

# Celery and apple detox cream

COOKING  
LOVERS TESA



## 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

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

