Celery and apple detox cream



Consejo del chef

Garnish with seeds and fresh parsley and serve hot.

Raciones para 2

- ❏ **1** Golden apple
- ❏ **1** Celery stalks
- ❏ **1** Potato
- ❏ **2-3** Cauliflower florets
- ❏ **1/2** Onion
- ❏ **2** Cloves of garlic
- ❏ Olive oil
- ❏ Salt and pepper
- ❏ **200 ml** Vegetable stock
- ❏ **100 ml** Plant-based drink
- ❏ **3** Tablespoons of nutritional yeast
- ❏ Sunflower seeds
- ❏ Sesame seeds
- ❏ Fresh parsley

1. In a saucepan, fry the onion and garlic with a tablespoon of olive oil. When golden brown, add the chopped celery, the diced apple and potato, and the cauliflower florets.
2. Add salt and pepper, toss, and pour the vegetable stock into the saucepan.
3. Cook over low-medium heat until the vegetables are tender (20–25 minutes approximately).
4. Add the plant-based drink and yeast. Add salt to taste.
5. Blend all the ingredients until smooth.

Chef's Notes

https://cookinglovers.teka.com/en/receta/crema-detox-apio-manzana/