



There are some delicious and interesting ways to add more beetroot into your diet.



Beetroot salad:

Grated beets make a flavourful and colourful addition to coleslaw.



Beetroot dip:

Beets blended with Greek yogurt make a delicious and healthy dip.



Beetroot juice:

Fresh beetroot juice is best, as store-bought juice can be high in added sugars and may only contain a small amount of beetroot.



Beetroot leaves:

Beet leaves can be cooked and enjoyed like spinach, so don't throw them out.

Beetroot is a delicious and versatile vegetable that is easy to add to your diet. Choose beetroot that are heavy for their size with green tops still attached.