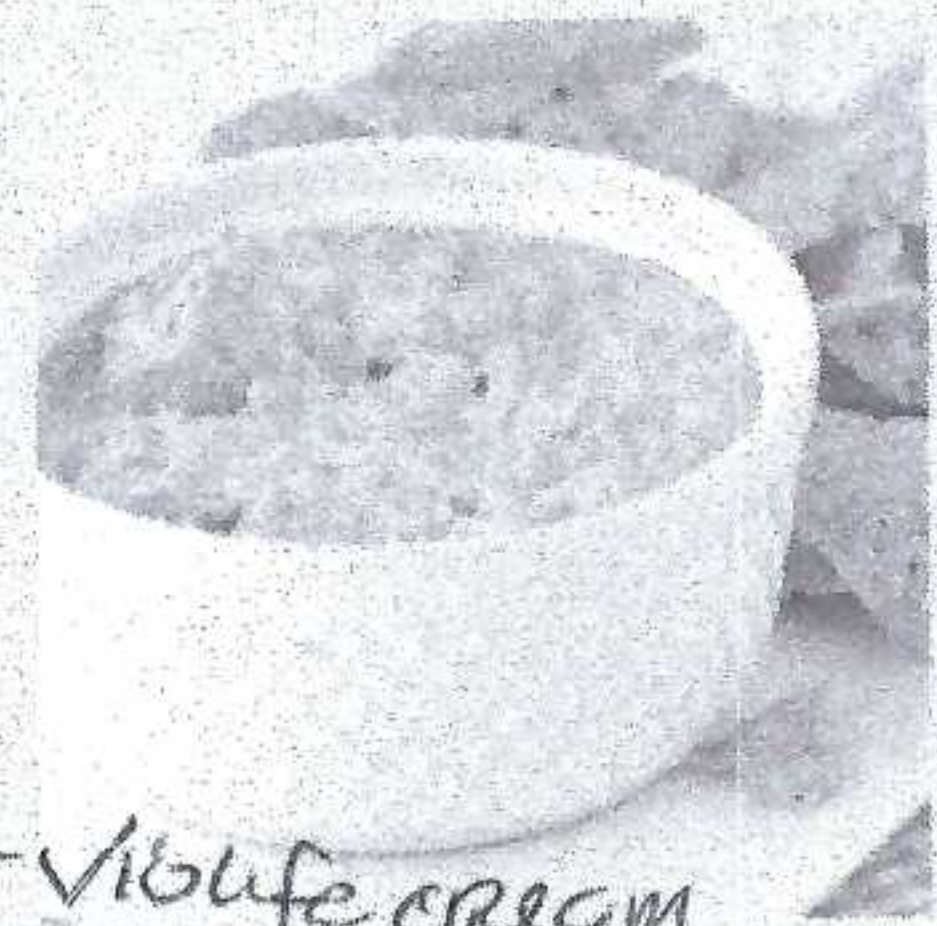


BUFFALO CAULIFLOWER DIP *Steve & Katey H.*

★★★★★ 5 from 3 reviews

ingredients

- 1/2 head cauliflower
- 3/4 cup cayenne pepper sauce (like Frank's Red Hot)
- 2 (8 ounce each) low fat or fat free cream cheese, softened - *used 8oz VioLife cream*
- 6 ounces plain Greek yogurt - *used SilkAlmond + 3/4 cup VioLife shredded cheese*
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dill weed
- 1/8 teaspoon onion powder
- tortilla chips for serving - *Siete chips!*
- celery sticks for serving



instructions

1. Remove stems and leaves from cauliflower and coarsely grate cauliflower florets to resemble rice to make 2 1/2 cups.
2. Place grated cauliflower and pepper sauce in a large non-stick skillet over medium heat and cook until heated through.
3. Stir in cream cheese and cook, stirring until melted then add in Greek yogurt, parsley flakes, garlic powder, dill weed and onion powder. Cook until heated through.
4. Place dip in bowls and serve warm with tortilla chips or celery sticks.

Find it online: <https://www.motherthyme.com/2013/01/buffalo-cauliflower-dip.html>