

Beet It Sport Nitrate 8000 Crystals Recipe Feedback

The Team at The Edge would like to say thank you to Beet It Sport for providing us with samples from their range of Nitrate products. We especially enjoyed using the new Nitrate 8000 crystals in our recipes and have provided some feedback on the products below.

First Impression:

- Packaging is clear, clean and effective for storing the crystals (e.g. silica packet inside, sealed inside prior to first use).
- Labelling is clear, easy to read and provides sufficient information about the benefits of using the crystals, without over-complicating with too many scientific details.
- The crystals themselves are vibrant in colour and fine in texture, which makes them very versatile. This was a pleasant surprise as we expected the crystals to be larger in size.

Recipe Feedback:

Recipe	Taste	Texture & Mix-ability	Uses
Granola	Crystals added a hint of sweetness and slight saltiness to the granola	Crystals caramelised slightly, which helped bind the granola into crispy clusters Crystals combined well with the other granola ingredients - did not need to be dissolved	Use as a base for breakfast; add milk or yoghurt Combine with fresh berries & Greek yoghurt for a recovery snack
Marbled Yoghurt	Crystals added sweetness to the plain yoghurt	To make the marbled yoghurt, crystals either had to be mixed with 1 tbsp of the yoghurt, which was then marbled into the remaining yoghurt, or diluted in 1 tbsp water, before marbling into yoghurt. This kept the marble effect without colouring all of the yoghurt	Add in fresh berries + chia seeds for a recovery dessert / snack.
Muffins	No strong taste of beetroot, only mild sweetness. The flavour from the rest of the muffin ingredients was dominant.	It took time to thoroughly mix the crystals into the cake batter when directly added. To help the crystals disperse, they can be dissolved in 1 tbsp of water before adding to the cake batter.	Pre-exercise fuelling snacks (2-3 hrs before exercise). Can also be used as a recovery snack.
Recovery Smoothie	Refreshing and sweet No beetroot taste - flavour of the berries masks any potential beetroot flavour	Very easy mixing in the blender Overall smooth and creamy texture	Breakfast smoothie 2-3 hrs before exercise to fuel up & improve endurance exercise tolerance Recovery smoothie to improve blood flow and help reduce inflammation
Jewelled Chickpea & Grain Salad	Crystals help to season the salad, thus reducing the need for sea salt for extra flavour	Half of the crystals (1/2 scoop) were mixed into the salad; the other half were sprinkled on top. Mixed-in crystals dissolved partially in the salad dressing, whilst the crystals that were sprinkled on top retained their crunchy texture.	Fuelling meal 2-3 hours before exercise to increase carbohydrate availability and improve endurance tolerance.