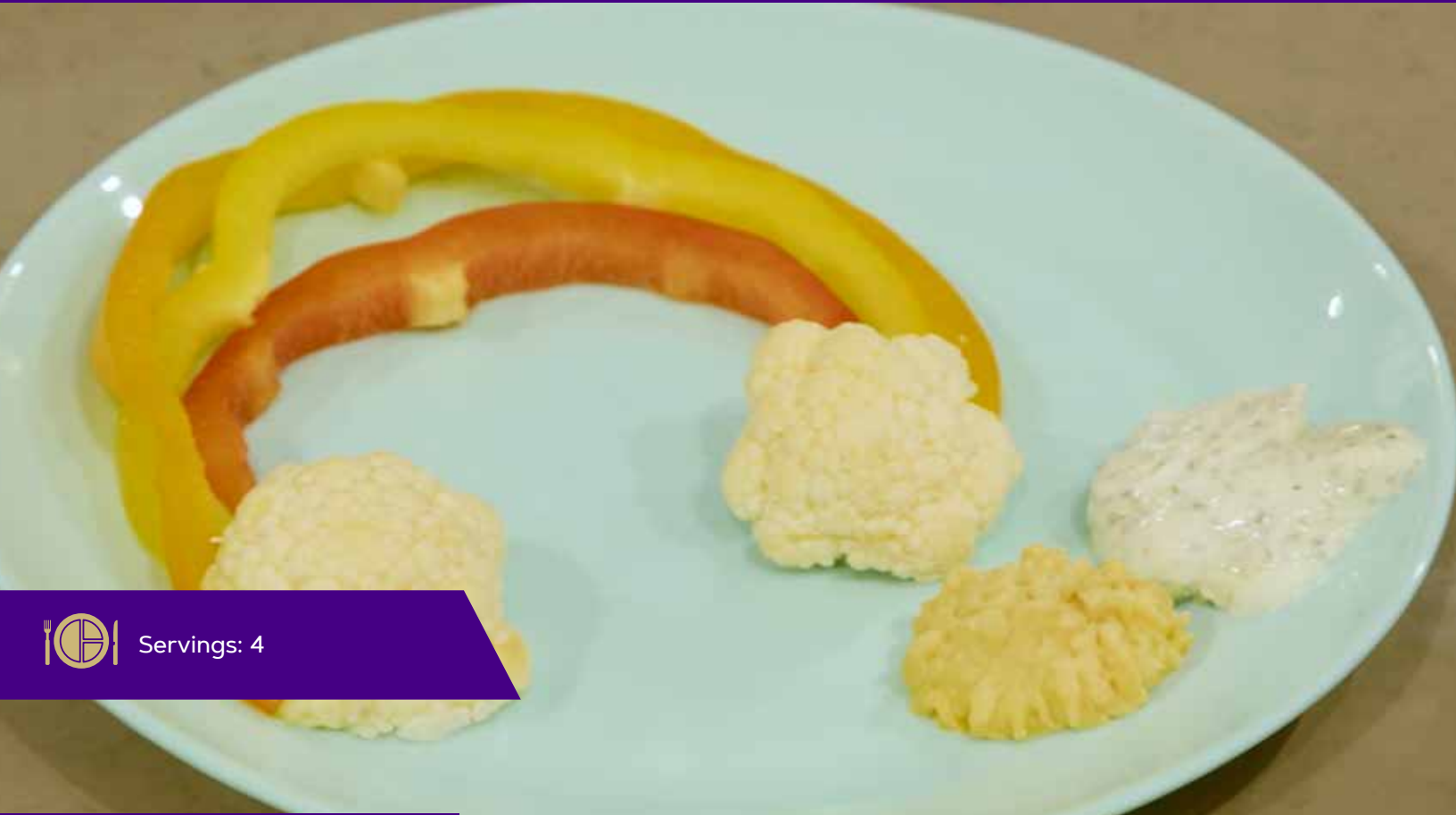


# RAINBOW VEGGIE SNACKS



Total Time: 10 minutes



Servings: 4

## Ingredients:

1 green pepper  
1 red pepper  
1 yellow pepper  
1 orange pepper  
1 bag cauliflower florets  
½ cup Greek yogurt  
¼ cup ranch seasoning packet  
1 15 oz can of chickpeas  
¼ cup tahini  
½ cup olive oil  
1 lemon  
Seasonings to taste (garlic powder, salt, pepper, paprika, cumin, etc)

## Instructions:

1. Wash the peppers thoroughly.
2. Cut the bell pepper horizontally (including the stem) and hollow out the pepper by removing the seeds.
3. Once hollowed and the top is removed, slice horizontally along the pepper, creating pepper circles.
4. Slice the pepper circles into halves, creating a rainbow shape.
5. Wash the cauliflower florets and trip stems to be flat, if needed.
6. Prepare ranch dip by mixing Greek yogurt and ranch seasoning.
7. In a food processor or blender, add chickpeas, tahini, olive oil, juice of 1 lemon, and seasonings to taste. If the consistency is too thick, add water or lemon juice until smooth.
8. Assemble the rainbows by placing the biggest slice on the outside and then the smaller slices next.
9. Add the cauliflower at the end of the rainbow to look like clouds.

Recipe source:

<https://helloyummy.co/rainbow-veggie-snack>