



Beets in all their forms are one of the best foods for us. They are loaded with vitamins and minerals and recent research has shown that they can even help improve the efficiency of exercising muscles. ★

Beet Juice

We started athletes juicing to increase the nutrient density of their diets without adding a lot of bulk. Beet juice has been used to treat ailments ranging from anemia to constipation. To maximize the entire nutrient value of the beet, save the pulp and blend it into dishes with a red sauce or use it as a base for veggie burgers (see page 213).

3 medium beets, peeled

1 apple, cored

4 medium carrots, peeled

OPTIONAL ADDITIONS

¼ of a fresh pineapple

1 cup chopped kale

½ cup packed fresh parsley

1 cup chopped celery

1 Cut the vegetables to whatever size works best in your juicer. Process according to manufacturer's instructions.

TIP Peeling the vegetables will reduce the bitterness and make the pulp more usable as an ingredient later.

PER SERVING > Energy 151 cal • Fat 1 g • Sodium 146 mg • Carbs 36 g • Fiber 1 g • Protein 4 g
Nutrition for optional additions can be found in Appendix A.