

APPLE AND CELERIAC SOUP

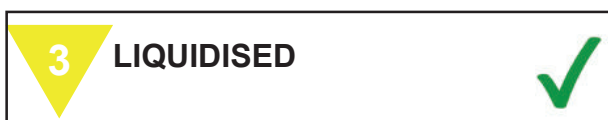


Apple and Celeriac Soup
in collaboration with



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

102Kcal
Per Serving

CONTAINS



CELERY

MAY CONTAIN



WHEAT

This recipe serves 4

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (403g)
Energy	106kJ/25kcal	429kJ/102kcal
Fat	0g	2g
of which saturates	0g	0.2g
of which monounsaturates	0g	0.3g
of which polyunsaturates	0g	0.2g
Carbohydrate	4g	16g
of which sugars	3.4g	14g
of which polyols	0g	1.1g
of which starch	0g	0.5g
Protein	0.7g	2.7g
Salt	0.55g	2.2g

APPLE AND CELERIAC SOUP

Apple and celeriac soup is rich in fibre, aiding digestion and supporting gut health. It's also packed with antioxidants, vitamins C and K, and essential minerals that help boost immunity and reduce inflammation.



INGREDIENTS

■ 1 tbsp oil ■ 1 onion ■ 2 apples ■ 2 cloves garlic ■ 1/2 celeriac	■ 1 litre of vegetable stock
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METHOD

- 1 Heat oil in a large pan and fry the onions and garlic.
- 2 Add the celeriac, apples and herbs and cook for 5 minutes.
- 3 Add 1 litre of vegetable stock and simmer over a low heat for 30 minutes until the celeriac is tender.
- 4 Blend into a smooth soup with a hand blender / food processor.
- 5 Serve.

*Recommendations on this site are for **food modification only**. If you are level 4 for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.