



## CELERIAC MASH UP

### THE GOODS:

Serves 8

- 2 medium sized celeriac
- 3 TBSP ghee, butter or olive oil
- Vegetable broth or water for boiling
- 1/2 cup hemp milk (or alternative milk of choice)
- 1 green onion

### THE METHOD:

Peel the celeriac well, discarding any of the gnarly outer layer. Cut into small pieces and place into a pot of water or vegetable broth (enough to cover). Cook approximately 20 min in boiling liquid.

Once soft, remove the pieces and place into food processor. Add in salt, ghee, 1/2 cup of the broth, hemp milk and blend until smooth.

Taste and assess. Adding more liquid or more salt is always an option to find the creamy texture and salty flavor you desire.

Garnish with green onion.

Enjoy!

