

# Mini Veggie Cars

## Ingredients:

- ¼ cup hummus
- 2 mini sweet peppers, tops trimmed & halved lengthwise
- 1 cucumber, cut into 16, ¼-inch slices
- 4 cherry tomatoes
- 8 toothpicks



<https://zalliefamilymarkets.com/recipes/9555/>

## Instructions:



1. Fill mini pepper halves with hummus.
2. Using two toothpicks, attach 4 cucumber slices to each mini pepper to make "wheels."
3. Place 1 tomato in each mini pepper to make a "driver."
4. Enjoy!

## Nutrition Facts

4 servings per container  
Serving size **1 car**

Amount per serving  
**Calories 40**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.5mg	<b>2%</b>
Potassium 100mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email [livingwhole@llu.edu](mailto:livingwhole@llu.edu).

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