



Beets: The Ultimate Recipe Guide!

By Jonathan Doue, Encore Books

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. ** The Ultimate Beet Recipe Guide ** We have collected 25 of the most delicious and best selling Beet recipes from around the world! Why are Beets the ultimate super food and why should you introduce them into your diet? Here are 6 quick reasons. Enjoy! - Health Benefits - 1. Beets are nature s Viagra Seriously. One of the first known uses of beets was by the ancient Romans, who used them medicinally as an aphrodisiac. And that s not just urban legend - science backs it up. Beets contain high amounts of boron, which is directly related to the production of human sex hormones. 2. Beets are high in many vitamins and minerals Potassium, magnesium, fiber, phosphorus, iron; vitamins A, B C; beta-carotene, beta-cyanine; folic acid. These are but a few of the many nutrients, vitamins and minerals that can be found in beets and beet greens. Beets are particularly beneficial to women whom are pregnant, as the vitamin B and iron are very beneficial to new growth cells during pregnancy and replenishing iron in the...

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