



Power Bowl Snack

Ingredients

Amount

Broccoli: Florets & Stems	1 Large head
Cauliflower	1 Large head
Fresh Fennel bulb (No stems/leaves)	1 large bulb
Green OR Red sweet bell pepper	1 large
Cucumbers	1 large
Radishes	8 large
Carrots (No baby carrots)	1 large
Cherrie tomatoes	20 (OR a small container)

Preparation:

- When buying Broccoli, make sure you get heads with long stems.
- Chop all vegetables in bite size pieces
- Wash and drain- let dry in a colander until dry.
- Spread all vegetables on a dry dish cloth and air dry for 20 minutes. This is important to maintain freshness.
- Mix all vegetables and distribute into 10 servings. Alternatively, store in a large glass container and take out as needed.
- Enjoy as a healthy snack with Dr. Laleh's Tangy dressing or other healthy dips.

Nutrition Facts

Servings 10.0

Amount Per Serving

calories 69

% Daily Value *

Total Fat 1 g **1 %**Saturated Fat 0 g **1 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0 %****Sodium** 62 mg **3 %****Potassium** 578 mg **17 %****Total Carbohydrate** 12 g **4 %****Dietary Fiber** 5 g **18 %****Sugars** 5 g**Protein** 4 g **8 %**Vitamin A **56 %**Vitamin C **146 %**Calcium **46 %**Iron **2 %**