

Featured Vegetable:

BEETS / *REMOLACHAS*

High in immune-boosting Vitamin C, Fiber, and essential minerals like potassium (essential for healthy nerve and muscle function).



Bright and Bold Beet and Potato Soup

Ingredients	Directions
<p><i>Makes 3 servings</i></p> <ul style="list-style-type: none">● 7 potatoes, boiled or baked● 5 beetroots, boiled or baked● 1 can of coconut milk● Juice of 1 lemon● salt and pepper to taste	<p><i>Directions</i></p> <ul style="list-style-type: none">● Add all ingredients to a blender and blend until smooth.● Season with salt and pepper to taste.● Heat the soup in a saucepan to bring it to desired eating temperature.

Keep your heart 'beeting'!

Did you know that beets are a SUPER-FOOD? You can eat both the root and the leaves of the plant, getting your delicious fill of vitamins & minerals that are anti-inflammatory, detoxifying, and even support both heart and mental health!