



## Mini Sweet Peppers

- Mini Sweet Peppers are related to the regular bell peppers (just smaller and not as round) and are available all year long.
  - Mini Sweet Peppers come in different colors like yellow, orange and red.
- The best way to eat a Mini Sweet Pepper is to hold it by the stem and bite it just below the stem. You can eat the whole Sweet Pepper (seeds and all).

### Did You Know??

Peppers are actually fruits, because they are produced from a flowering plant and contain seeds. However, most people still think of them as vegetables.



### Try this snack idea:

Cut sweet peppers in half (have an adult help). Clean out the seeds (if you want-they are edible).

1. Stuff with one of the following: Flavored or Plain Cream Cheese, Hummus, String Cheese, or your favorite filling.
2. Use like a chip with your favorite dip!

