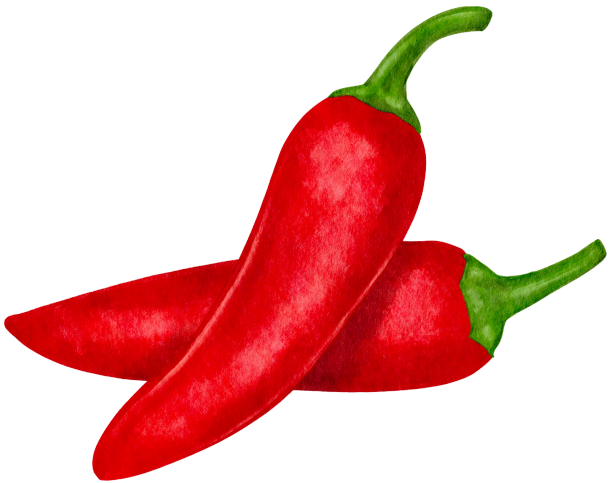
Hot and Spicy

Hot Peppers are rich in vitamins like A and C, and may offer health benefits like boosted metabolism and reduced inflammation.



ngb.org/year-of-the-hotpepper/