With Valentines Day around the corner, it's the perfect time to incorporate a new root vegetable that has a festive pigment!

Beets are a naturally sweet, earthy tasting vegetable that are packed with essential vitamins and minerals such as fiber, folate, manganese, potassium, iron and vitamin C.

When beets are mixed into foods, they can turn them into a vibrant pink colour which makes it fun for kids to eat! Read below for delicious recipes and other creative ways to sneak in beets.

**BEET HUMMUS**
*(6 ~1/3 cup servings)*

- 1 small pre cooked/roasted beet
- 1 15oz can cooked chickpeas, drained
- Zest from 1 large lemon
- Juice from 1/2 large lemon
- 1 pinch of salt and black pepper
- 2 cloves of garlic, minced
- 2 heaping tbsp tahini
- 1/4 cup olive oil

Add your beet and blend until only small bits remain. Add remaining ingredients except for olive oil and blend until smooth. Drizzle in olive oil as the hummus is mixing. Taste and season as needed if it's too thick, add a bit of water.

**BEET SMOOTHIE**
*(2 servings)*

- 1 cup chopped & peeled raw beets
- 1 cup frozen strawberries
- 1 ripe banana
- 1 cup unsweetened non-dairy milk
- Juice of 1/2 lemon
- 1/2-1 inch fresh ginger, peeled
- 1 tbsp flax seeds
- 1 tbsp hemp seeds

Add all ingredients to a high speed blender and purée until smooth.

Other Fun Ways to Incorporate Beets...

- Beet Pesto Pasta
- Beet Chocolate Muffins
- Beet Pancakes (Perfect for Valentines Day morning!)
- Roasted Beet Soup
- Beet Chips
- Beet Salad
- Beet Burgers