



# Mini Bell Pepper Appetizers

These Mini Bell Peppers make the perfect Keto or Low Carb snack, lunch, or appetizer! We always keep a bag in our fridge. They are absolutely delicious! You won't believe how many different ways you can make them! Just slice your peppers in half, remove the seeds, and store in the fridge! We love to top them with cream cheese and Everything But the Bagel Seasoning! Or, cream cheese with pepperoni. How do you eat them?

## Recipe:

Mini Bell Peppers  
Cream Cheese

## Optional Toppings:

Everything But Bagel Seasoning  
Pepperoni  
Lunch Meat

If you're going to cook them, we generally do 4-5 minutes at 400. Just enough to melt the cheese!

## The Keto Dad Tips and Tricks:

- Prep them! Cut up the whole bag over the weekend and they'll be available all week for a quick snack!
- If you're on the go, whipped cream cheese works great as a dip.
- Make it more of a meal by adding protein - grab some deli meat and make mini sandwiches!



Macros: The size of mini bell peppers range considerably! Generally, they're about 1 carb per pepper. 2 Tablespoons of cream cheese is another carb. . . so for every two peppers you have, you'll probably get around 3 carbs. Don't forget to factor in any extra toppings!

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