



Top 100 Beetroot Salad Recipes: Healthy Quick Simple Easy Recipes for Adult Kids (Paperback)

By Za Maria

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. You'll get 100 Most Popular Beetroot Salad Recipes On The Planet! Today beetroot is not just a plant, but an industry that promotes health, fitness, energy, pleasure and beauty; since the beet has such advantages which is good for human body, so now-a-days beets are used as much as possible and in many ways.

Beetroot is actually the root part of the plant just like ginger. It is also known as garden beet, golden beet, table beet etc. Botanical name of beetroot is Beta Vulgaris. Despite its use as a food, it is a medicinal plant and is used for food coloring. What You'll Get Inside: - Introduction - History - Beetroot now-a-days - Beet Salad with Goat Cheese - Feta Roasted Beets - Beet Delight with Garlic - Beet Arugula Salad with Quinoa - Beet Salad Marinated - Roasted Beet with Peaches, along with Goat Cheese - Beetroot Vinaigrette with Spinach Salad - Bold Red Salad - Beet Fruit Salad - Fresh Fresh Beet Salad - Beet Apple Salad with Avocado - Beet...

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