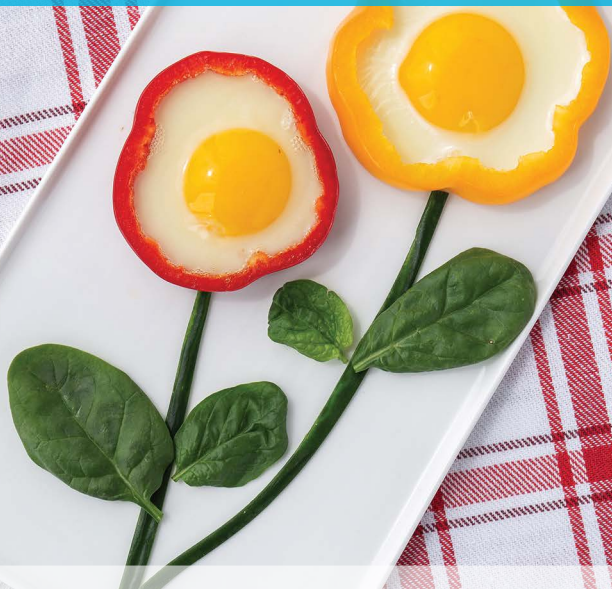


# Pepper Flowers



Yield: 9 servings

Prep Time: 10 minutes

Total Time: 20 minutes

It's tough to get veggies into breakfast, so these are perfect! Kick off your morning with these super easy and cute Pepper Flowers. When the kids have to rush to school, these are perfect for a fast and energy-filled breakfast your kids need to kick-start their day!

### Ingredients:

- 1 package of DelfrescoPure® Sweet Rainbow Bell Peppers (red, orange, yellow)
- 1 tbsp butter
- Salt and freshly ground black pepper
- 1 bag baby spinach
- 9 eggs

### Directions:

1. Slice each bell pepper into thick horizontal round rings, removing any seeds
2. Add enough butter to a non-stick skillet to cover the bottom and heat over medium-low
3. Once the skillet is hot, add the pepper rings and crack an egg into each. Cover and cook until the egg whites are set, about 5-8 minutes, then sprinkle with salt and freshly ground pepper
4. Garnish with baby spinach for a flower feel

### Cooking Tips:

Let the pepper sit in the pan for a few seconds before cracking the egg in it; this will prevent the egg from leaking under.

**SWEET  
RAINBOW  
PEPPERS**

#### Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 9, Amount Per Serving: Calories 84, Total Fat 8.5g (7% Daily Value), Saturated Fat 3.4g (17% Daily Value), Cholesterol 167mg (56% Daily Value), Sodium 142mg (6% Daily Value), Potassium 235mg (5% Daily Value), Carbohydrate 2.1g (1% Daily Value), Dietary Fiber 0.8g (3% Daily Value), Sugars 0.9g, Protein 6.6g.

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