



Beets contain a variety of healthy nutrients that you may not be getting elsewhere, plus, they can be delicious and used in a variety of ways. Beets have naturally occurring nitrates that (unlike added nitrites found in processed meats) are known to help **lower blood pressure**. Beets also have been tested in athletes and have shown to **improve stamina**. Due to a nutrient called betaine, beets are known to **fight inflammation** in the body. These unique phytochemicals and another called lycopene are also known to have **anti-aging** effects on the body. Beets are high in fiber, vitamin C, potassium and manganese. These nutrients make beets **good for your bones, liver, kidneys, pancreas, and heart!** Don't forget to eat the greens too! Beet greens have nutrients that help to prevent **osteoporosis, fight Alzheimer's, and strengthen your immune system!**

Anti-Aging Juice

- 1 small apple cored and quartered
- 1 raw red beet, washed, peeled and quartered
- 1 handful kale
- 1 small orange, peel removed and quartered
- ½ cup ice
- ½ cup water
- 1 tablespoon flax seed

Place all ingredients in a high-speed blender to combine. Mix with 8 oz. of kombucha for an add on of probiotics to this delicious drink.





Candy Cane Beet Salad

3 medium carrots, shredded

1 medium Chioggia beet, peeled and julienned

1 apple julienned

2 tablespoons dried cherries or cranberries

2 tablespoons poppy seeds

Balsamic vinegar

Place all ingredients in a large bowl and toss to combine.



Red Beet Hummus

½ lb. cooked & quartered red beets

¼ cup tahini

2 large garlic cloves

1 tsp salt

4-5 tbsp of lemon juice (to taste)

1 tsp cumin

15 oz. can of chickpeas

¾ cup aquafaba (the liquid from the can of chickpeas)

Preheat oven to 360 degrees. Wrap each beet in a small piece of tin foil and place on parchment lined cookie sheet. Bake beets for 45-60 minutes or until beets are fork tender. Let beets cool completely and then easily peel away the skin.

In a blender or food processor add tahini, aquafaba and lemon juice and process until smooth and creamy. Add in chickpeas, beetroots, garlic and seasoning. Continue processing until you reach a desired consistency.

Garnish with fresh parsley, toasted sesame seeds or toasted cumin seeds with a drizzle of olive oil.