

Celery

Health Benefits

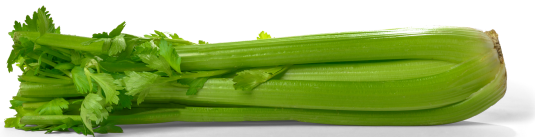
- Contains a good deal of fibre, which promotes digestive health and heart health.
- Contains healthy nutrients like antioxidants which are good for overall health.

Storage

In refrigerator. May also be frozen and used at a later date.

Preparation

Rinse well with water. Remove ends of the stalk. Celery can be eaten raw or cooked. It is often a base ingredient for soups, salads, stir fries and casseroles.



A Healthy Snack

Ingredients:

Celery
Peanut butter



Directions:

1. Wash celery stalks and cut into sections.
2. Fill pit of celery with peanut butter.
3. Enjoy!

Fun fact!

Celery has a high water content, which helps keep you hydrated!