

Golden Beet Coins

Look: The red beetroot is roughly the same color and shape as the heart, the organ of love.

Taste: Golden beets taste sweeter and milder than red beets.

Touch: Raw beetroots have a crunchy texture that turns soft and buttery when they are cooked.



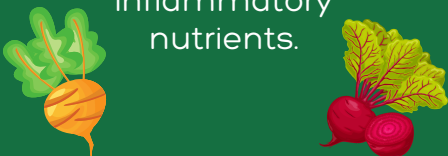
WAYS TO ENJOY GOLDEN BEETS

- * Fresh, sliced or eaten whole, like an apple
- * Steamed or Roasted
- * Blended in smoothies or fresh juice
- * You can eat the whole plant from the root to the leaves, which are great in a salad!



Did you know?

The pigments that give beets their vibrant colors are called betalains. The red beet contains betacyanins pigments and golden beets contain betaxanthins. Both betalains function as antioxidants and anti-inflammatory nutrients.



Nutritionals

Beets are great for your health! They are packed with nutrients and are also a great source of nitrates which can help increase blood flow to the brain!

Fiber

Potassium

Iron

Vitamin C

Vitamin A