

In AUTUMN we need to root deeply, go underground and prepare for hibernation. Eating loads of red-shaded foods, as well as rooted vegetables will help with grounding (earthing).

Try this delicious BEETROOT TAPENADE on anything!

OLD JOE'S KAIA COUNTRY HAVEN

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BEETROOT TAPENADE	
Boil until very soft, then peel and weigh:	200 g <i>cooked beetroot</i>
Pit and drain:	200 g <i>pitted black olives</i>
Blitz the beetroot and olives in a blender with the following:	30 ml <i>freshly squeezed lemon juice</i> 80 ml <i>olive oil</i> 10 ml <i>Robertson veggie spice</i> <i>freshly ground black pepper</i>