



# CRUNCHY RAINBOWS

SERVES  
1

## INGREDIENTS

- 1 thin slice of each of the following peppers: red, orange, yellow and green
- 2 cauliflower florets
- 3 tbsp (45 mL) plain yogurt
- ½ tsp (2.5 mL) curry powder
- A pinch of garlic powder

## DIRECTIONS

Adults:

1. Wash and cut the vegetables

Children:

1. Arrange the pepper slices on a plate in the shape of a rainbow.
2. Place the cauliflower florets at the ends of the bell pepper slices so that they look like clouds.
3. Put yogurt in a bowl.
4. Mix in curry powder and garlic powder.

## NOTES

Cook the cauliflower florets if a softer vegetable is needed.

