



Berry Beet Smoothie Bowl

2 servings

10 minutes

Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas, Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder, Leave it out, or use acai powder instead.



Golden Beet Hummus

4 servings

50 minutes

Ingredients

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

Directions

- 1 Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
- 2 In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
- 3 Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Serve it With, Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor, Add spices such as turmeric, paprika or nutritional yeast.

Smooth Consistency, To make the hummus very smooth, pop the chickpeas out of their skins before blending.



Beet & Lentil Salad

2 servings

1 hour

Ingredients

- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
- 2 In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
- 3 Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
- 4 Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

No Capers, Use pitted olives instead.

Cheese-Lover, Top with crumbled goat or feta cheese.

Meal Prep, Cook the beets and lentils ahead of time and assemble for a quick meal.



Beet & Arugula Salad

4 servings

50 minutes

Ingredients

4 Beet (skin on, washed)
 3 tbsps Extra Virgin Olive Oil
 1 1/2 tbsps Balsamic Vinegar
 1 1/2 tsps Raw Honey
 Sea Salt & Black Pepper (to taste)
 4 cups Arugula (packed)
 1 Apple (thinly sliced)
 1/2 cup Goat Cheese (crumbled)
 1/4 cup Pumpkin Seeds

Directions

1

Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.

2

While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.

3

Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free, Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds, Omit or use sunflower seeds instead.

No Apple, Use a pear instead.

No Honey, Use maple syrup instead.

Save Time, Roast the beets ahead of time.