

Healthy Valentine Snack

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-recipe-for-kids>

Ingredients:

- 2 red bell peppers
- 1 yellow bell pepper
- 1 cucumber peeled and sliced thick.
- yogurt
- ranch dip
- cookie miniature heart shaped, cutters and/or X and O

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 80 milligrams
9. Sugar: 11 grams

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