



CREAMY CELERY SOUP

ALLERGIES:

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

Prep time: 20 mins

Cook time: 30 mins OR
6-8 hours in slowcooker.

Serves: 8



INGREDIENTS

- 1 bunch celery stalks, roughly chopped
- 1 large zucchini, roughly chopped
- 6 spring onions
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground tumeric
- 3 whole cloves
- 3 cloves garlic, crushed
- 1 tsp ginger, grated
- 1 tsp salt
- 1/8 tsp pepper
- 1 lt. vegetable stock
- 1 lt coconut/almond milk
- 1 x 400g can coconut cream
- chopped parsley to garnish

METHOD

- Heat oil to medium high in large pan, and add paprika, tumeric, garlic, ginger, salt, pepper and cloves and stir for 2 minutes.
- Add chopped zucchini, celery and spring onions and stir to brown a little and coat in spices for 10 minutes.
- Add stock and coconut milk and stir.
- Simmer for 30 minutes on hotplate OR pour into slow cooker on high for 5 hours or low for 7-8 hours.
- When cooked, blend with stick blender and stir in coconut cream.
- Sprinkle with chopped parsley to garnish.