



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30-40 mins

Serves: 2-4

INGREDIENTS

- 2 tbsp coconut oil
- 2 bunches fresh asparagus (12-15 spears), cut into 4cm pieces
- 4 stalks celery, roughly sliced
- 4 spring onions, roughly sliced
- 1/4 cup coriander leaves, chopped
- 1 vegetable stock cube (or tbsp home made)
- 1 clove garlic, crushed
- 1 400g can coconut cream
- 1 can water (use coconut cream can)
- 1 tsp salt
- 1/8 tsp ground black pepper

METHOD

- In large saucepan, melt coconut oil.
 - Add spring onions and garlic and cook 4 minutes, stirring.
 - Add chopped asparagus and celery and cook 10 minutes while stirring.
 - Add coriander, stock cube, salt and pepper, coconut cream and water.
 - Bring to the boil, and simmer for 30 minutes until celery is tender.
 - Blend with stick blender or food processor.
 - Sprinkle more chopped coriander on top to serve.
- OR. Cook 1-2 fried asparagus spears extra, and keep aside to serve on top.

CREAMY ASPARAGUS AND CELERY SOUP

