





## Blueberry Beet Chia Pudding

4 servings

3 hours

### Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Canned Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

### Nutrition

Amount per serving	
Calories	425
Fat	29g
Saturated	10g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	37g
Fiber	15g
Protein	10g
Vitamin A	403IU
Vitamin C	5mg
Calcium	631mg
Vitamin D	76IU
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	25µg
Vitamin B12	0µg
Magnesium	162mg
Zinc	0mg

### Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 2 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 3 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 4 Remove chia pudding from fridge. Add desired toppings and enjoy!



## 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!

### Nutrition

Amount per serving	
Calories	136
Fat	2g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	29g
Fiber	6g
Protein	3g
Vitamin A	1208IU
Vitamin C	44mg
Calcium	263mg
Vitamin D	50IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	101µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	0mg



## 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!

### Nutrition

Amount per serving	
Calories	239
Fat	17g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	20g
Fiber	5g
Protein	6g
Vitamin A	526IU
Vitamin C	9mg
Calcium	64mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	110µg
Vitamin B12	0µg
Magnesium	31mg
Zinc	0mg



## Apple, Beet & Carrot Slaw

3 servings

10 minutes

### Ingredients

- 2 Beet (medium-size, peeled, julienned)
- 2 Carrot (julienned)
- 2 cups Kale Leaves (shredded)
- 1 Apple (julienned)
- 3 tbsps Orange Juice
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/4 cup Parsley (chopped)

### Directions

- 1 In a large bowl add the beets, carrots, kale and apple.
- 2 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
- 3 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

### Nutrition

Amount per serving	
Calories	87
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	20g
Fiber	5g
Protein	2g
Vitamin A	7976IU
Vitamin C	37mg
Calcium	70mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	91µg
Vitamin B12	0µg
Magnesium	30mg
Zinc	0mg



## 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 tsps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

### Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	25g
Fiber	7g
Protein	8g
Vitamin A	65IU
Vitamin C	7mg
Calcium	91mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	158µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	2mg

### 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!



## Beet & Lentil Salad

2 servings

1 hour

### Ingredients

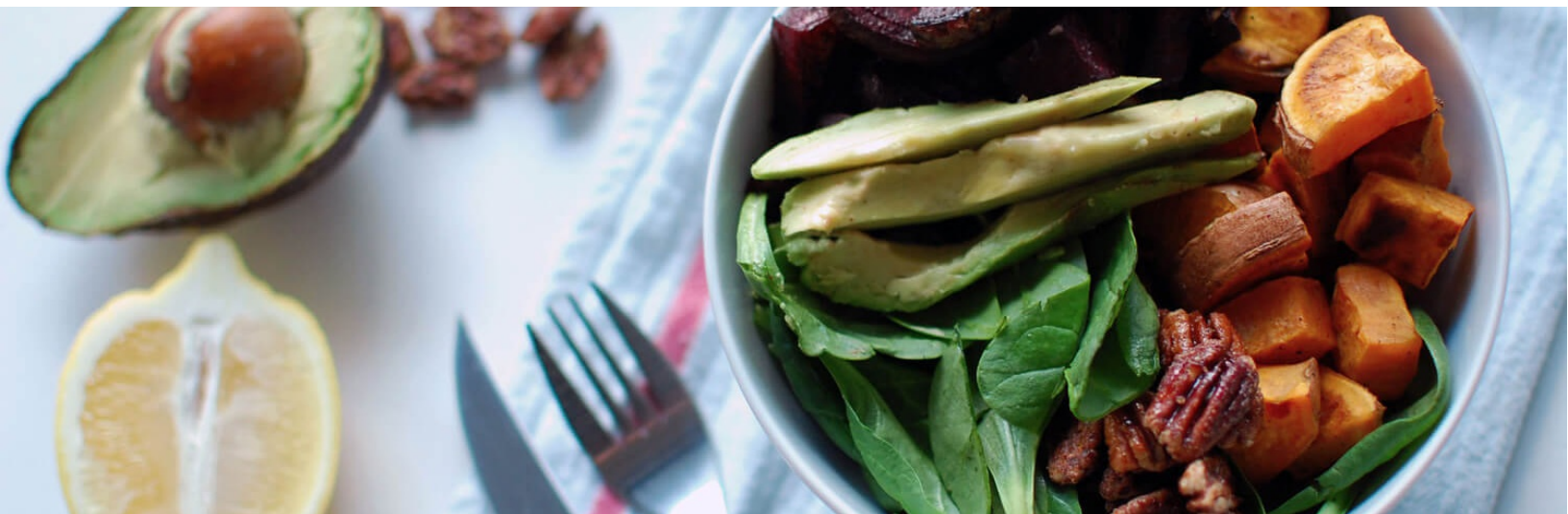
- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	326
Fat	19g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	33g
Fiber	11g
Protein	10g
Vitamin A	705IU
Vitamin C	25mg
Calcium	63mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	287µg
Vitamin B12	0µg
Magnesium	64mg
Zinc	1mg

### 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!



## Roasted Sweet Potato & Beet Salad

2 servings

50 minutes

### Ingredients

- 1 Beet (sliced into 1 inch sticks)
- 1 Sweet Potato (sliced into 1 inch sticks)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup (divided)
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)
- 1/2 cup Pecans
- 4 cups Baby Spinach
- 1 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	595
Fat	46g
Saturated	6g
Polyunsaturated	9g
Monounsaturated	30g
Carbs	46g
Fiber	14g
Protein	8g
Vitamin A	15026IU
Vitamin C	33mg
Calcium	149mg
Vitamin D	0IU
Riboflavin	0.6mg
Niacin	3mg
Vitamin B6	0.6mg
Folate	256µg
Vitamin B12	0µg
Magnesium	138mg
Zinc	3mg

### Directions

- 1 Preheat the oven to 375°F (191°C) degrees.
- 2 Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
- 3 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 4 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 5 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.





## Citrus Beet Salad

4 servings

1 hour

### Ingredients

- 4 Beet (medium, cut into quarters)
- 1/2 cup Quinoa (uncooked, dry)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Navel Orange (juiced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1/4 cup Radishes (finely sliced)
- 2 Carrot (medium, peeled into ribbons)
- 1 cup Chickpeas (cooked, from the can)
- 1/4 cup Goat Cheese (crumbled)
- 1/2 cup Mint Leaves (chopped)

### Nutrition

Amount per serving	
Calories	288
Fat	11g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	39g
Fiber	9g
Protein	10g
Vitamin A	6723IU
Vitamin C	23mg
Calcium	91mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.3mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

---

Folate	245µg
Vitamin B12	0µg
Magnesium	101mg
Zinc	2mg



## Carrot & Beet Turkey Bites

4 servings  
25 minutes

### Ingredients

454 grams Extra Lean Ground Turkey  
1 Carrot (medium, peeled and grated)  
1 Beet (medium, peeled and grated)  
1/2 tsp Sea Salt  
1/2 tsp Dried Thyme  
1 tbsp Dijon Mustard  
2 tbsps Avocado Oil

### Nutrition

Amount per serving	
Calories	251
Fat	17g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	4g
Fiber	1g
Protein	22g
Vitamin A	2642IU
Vitamin C	2mg
Calcium	34mg
Vitamin D	16IU
Riboflavin	0.2mg
Niacin	6mg
Vitamin B6	0.4mg
Folate	34µg
Vitamin B12	1.4µg
Magnesium	31mg
Zinc	3mg

### Directions

- 1 In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
- 2 Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
- 3 Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
- 4 Transfer to a plate lined with paper towel and serve immediately. Enjoy!