

# Crunchy Stuffed Mini Pepper Snacks

Makes 6–8 servings | A Diabetic-Friendly Recipe

## Ingredients:

- 6 mini bell peppers
- 1/2 cup hummus or avocado mash
- 1 tablespoon crumbled feta cheese
- 1 teaspoon chopped fresh parsley or dill
- Pinch of black pepper



## Directions

1. Wash and slice mini bell peppers in half lengthwise. Gently remove seeds. Pat dry with a paper towel to help the filling stick.
2. Fill each pepper half with a spoonful of hummus or avocado mash.
3. Sprinkle with crumbled feta, herbs, and a pinch of black pepper.
4. Arrange on a plate and serve chilled or at room temperature.

## Cooking Tidbit

For extra crunch, chill the mini bell pepper halves in the fridge for 30 minutes before stuffing. Cold peppers stay crisp longer and make a refreshing contrast to soft fillings like hummus or avocado mash.