

Bone Health

Protecting Your Bones Is Easier Than You Think

Did you know ...

- Stalks of celery look just like bones—and they're good for them, too.
- Celery is a great source of silicon, which is part of the molecular structure that gives bones their strength.
- Celery is full of vitamin K, which is essential to the bone building process.
- Bones are 23 percent sodium, and so is celery.
- Celery is a good source of vitamin C, which stimulates the production of bone-forming cells.



Celery Soup

Cook time: 35min
Serving size: 7

Ingredients:

2 tablespoons olive oil, or butter
1 onion, diced
4 fat garlic cloves, rough chopped
6 cups celery, sliced thin (about 1 ¼–1 ½ pounds), save some leaves for garnish
2 cups potatoes, sliced into ½ inch thick rounds
4 cups veggie or chicken broth
1 bay leaf (optional, remove before blending)
1 teaspoon salt
½ teaspoon pepper
1/8 – 1/4 teaspoon cayenne

Add:

¼ cup fresh dill
½ cup fresh parsley
½ cup (or more) of sour cream, plain yogurt, vegan sour cream, heavy cream or cashew cream

Instructions:

Heat the oil in a large pot over medium high heat. Add the onion, stirring occasionally, about 5 minutes.

Rough chop the garlic, celery and potatoes. Add the garlic to the onions and stir 1-2 minutes, until fragrant. Add the celery, potatoes, broth, water, bay leaf, salt, pepper, and cayenne. The liquid should just cover the veggies. Cover, bring to a rolling boil, turn heat down and simmer gently until potatoes are tender, about 10 minutes.

Turn heat off, remove bay leaf and add the fresh herbs and just wilt them. Using an immersion blender blend until very silky smooth (if using a regular blender, let cool before blending).

For extra “green” color, add a handful of raw spinach or more fresh parsley. Place soup back in pot over low heat. Stir in your choice of sour cream, or any of the other options.

***Gently heat, careful to not over simmer.
Sprinkle with hemp seeds if you like.

