

NEXT STOP

North America

HOME OF THE
BODACIOUS
BEETROOT

Contact for a consult

[https://mentoring.app.uq.edu.au/
p/p24/members/18749457?
src=mlp](https://mentoring.app.uq.edu.au/p/p24/members/18749457?src=mlp)

BEETROOT REIMAGINED

BENEFITS:

- Lowers risk of **heart disease**: Beetroot is 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**: Beetroot contains betacyanin which is helpful in defending cells against harmful carcinogens (1).
- Improves **constipation**: Beetroot is high in fibre which helps keep your digestive system healthy (1).
- Reduces **dementia** risk: Beetroot produces nitric acid in your body which increases blood flow to the brain (1).
- Boosts **eye and nervous system health**: Beetroot contains 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>

- **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/>

- **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>

Reference:

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