



# Incredible Edible Veggie Bowls

**Preparation Time:** 10 minutes

## Ingredients:

1 green, yellow, or red pepper, washed  
1 bunch of celery, washed  
1 carrot, washed and peeled  
Your favorite salad dressing

## Utensils:

Knives  
Cutting Board  
Napkins  
Paper plates  
Veggie bowl

## Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices
3. Cut the carrot into skinny sticks about 4' long.
4. Cut celery into skinny sticks so each one is about 4' long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! Then when you're finished with the veggies, it's time to eat the bowl.

## Nutrition Facts per Serving:

Calories	93
Protein	3g
Fat	1g
Carbohydrate	22g
Fiber	4g
Cholesterol	0mg
Sodium	98mg
Calcium	71mg
Iron	0.7mg

Recipe from Kids Health: [www.kidshealth.org](http://www.kidshealth.org)

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