

Beets

Health Benefits



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Africa Studio
(photographer)

Beets provide many health protective benefits.

They contain a rich source of antioxidants, which are helpful in preventing or delaying cell damage. They are also high in natural nitrates that may provide increased energy. There have also been studies done to prove that beets can reduce the risk of cardiovascular disease.

Weekly Challenge:

Try making a new recipe using beets as the main ingredient. For example, try adding beets to a salad, dessert or smoothie.

Black Beans

Nutrient Dense

Beans are nutritional powerhouses packed with protein, fiber, B vitamins, iron, potassium and are low in fat. Fiber plays an important role in controlling blood cholesterol levels.

Studies from The National Cholesterol Education Program Expert Panel found that about 10 grams of soluble fiber a day—the amount in $\frac{1}{2}$ to $1\frac{1}{2}$ cups of navy beans—reduces LDL (bad) cholesterol by about 5 percent.

Weekly Challenge:

Add Beans to a meal, it's inexpensive and easy to prepare!



Source: Pixabay. Artverau (Photographer)

Nutrient Dense Desserts

Sugar Substitutes

1. **Raw Honey** – Just as sweet, but with healthy bacteria!
2. **Maple Syrup** – Vegan option that will enhance the flavors of your holiday baking!
3. **Agave Nectar** – Another vegan option, it's much sweeter than white sugar, and comes from a succulent!
4. **Stevia** – Also a plant based sweetener, much sweeter than sugar, and is a zero-calorie option
5. When deciding to switch sweeteners, remember, moderation is still important!

	HONEY	MAPLE SYRUP	AGAVE NECTAR	STEVIA
1 CUP SUGAR (8 oz/240g)	 ¾ cup	 ¾ cup	 ¾ cup	 1 tsp.
1 TBSP. SUGAR	 ¾ tbsp.	 ¾ tbsp.	 ¾ tbsp.	 ¼ tsp.
1 TSP. SUGAR	 ¾ tsp.	 ¾ tsp.	 ¾ tsp.	 just a pinch
NOTES	Decrease liquid by 2-4 tbsp.	Decrease liquid by 3 tbsp.	Decrease liquid by ¼ cup.	To replace bulk, add applesauce, apple butter, or yogurt

Weekly Challenge:

Try a different sweetener in your next holiday baking treat!

Gemma Stafford (Photography).

Nutrient Dense Desserts

Flour Facts

1. White flours have had all the beneficial nutrients stripped in the refining process.
2. A possible substitute is black beans! 1 Cup of rinsed, cooked, drained, and pureed black beans equals 1 cup of flour. It will lower the calories of your sweets while adding protein!
3. Whole grain or whole wheat flour have higher nutrient contents than white flour because they aren't as refined.
4. For a gluten free option, use buckwheat flour, it's a seed not a grain!

Weekly Challenge:

Try to make a batch of your family favorite brownies using black beans!



Pixabay (Photography).

Nutrient Dense Desserts

Chia Seed Pudding

- Chia seeds are a great source of non-animal protein
- Chia pudding is sweet, and similar texture to tapioca!
- Chia are full of antioxidants, which help combat free radicals that cause oxidative stress
- Awesome source of Omega-3's and fiber!
- To make it, just combine 3 cups of almond milk (or milk of choice), $\frac{3}{4}$ cup chia seeds, and 1-3 Tbsp. maple syrup, then let it chill in the fridge!



Pixabay.com (Photography)

Weekly Challenge:

Bring this nutritious desert alternative to your next holiday work party!

Nutrient Dense Desserts

Egg Yolk Exchange

1. The yolk of the egg contains about half of the eggs protein and is rich in vitamin A, phosphorus, iron, zinc and vitamin D, however, it also contains a high amount of cholesterol.
2. When you need a moist dessert, swap the eggs for banana, pumpkin puree, sweet potato, or applesauce.
3. When the recipe uses eggs as a binder, try: *Flax eggs* (1 Tbsp. Flax mixed with 3 Tbsp. water) or *Chia eggs* (1 Tbsp. Chia seeds mixed with 3 Tbsp. water)
4. Leavening substitutes: Simply mix 1 tablespoon of apple cider vinegar with 1 teaspoon baking soda. OR Mix 2 tablespoons of water with 1 tablespoon oil of choice, and two tablespoons of baking powder.

Pixabay.com (Photography).



Weekly Challenge:

Try substituting a $\frac{1}{4}$ banana per egg the next time you make cookies!