



Makes one 12-inch pizza
Preparation Time: 25 minutes
Cook Time: 10 minutes

INGREDIENTS:

3 cups bite-size cauliflower florets

¼ cup cayenne pepper sauce, such as Frank's RedHot

1 15-oz. can no-salt-added navy beans, rinsed and drained (1½ cups)

¼ cup + 3 tablespoons chopped fresh parsley

5 cloves garlic, minced

[1 recipe Homemade Oil-Free Pizza Dough](#)

½ cup tahini

¼ cup lemon juice

½ teaspoon ground cumin

⅛ teaspoon cayenne pepper (optional)

Freshly ground black pepper, to taste

¼ cup sliced scallions

Buffalo Cauliflower Pizza

Buffalo cauliflower has become a popular vegan appetizer option on pub menus, but this trendy bar snack makes for a delicious pizza topper, too! Tender **cauliflower** florets are tossed with a spicy hot sauce, piled onto whole wheat pizza dough slathered in a herbed bean spread, and then baked to crisp perfection. While this combo would be delicious on its own, the zesty **tahini** sauce drizzled on top is what makes this pizza recipe stand out from the crowd. The lip-smacking sauce—which also features lemon juice, cumin, and cayenne pepper—adds refreshing, cooling flavor to complement the spicy heat of the roasted veg. If you have leftover sauce, use it as a dip for raw veggies or as a sandwich spread.

For more inspiration, check out these tasty ideas:

- [Mini Deep-Dish Pizza Pies](#)
- [Potato-Onion Pizza](#)
- [Individual Grilled Pesto Pizzas](#)
- Or take a look at our full [collection of vegan pizza recipes](#)

By Ellen Boeke

- 1 Preheat oven to 400°F. In a medium bowl toss cauliflower with pepper sauce. In a small bowl mash beans with ¼ cup parsley and 2 of the minced garlic cloves.
- 2 Place Oil-Free Pizza Dough on a large piece of parchment paper and roll into a 12-inch circle. Prick with a fork. Transfer dough (and parchment) to a baking sheet. Bake 8 minutes.
- 3 Meanwhile, for Tahini Sauce, in a bowl stir together the tahini, lemon juice, 3 tablespoons parsley, remaining garlic, the cumin, cayenne pepper, and black pepper. Stir in ¼ cup water, 1 tablespoon at a time, as needed to reach drizzling consistency.
- 4 Spread bean mixture over crust, leaving a ½-inch border. Top with cauliflower mixture. Bake 8 to 10 minutes or until crust is golden and crisp. Sprinkle with scallions and drizzle with Tahini Sauce and, if you like, additional pepper sauce.