

Beets

Makes 8 servings

Ingredients

- 3 cups of beets
- 1 tbsp of butter
- 1 tbsp of lemon juice
- 1 tsp of honey
- ½ tsp of cinnamon

Directions

- ⌘ TIP: Use plastic bags like protective gloves to prevent beet juice stains on your hands.
- ⌘ Wash the beets
- ⌘ Place in boiling water.
- ⌘ Simmer for 45 minutes. Let cool.
- ⌘ Peel the beets by rubbing off the skin.
- ⌘ Grate the beets
- ⌘ Combine the remaining ingredients and simmer over the stove until blended.
- ⌘ Pour the mixture over the beets.
- ⌘ Serve warm.
- ⌘ Flavours can be adjusted to suit one's taste.

Nutrients (approximately)

37 Calories per serving,
Fat 1.5g, Saturated Fat 0.9g, Cholesterol 3.8mg, Sodium 50mg,
Carbohydrates 5.4g, Fiber 1.4g, Sugars 3.9g, Protein 0.8g



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