



MINI PEPPER BOATS

Try this simple recipe for a snack or a summer party.

*Tip: If you want to eat this snack more than once per week cut up the peppers and carrots, store them and fill them up right before eating them.

Serves: 2

Serving size: 3 mini pepper boats

WHAT YOU WILL NEED:

- 6 mini peppers
- 1/4 cup of hummus
- 1 large carrot

APPROXIMATE COST:

- Total Cost:
- Cost per serving:

INSTRUCTIONS:

1. Start by slicing a pepper in half lengthways.
2. Cut out and discard the inner parts and seeds, leaving the rest of the peppers halves intact.
3. Scoop hummus into the pepper halves and spread it so that it covers the pepper boat, then smooth over the top with the back of a knife.
4. Peel the carrot, then cut into thick slices and slice them into triangles.
5. Press a triangle of carrot into the cheese in each pepper half to form the sails.
6. Arrange on a plate and serve immediately or store for up to 1 day.

NUTRITION FACTS:

- Calories: 59 Cal
- Carbohydrates: 9 g
- Protein: 6 g