

Over the Rainbow Snack



DelFresco
Pure®

Yield: 8 servings

Prep Time: 5 minutes

Total Time: 10 minutes

Brighten up your children's lunch boxes with this super simple Over the Rainbow Snack!

Ingredients:

1 package of DelFrescoPure®
Sweet Rainbow Bell Peppers
(red, orange, yellow)

1 green bell pepper

1 cauliflower crown

1 container hummus of your
choice

1 English Seedless cucumber

Directions:

1. Slice each bell pepper into thick horizontal round rings, then slice to fit the rainbow layer
2. Place pepper rings in rainbow shape and arrange each color to your preference
3. Add cauliflower at the end of each pepper rainbow
4. Slice cucumber into a 2-inch chunk, hollow out the seeds and fill with hummus

Cooking Tips:

Order the peppers from red, orange, yellow, to green for a real rainbow feel.

SWEET
RAINBOW
PEPPERS

Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 8, Amount Per Serving: Calories 74, Total Fat 3.1g (4% Daily Value), Saturated Fat 0.5g (2% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 134mg (6% Daily Value), Potassium 255mg (5% Daily Value), Carbohydrate 9.4g (3% Daily Value), Dietary Fiber 3.2g (12% Daily Value), Sugars 2.7g, Protein 3.7g.

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