Protein Cheddar Cheese Sauce Mix
- 1/2 cup water
- Red pepper flakes for garnish



### Preparation

1. Preheat oven to 350°F.
2. Roast cauliflower florets and garlic cloves for 40 minutes.
3. Remove cauliflower and garlic from the oven.
4. Place cauliflower in a blender and add hot sauce, apple cider vinegar, paprika, pepper, sea salt, oil, cheese sauce packet, and water.
5. Blend until smooth.
6. If a creamier dip is desired, add water by the tablespoon blending each time.
7. Add more hot sauce if extra heat is desired.
8. Garnish with red pepper flakes and serve.

