

Veggie Dippers

Ingredients

- 3 cups carrots
- 5-1/2 cups green bell peppers

Directions

1. Batonnet carrots and peppers.
2. Serve 1/4 cup of each in a small serving container.

Notes

Number of Portions: 4
Serving Size: 1/2 cup
Nutrition Facts: 63 calories, 0.43 g fat, 0.1 g saturated fat, 66 mg sodium, 14.58 g carbohydrate, 4.7 g fiber, 7.3 g sugar, 1.94 g protein

