

Celery and Courgette 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
2 courgettes peeled and chopped
2 garlic cloves crushed (optional)
1 pint of home made veg stock
salt and pepper to taste

Variation

When it is the apple season you may like to substitute the courgette with apples that are a bit sour. for a spring soup you could add nettles 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. Chop the ingredients up and add into a pan and leave to simmer for 2 hours on a low heat.
2. Liquidise to your desired consistency adding extra stock if it is too thick.
3. Serve with salad and quinoa/millet mix sprinkled with engevita.