



RED PEPPER

**FIRM MEATY,
CRISP, CRUNCHY** 

**VITAMIN
A & C** 

**EXCELLENT
SOURCE OF
FIBER AND IRON** 

**THE SWEETEST
OF ALL** 

**VIBRANT
COLOR AND
DELICIOUS
WHEN GRILLED** 



YELLOW PEPPER

**HIGH JUICE
CONTENT** 

**GOOD SOURCE OF
FOLIC ACID** 

**SWEET, FRESH,
& DELICIOUSLY
PAIRED
WITH
HEAT** 

**ONE SERVING
HAS 570% OF YOUR
DAILY RECOMMENDED
VITAMIN C IN TAKE**



ORANGE PEPPER

**SWEET,
TANGY,
FRUITY TASTE** 

**HIGH IN
ANTIOXIDANTS**



**VERSATILE,
GREAT
FOR STIR
FRYS &
KABOBS** 

**GOOD SOURCE OF
FOLIC ACID** 