

# NATURE'S DETOX

## BEETS

PHOTOGRAPHY: JEN GOTCH  
RECIPES: MARISSA LIPPERT

The approaching warm weather will encourage anyone to rethink stagnant eating habits—there's a reason they call it "spring cleaning" after all! Thankfully, there are ways to revitalize the body without resorting to a harsh detox.

### STEP ONE?

Snap up some beets! They may stain your fingers, but they also do a nice job vacuuming your insides. Star workers in your body's personal housekeeping crew, they're flush with heart-healthy antioxidants and nutrients that help detoxify the liver, and they'll polish up a sluggish digestive system real quick.

### VIBRANT & VERSATILE

Beets sparkle across the meal—from a smooth starter, to a standout salad, to a surprisingly rich dessert. Okay, so the uber-health factor may have to be overlooked on that last one, but it's totally worth it. So bring on the beets. Here's to a spring full of delectable energy and enjoyment!



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