BEETROOT REIMAGINED

BENEFITS:

- **Lowers risk of heart disease:** Beetroots are a source of folate and betaine, these nutrients together lower inflammation that can damage your arteries and raise your risk of heart disease (1).
- **Helps fight cancer:** Beetroots contain betacyanin which is helpful in defending cells against harmful carcinogens (1).
- **Improves constipation:** Beetroots are high in fibre which helps keep your digestive system healthy (1).
- **Reduces dementia risk:** Beetroots produce nitric acid in your body which increases blood flow to the brain (1).
- **Boosts eye and nervous system health:** Beetroots contain a variety of phytochemicals that may help improve your eyes and nerve tissues (1).
- **Increased exercise performance**

4 DIFFERENT WAYS TO USE IT

- **4 ingredient beetroot brownies:** Try this brownie recipe to add extra nutrients into your brownies.
  
  **Recipe:** [https://www.yummly.com/recipe/4-Ingredient-Beetroot-Brownies-1231758](https://www.yummly.com/recipe/4-Ingredient-Beetroot-Brownies-1231758)

  - **Mix chopped cooked beetroot with yoghurt, dill and spring onions:** A dip to enjoy either by itself or with other vegetables.
  
  - **Beet pancakes:** Easy and yummy way to add extra vegetables into your day. They also look amazing.

  **Recipe:** [https://thenaturalnurturer.com/pink-beet-pancakes/](https://thenaturalnurturer.com/pink-beet-pancakes/)

  - **Beetroot Kebab Recipe:** Instead of a meat kebab try this beetroot kebab! Low in calories and high in antioxidants.

  **Recipe:** [https://food.ndtv.com/recipe-beetroot-kebab-349488](https://food.ndtv.com/recipe-beetroot-kebab-349488)

Reference:

1. Berkoff F. Foods that harm, foods that heal.