



Cucumber Pepper Salad

Visual Recipe
by DAREBEE

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| | MICROMEAL | REGULAR | DOUBLE |
|------------------|-----------|---------|----------|
| cucumber | 1 | 2 | 3 |
| bell peppers | 1 | 2 | 3 |
| balsamic vinegar | ½ tbsp | 1 tbsp | 1 ½ tbsp |

LEVEL UP! Add raisins, sunflower seeds and olive oil.

1



2



3



INSTRUCTIONS

1. Cut cucumbers and red bell peppers into bite-sized pieces.
2. Mix together and drizzle with balsamic vinegar and olive oil, if using. Season for taste.
3. Sprinkle with raisins and sunflower seeds.