

Mini Sweet Pepper



Look:

Mini sweet peppers are about the size of a thumb and are coned shaped. They come in red, yellow, green, and orange. They are hollow inside except for some flat seeds at the top attached to the stem.

Taste:

Mini sweet peppers are sweet not spicy! They are crisp and even the seeds are edible but bitter so most people remove them.

Touch:

Mini sweet peppers have a glossy smooth skin. Inside is damp and has a slightly bumpy texture.



Mini sweet peppers have thin skin which makes them ideal for eating raw with dips, roasting, or grilling.

Did you know?

Mini Sweet Peppers are classified as fruit!



Health Benefits

