



THE *“Beet”* GOES ON

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# Beat the Blahs with Beets

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## Ingredients

1 tsp lemon juice  
1 cup water  
½ tsp turmeric powder  
1 medium beet - chopped  
1 apple – chopped  
½ cup blueberries  
1 small sprig of fresh mint

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Prep time: 10 minutes.  
Serving: 1

Use organic where possible. Wash all fresh ingredients with mild soap and warm water.

Place all ingredients in a high-powered blender. (Favorite is VitaMix).

Blend on low until finely chopped then on high for 30 seconds.

Serve with a sprig of mint.



*Researchers put eight guys on bikes and measured their oxygen consumption before and after a few days sipping two cups of beet juice. Before this series of experiments, there was no known drug, substance, steroid, intervention, nothing that could actually increase energy extraction from oxygen. Yet this is what they found.*

*After a couple of cups of beet juice, they could do the exact same amount of work with less oxygen. Same work with 19% less oxygen. Then when they ramped up the bike, for an intense bout of what they called "severe cycling", time to exhaustion was extended from 9:43 to 11:15. Greater endurance with less oxygen in the beet group. 16% improvement in their time, with only about 4/5 the oxygen requirement! In short, the beet juice made their bodies' energy production significantly more efficient.*

Source:

<http://nutritionfacts.org/video/doping-with-beet-juice/>

<http://nutritionfacts.org/faq/#sources-cited>

# Bean and Beet Burgers

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## Ingredients

3/4 cup oats  
1/2 large red onion, finely diced  
1 cup finely chopped mushrooms  
1 15-ounce can black beans, drained  
1 cup finely grated cooked beets  
2 tbsp of egg substitute (flax meal is a good one)  
1 tsp curry powder  
1/2 cup finely crushed cashews  
Salt and pepper

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Prep time: 60 minutes

Servings: 8 to 9

Heat a large skillet over medium-low heat and add a bit of olive oil. Once hot add the onion and sauté.

When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Cook until browned.

Remove from heat and add oats with black beans. Mix and mash. Transfer the mixture to a mixing bowl and add the beets with spices. Stir.

Lastly, add the crushed cashews and egg substitute a little at a time until the mixture is able enough to form into patties. Allow to chill in refrigerator for 30 minutes.

Form into 8 or 9 patties and brown in a skillet over medium heat lightly coated with avocado oil. Cook until brown on both sides – 3-4 minutes each.

Serve on small buns or atop mixed greens with desired toppings.





# Hummus with Beets

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## Ingredients

2 small beets, cooked and cubed  
2 cans of garbanzo beans, rinsed  
1/4 cup of garbanzo bean liquid  
3 - 4 cloves of garlic  
3/4 tsp of ground cumin  
Juice of 1 large lemon  
3 tbsp tahini  
1 tbsp of olive oil (optional if you don't want the extra fat)  
salt & pepper  
Pita bread, sliced into quarters  
Jicama root or cucumber, sliced

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Place all ingredients in food processor and pulse on low until you have a creamy mix. You may need to add a bit more of the liquid if it seems too dry.

Serve with pita bread, jicama or cucumber slices.



# Beet Salad & Spicy Dressing

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## Ingredients

### Salad Dressing

¼ cup apple cider vinegar  
2 tablespoons agave syrup  
½ teaspoon olive oil  
1 teaspoon salt  
¼ cup of basil, chopped  
¼ teaspoon cayenne  
1 cup cashews, chopped  
4 cloves garlic, chopped

### Salad

2 cups of baby spinach or kale  
2 medium beets, cooked and cubed or sliced  
4 stalks of green onion, chopped  
1/3 cup of grated cashew "cheese" (usually available at your local health food store)

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Prep time: 20 minutes

Servings: 4

Take the first 8 ingredients and mix gently with a fork.

Set aside.

On individual plates place 1/2 cup of the greens. Top with beets, chopped onions.

Serve with salad dressing.

Finish topping with cashew cheese.

# Beet Latkes

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## Ingredients

1 medium beet  
3 medium russet potatoes  
1 medium onion  
2 cloves garlic  
3 tablespoons of flax egg substitute  
1/2 cup of almond flour  
1 tsp salt  
1/3 tsp pepper  
2-3 large apples, cooked and mashed. (Set aside)

Avocado oil for frying  
3-4" deep flat frying pan.

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Prep time: 1 hr  
Servings: 4

Steam the beet to medium done. Cool  
Peel and cut potatoes into cubes  
Slice onion into 2 inch cubes

Place beet, potatoes, onion and garlic cloves in a food chopper. Chop until coarse consistency.

Pour into mixing bowl  
Add egg substitute, almond flour, salt and pepper.  
Mix and stir until well blended.  
Allow to rest for approximately 15 minutes

Heat oil on medium high  
Place a tablespoon of the mixture into the hot oil.  
Flatten slightly to form a rounded small pancake.

Allow to cook until you see the edges are slightly browned. (Approximately 2-3 minutes). Turn gently with spatula and continue to fry for 2 minutes. Remove and place on a plate lined with paper towels.

Serve with applesauce. Good for any type of meal or snack.





# Pickled Beets

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## Ingredients

5-6 beets – steamed, cubed and sliced  
1 cup of apple cider vinegar  
½ cup of agave syrup  
½ tsp salt  
Glass container(s)

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Prep time: 1 hr  
Servings: 12

Place beets in a mixing bowl. Mix the vinegar and agave syrup. Add salt. Gently mix and place in glass container(s). Cover and refrigerate. Can be served within a few hours but is best when allowed to marinate overnight.



# Beet Borscht

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## Ingredients

6 peeled boiled potatoes  
Juice of 1 lemon  
2 Tablespoons agave syrup or to taste  
2 lbs raw beets  
A little salt and pepper  
1 cup of vegan sour cream

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Prep time: 3 hours (includes chilling time)  
Servings: 4-6

Peel the beets and dice them. If they are young, that is easy to do. If they are old and too hard to dice, simply cut them in half and, when they have softened with boiling, lift them out, cut them up, and put them back in the pan. Put the beets in a pan with 9 cups of water and salt and pepper and simmer for 1-1/2 hours.

Let the soup cool, then chill, covered, in the refrigerator. Add the lemon and syrup to taste before serving. Remove some of the beet pieces with a slotted spoon if it seems like there are too many of them and keep them for a salad.

Serve with boiled potato and sour cream.

Adapted from: [Claudia Roden](#)

# Beet Salsa

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## Ingredients

4 medium red beets, cooked  
1 small jalapeno pepper, chopped fine  
juice of 1 lemon  
1/4 cup mango or jackfruit, chopped  
2 tomatoes, chopped  
1 small onion, chopped  
1 clove garlic, minced  
1/4 tsp salt  
dash freshly ground black pepper  
3/4 tsp ground cumin  
3/4 cup finely chopped fresh cilantro

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Prep time: 15 minutes

Servings: 8

Make sure beets, jalapeno pepper, mango, tomatoes, onion and garlic are chopped well.

Place in bowl and add salt, pepper, cumin, lemon juice and cilantro. Mix well.

Serve with baked tortilla chips or as a topping for tacos, falafel sandwiches, etc.

# About Me...

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It was a forced semi-retirement, a.k.a. “lay-off” from a large corporation that provided the mixed blessing of re-inventing a brand new career.

Equipped with a passion for healthy plant-based living, cooking and technology, I decided to pursue growing my passions into a small business and celebrated a milestone birthday with the launching of [sylviewaxman.com](http://sylviewaxman.com)

I am an integrative nutrition health coach providing you with customized health coaching programs and a unique approach by teaching you how to tune into your own “bio-individual” needs and de-construct your cravings by helping you develop your own healthy lifestyle plan. Your success is my success.

For 8 years now I've devoted much of my time building my businesses while also volunteering for non-profit organizations with building their on-line presence so that their very important messages are available to the general public.

I am also a business coach and founder of Tools for Health Coaches. I help other solo-preneurs create a full on-line presence with a website, product development, content and automated program delivery funnels.

I hope you will enjoy this mini recipe booklet.

*Sylvie Waxman*

To Your Health!

