

Trim Healthy
W I S D O M

Sweet & Tangy Beets (FP)

Most canned beets are full of sugar. These beets are sweet but sugar-free, and they're delightfully tangy. Great for your insulin sensitivity as well as your taste buds.

Multiple Servings

INGREDIENTS:

- 1 pouch or jar no added sugar beets
- 2 Tbs apple cider vinegar
- 2 tsp [TH Gentle Sweet](#)

INSTRUCTIONS:

1. Place the sliced beets, apple cider vinegar, and the Gentle Sweet in a glass jar.
2. Screw on a lid, shake well, then place in the refrigerator.

