

KIDS COOKING CLUB

Simple recipes to enjoy together

CRUNCHY RAINBOW

Makes
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) maple syrup
- ½ tsp (2.5 mL) curry powder
- A pinch of garlic powder



Directions

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

Notes

- Cook the cauliflower florets if a softer vegetable is needed.



[Watch the recipe video](#)



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