

## Ingredients (Serves about 4–6)

- ✓ 6 to 8 medium beets
- ✓ 3 bay leaves
- ✓ 1/4 cup black peppercorns
- ✓ 2 cups water
- ✓ 2 cups apple cider vinegar
- ✓ 1 tablespoon salt
- ✓ 1 teaspoon honey

## Instructions

### 1. Roast the Beets

Preheat your oven to **425°F (218°C)**.

Trim the beets without cutting into the flesh and wash them well. Place them on a baking sheet or roasting pan.

Roast for **40 to 45 minutes**, or until they are tender when pierced with a knife.

### 2. Peel and Slice

Remove the beets from the oven and allow them to cool.

Using paper towels, gently rub off the skins. They should slide off easily.

Slice the beets and place them into a clean jar with a lid.

### 3. Add Aromatics

Tuck the **bay leaves** around the beets and sprinkle in the **peppercorns**.

### 4. Make the Brine

In a small pot, combine:

- water

- apple cider vinegar
- salt

Heat and stir until the salt is fully dissolved. Bring to a boil, then remove from heat.

Add the **honey** and stir until combined.

## **5. Pour and Store**

Let the brine cool slightly, then pour it over the beets.

Use chopsticks or a knife to release any trapped air bubbles.

Allow everything to cool completely, then seal and refrigerate for **3 to 4 days** before serving.

## **Nutritional Breakdown (per serving)**

*Based on 6 servings*

- **Calories:** ~90
- **Carbohydrates:** ~20 g
- **Sugars:** ~14 g
- **Fiber:** ~3 g
- **Protein:** ~2 g
- **Sodium:** ~600 mg
- **Fat:** 0 g