

## Roasted Beetroot Salad

4 beetroots peeled and diced

6 carrots peeled and diced

1 teaspoon coconut oil

120g (bag) rocket

100g goats feta cheese or can of chick peas

For dressing:

¼ teaspoon herbamare

1 teaspoon honey or 1/4 cup goji berries  
juice & zest of a lemon

Toss beetroots and carrots in coconut oil,  
spread on baking tray lined with baking  
paper & roast until tender.

Combine all dressing ingredients  
together in a large bowl.

Toss rocket, beetroot, carrots  
& cheese or chickpeas  
in with the dressing and serve.



## Beetroot Chia Pudding

1 large beetroot roasted

large ripe banana

1/4 cup chia seeds

1 punnet strawberries washed & hulled

Wrap whole beetroot in baking paper &  
then alfoil, and bake in the oven  
until cooked.

When cool peel off beetroot skin.

Roughly chop beetroot & place in food  
processor with banana and strawberries.

Blend until smooth & then  
fold in chia seeds.

Either place in fridge or portion into  
smaller serves and refrigerate for about  
half an hour

## Roasted Beetroot Dip

2 beetroots baked

2 tablespoons tahini

1 whole garlic bulb roasted

1 can chickpeas rinsed

1 lemon juiced

2 teaspoons ground cumin

Herbamare to taste

Steam whole beetroot, cool, then  
peel off skin.

Roast garlic, cool, squeeze out  
the garlic and place in a food processor  
with all the other ingredients.

Process until smooth  
adding water to  
achieve desired  
consistency

## Beetroot Chips

Beetroot

Coconut oil

Herbamare to taste

Nutritional yeast (optional)

Preheat oven to 180 degrees.  
Rinse, scrub & thinly slice beetroot.

Toss in coconut oil & spread  
in a single layer on baking tray  
lined with baking paper.

Sprinkle with herbamare &  
nutritional yeast.

Roast until cooked and a bit crispy  
on the edges.