

General Tso's Cauliflower

THM-Friendly: FP

- 1 head of cauliflower, cut into small florets
- 1/4 cup chicken broth
- 3 Tbsp. rice vinegar
- 2 Tbsp. no-sugar-added ketchup
- 2 Tbsp. [THM Gentle Sweet](#)
- 2 tsp. sesame oil
- 1 tsp. siracha
- 1/4 tsp. dried chili flakes
- 1 tsp. garlic, minced
- 1/2 tsp. ginger powder
- 1/4 tsp. [glucomannan](#) or [xanthan gum](#)

Spray the cauliflower florets with cooking spray and air fry at 390° for 10 minutes, or until tender (you can bake if you prefer).

Mix all the remaining ingredients EXCEPT gluccie/xanthan gum.

Bring to a boil and simmer for 2 minutes. Add gluccie or xanthan gum and whisk well. Continue to simmer for 30 seconds.

Pour over the cauliflower and toss.

enJOY!

