HEALTHY TIPS

Delicious Beetroot And Feta Cheese Salad That Fights Off Inflammation, Detoxifies The Liver And Treats Anemia

By bestfolkmedicine · 19/06/2018 · 3 min read



Nowadays, beetroot is becoming more and more popular and this is mostly because of new studies promoting the anti-inflammatory and detoxifying characteristics, as well as its capacity to protect the heart and liver. In addition to beetroot juice, you can also prepare a delicious salad from two simple ingredients, beetroot and feta cheese! You will love it…

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Beetroot & Feta Cheese Salad Recipe

You will need:

2 beets, medium-sized

50 grams of feta cheese

2 garlic cloves, minced

2 tbsp of cilantro, chopped

3 tbsp of olive oil

A pinch of sea salt

A handful of cashews

Preparation: Wash the beets and put them in a pot with water. Bring the pot to boil on medium heat for 50 minutes. Next, strain the water from the pot and fill it with cold water. With a spoon, peel off the skin and cut the beets into cubes and the feta cheese too. Put the ingredients in a salad bowl, sprinkle the olive oil and salt and add the cilantro, garlic, and cashews on top.

Why Should You Include this Salad to Your Diet?

Besides being tasty, this salad will definitely boost your overall health. Namely, **beetroots** are alkaline veggies which are great in restoring the pH balance in the body. They are also abundant in iron which regenerates the red blood cells and supplies the body with oxygen. The copper they contain will increase the iron's bioavailability. Without doubt, this is the food you should choose if you want to purify the liver, treat jaundice and hepatitis, and reduce pain from arthritis, injuries, and gout. The betaine from beetroot averts the creation of cancerous compounds and it is great in the prevention of colon and stomach cancer. When consumed on a regular basis, beetroot will widen the blood vessels and enhance the blood pressure, resulting in a balanced blood pressure.

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Did you know that **feta cheese** is one of the healthiest cheese options for you? It has a low calorie count and it is abundant in nutrients. It is much easier for digestion and less allergenic and

inflammatory, which can be of great aid for people who are sensitive to dairy. It also contains alpha-lactalbumin, a protein which can avert cancer in combination with the zinc and calcium found in this cheese. Histidine is yet another protein which keeps the body safe from inflammation together with vitamin B6. Moreover, its good bacteria will improve the health of the gut and strengthen the immunity. Since it is abundant in vitamin B2, feta cheese can avert headaches and migraines.

Garlic possesses anti-cancer and anti-coagulant characteristics, decreases the blood sugar levels, strengthens the immunity, balances the blood pressure, treats fungal infections, alleviates bloating and gases, and purifies the blood.

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Cilantro has antimicrobial, anti-inflammatory, anti-cancerous, and antibiotic abilities and it is beneficial for the immunity. When you consume it on a regular basis, it will remove heavy metals and minimize the chance of Parkinson's and Alzheimer's.

Extra virgin olive oil, as well as sesame, avocado, and grapeseed oil are rich in monounsaturated fats which can trigger a healthy weight loss. **The cashews** will prolong your satiety and prevent overeating.

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