

# *Celery and Apple Soup*

*Serves 4-6 people.* Suitable for breakfast to help cleanse your gut or serve with a salad.



## ***Ingredients***

- 1/2 celery chopped
- 1 onion
- 1 small leek finely chopped
- 1 apple peeled and chopped
- 2 garlic cloves crushed (optional)
- 1 pint of home made veg stock
- 1/5th packet creamed coconut (200g size)
- salt and pepper to taste

## ***Variation***

When the apple season is over I omit the apple and add extra leek, for a spring soup I add nettles in my stock too. Suitable for breakfast as an autumn soup to help cleanse your gut

## ***Advanced Preparation***

This can be prepared well in advance, it keeps for 4 days in fridge or you can freeze it.

## ***Method***

1. Add all the ingredients into a pan and leave to simmer for 2 hours on a low heat.
2. Serve with salad and quinoa/millet mix sprinkled with engevita.