

Cooked beets

Combine: 1/2 c cider vinegar
1/4 c sugar or splenda
1/2 c water

Add: 1 onion
1 t dill leaves

Add Beets

Second recipe my favorite:

Cook Beets. Set aside

BOIL:

1 C Beet Juice

1/2 C cider Vinegar

1 C sugar or splenda

Stick cinnamon

Marlene F