



COLORFUL BELL PEPPER SALAD RELAUNCHED

Nutrition Facts Per Serving: Calories 464, Protein 9g, Carbs 25g, Fat 37g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min



INGREDIENTS

Bell Pepper
Parsley, Onions
Pumpkin Seeds
Sunflower Seeds

Red Vinegar Dressing (red
vinegar, olive oil, black pepper &
salt)

METHOD

1. Add all vegetables to a serving bowl.
2. Shake dressing to combine then pour over the other ingredients and toss well to mix.
3. Refrigerate until 10 minutes before serving time. Add seeds, toss again, and serve.



BON APPETIT