

DelFresco
Pure



Pepper Bouquet

Yield: 5 pepper flowers

Prep Time: 10 minutes

Total Time: 20 minutes

What's better than seeing a smile on your children's face after they come home from school? This pepper bouquet is the perfect solution, easily adding nutrients into your children's body without a fuss!

Ingredients:

- 1 6-inch flower pot
- 1 florist foam
- 1 head of lettuce of your choice
- 1 package of 12-inch wooden skewers
- 3 packages of DelfrescoPure® Sweet Rainbow Pepper, bell peppers (red, orange, yellow)
- 1 pack of DelfrescoPure® Mini Mixers® gourmet snacking tomatoes
- 1 package of snap peas
- 1 container hummus of your choice
- 1 bottle ranch dressing

Directions:

1. Wash flower pot, cut florist foam and insert into flower pot. Cover florist foam with lettuce leaves of your choice
2. Make the flowers: Wash all peppers, cut jagged edges into the tops of 6 bell peppers and remove seeds. Stick a wooden skewer through the bottom of each pepper and put a small tomato on the end of each skewer, then arrange the pepper flowers in flower pot. Stick the peas on skewers to make the leaves
3. Wash 2 peppers and cut the tops off, remove seeds and fill one with hummus and the other with ranch

Cooking Tips:

Use different colored tomatoes with different colored peppers to give a bold display. Use any dip of choice your family prefers.

SWEET
RAINBOW
PEPPERS

Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 5, Amount Per Serving: Calories 86, Total Fat 0.2g (0% Daily Value), Saturated Fat 0g (0% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 198mg (9% Daily Value), Potassium 374mg (8% Daily Value), Carbohydrate 18.1g (33% Daily Value), Dietary Fiber 5.3g (19% Daily Value), Sugars 10.4g, Protein 4.2g.

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