

## APPENDIX



# HEART BEET

Heart Beet Logo

**Healthy**  
**GOODNESS**  
**IN POWDER**

Whether you want a drink to improve your health, or just want a refreshment for your long stressful day, HeartBEEET offer you an instant yet delightful beetroot powder.

Rich in vitamins and dietary fibre, this delightful drink will bring back your good mood.

100% Natural beetroot  
No preservatives added

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Facebook: HeartBEEET  
Web: [www.heartbeet.com](http://www.heartbeet.com)

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**Heart**  
**BEET**

Heart Beet Brochure

## Beetroot Powder

Ingredientsn :  
200 gr beet roots

Intructions :

1. Wash and peel fresh beet roots and slice thinly. You can use a food processor *and evenly slice the beetroot quickly.*
2. Dry the slices in a food dehydrator, a convection oven on low **heat**, or in the sun covered with a net to keep insects from touching them.
3. You can now eat or store your homemade beetroot chips.
4. When you want to make fresh beetroot powder, take a few dried beetroot chips and grind them up finely in a powerful food processor, or in a coffe grinder like I do.
5. If you are having a hard time getting the powder fine enough for your use, like when you want to use your beetroot powder as a powdered blush, I've found that the best way is to grind with a coffee grinder until the powder starts to accumulate on the cover of the grinder. The powder that builds up on the cover should be very fine and perfect for cosmetic uses. You can easily remove it with a paintbrush.
6. *Store the beetroot powder in an airtight container if possible to keep it fresher for longer.*

