

INSIDER | SEPT 2026BYEUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

National Guacamole Day is the perfect excuse to enjoy more avocado. Packed with heart-healthy fats, fiber, potassium, and folate, avocados deliver both flavor and nutrition. Add house-made guacamole to tacos, salads, grain bowls, sandwiches, or your favorite entrée for a delicious way to support cardiovascular health, stay satisfied longer, and elevate any meal with nutrient-rich goodness.

IN SEASON & ON THE MENU

This time of year, beets are in season! Their vibrant color comes from natural antioxidants called betalains, which help protect cells from everyday stress and support overall health. Beets also provide fiber, folate, and potassium, along with naturally occurring nitrates that support healthy blood flow.

FIND YOUR NEXT FAVORITE RECIPE!
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CHEF TIPS: GUACAMOLE

This delicious dip is not just for chips. Enjoy it with radish slices or cucumbers. It can also be used as an awesome spread. Add guacamole to your next burger, a piece of grilled fish, or a grilled chicken sandwich or wrap. There are so many ways it can be enjoyed!

