



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/es/receta/crema-detox-apio-manzana/>

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