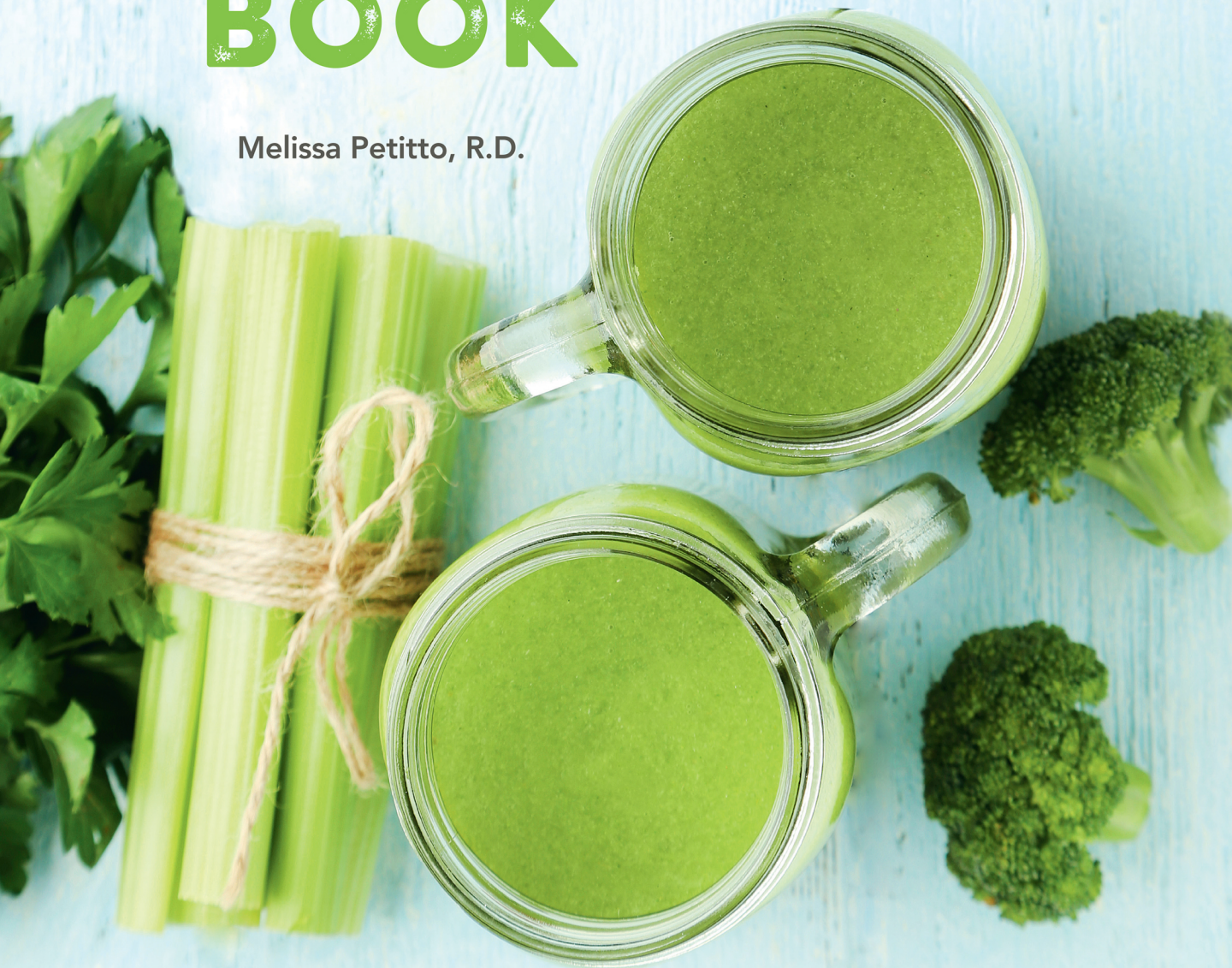


# THE CELERY JUICE BOOK

**AND OTHER  
PLANT-POWERED,  
COLD-PRESSED,  
NUTRITION-PACKED  
RECIPES!**

Melissa Petitto, R.D.







**THE  
CELERY  
JUICE  
BOOK**



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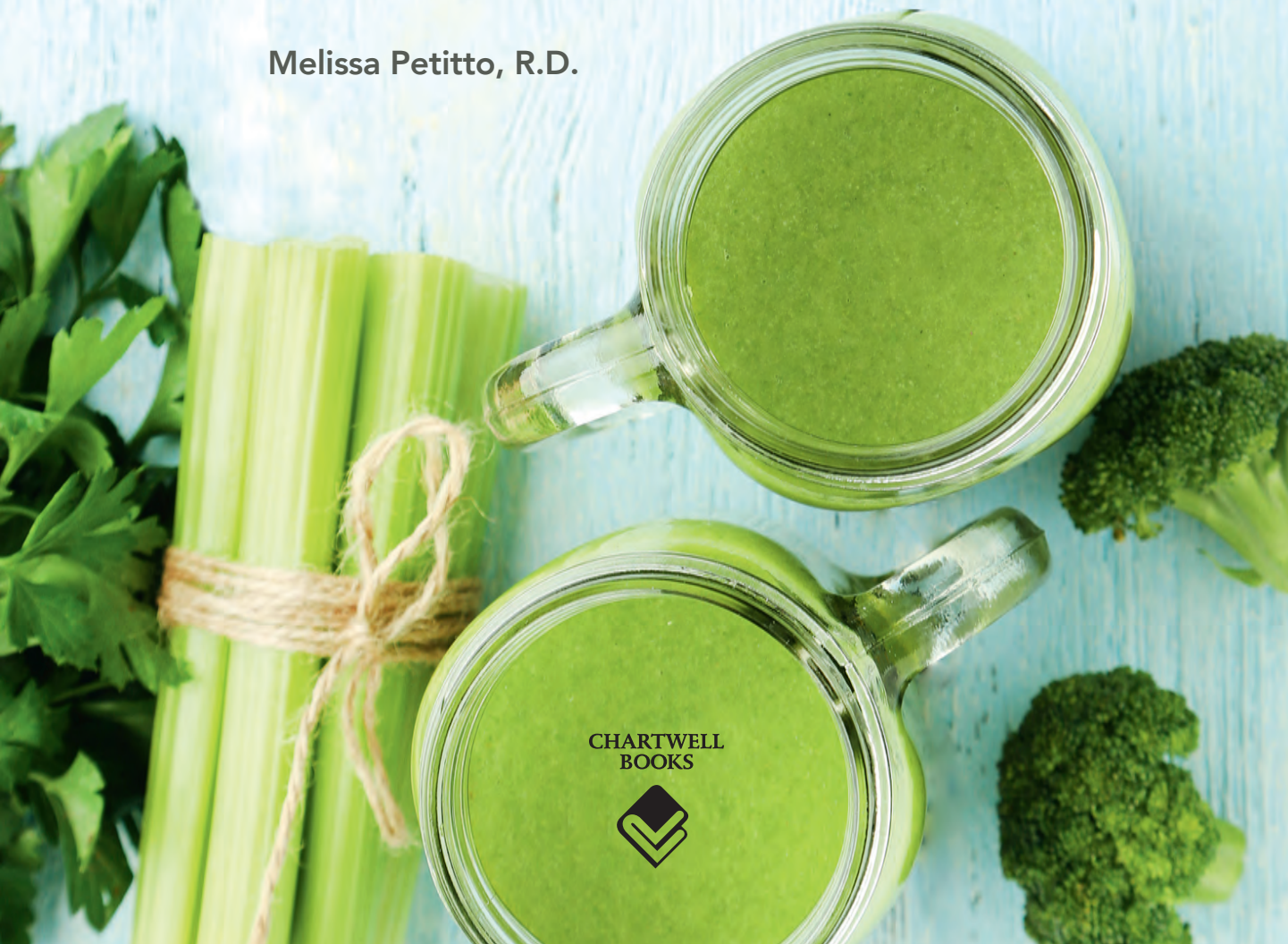
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Melissa Petitto, R.D.



CHARTWELL  
BOOKS



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# Introduction



Celery juice! Who knew this simple, often overlooked herb (yep! It's not a vegetable!) would create such a craze? Before its juiced moment, the things I heard about celery were all very unremarkable: that it is made up of mainly water, that you burn more calories eating it than it contains, that it's the base for most soups and stocks, and that if you put it into a soup with too much salt it will absorb the saltiness, making your dish palatable.

The addition of celery juice to one's meal plan has been shown to be an incredibly healing remedy for acne, bloating, mental clarity, mood stabilization, digestion, weight loss, eczema, blood sugar issues, high blood pressure, constipation, gout, allergies, sinus issues, psoriasis, and countless others. That said, there is a correct way to consume your daily celery juice.

For the incredible benefits of consuming celery juice to work their magic, drinking 16 ounces (480 ml) on an empty stomach first thing in the morning is recommended. That said, drinking and eating celery is still incredibly beneficial to your health and wellness, and this book is here to show you just how easy it can be to include it in all aspects of your diet.

Even if you don't want to just consume 16 ounces (480 ml) of celery juice every morning, celery has some wonderful health benefits.

- Celery has an alkalizing effect. This means that it neutralizes the acidity of the body. Having an alkalized system has been shown in studies to help fight diseases such as cancer.
- Celery is rich in vitamins A, K, and C and minerals like potassium and folate, and it has a low glycemic index.
- Celery has about 25 anti-inflammatory compounds.
- Celery has been shown to aid digestion and has compounds that soothe stomach ulcers.
- Celery is a great source of antioxidants that protect against cell damage.



You will notice in the juice and smoothie sections of this book that drinking it immediately after making it is best for optimal vitamin and mineral content. This is true for all juices and smoothies.

The shelf life of a juice is very short; optimally, you should drink it within 30 minutes of preparing it, but if you must store it, store it in the refrigerator for no longer than 48 hours. And what do you do with all the leftover pulp? Don't throw it away! See pages 135 to 155 for ways to use it in everything from fritters to crackers to soups, and even treats for your dog.

## **JUICES VS. SMOOTHIES**

I am frequently asked about the differences between juicing and smoothies. Both contain fruits and vegetables, which contain high amounts of vitamins, minerals, enzymes, and other incredible phytonutrients. Phytonutrients are plant-derived compounds associated with disease prevention and are beneficial for those seeking to live a healthier lifestyle. While both are essentially a beverage, there are separate benefits for consuming your favorite plant-based smoothies or juices.

Juicing is the process where you separate the liquid from the pulp or fiber of the fruit or vegetable. The product you get is a thin and concentrated liquid that contains all of the nutrients listed above. The removal of dietary fiber is an advantage to juicing. The body doesn't need to work as hard to extract all of these amazing vitamins, minerals, enzymes, and phytonutrients from the plants you have juiced. This allows the nutrients to enter your bloodstream as quickly as possible and with the least amount of energy expended by the body.

Smoothies come from blending the entire fruit, vegetable, liquid, nuts, seeds, and other various superfoods. The result frequently has more volume, thickness, and is generally creamier than a juice. With smoothies, you retain the fiber, which makes you feel full and improves digestion.

I often think of a smoothie as a meal replacer and a juice as a beverage. With smoothies, you are getting all of the same amazing nutrients as you would from a juice, but with the addition of soluble and dietary fiber. Your body may have to work harder to extract the nutrients and fiber from a smoothie, but sometimes it helps to feel full.





JUICES





# Simple Blender Celery Juice



Yield: 1 serving

The amount of celery needed will differ. You are aiming for 16 ounces (480 ml) of celery juice for optimal results. This can be made in a juicer, but I want to show that you can make it without the investment in a large appliance. Buy yourself a couple of nut milk bags for ease, but if you can't find those, a fine-mesh strainer will do the trick! Drink immediately, first thing in the morning, on an empty stomach. This method can be used with any and all of the juices if buying a juicer is not in the budget.

## INGREDIENTS

1 large bunch organic celery  
1 nut milk bag

## METHOD OF PREPARATION:

1. Cut the bottom root off of the celery and rinse each individual stalk.
2. Chop the celery and, working in batches, add to a high-powered blender and blend on high speed until smooth and all the celery has been added.
3. Fit your nut milk bag over a glass measuring cup. Pour the celery puree into the nut milk bag and squeeze until all the liquid is removed and you have 16 ounces (480 ml).
4. Reserve the pulp for another use and drink the juice immediately for optimal vitamin and nutrient content.



# Stomach-Settling Celery Ginger Juice



Yield: 2 servings

This simple celery juice with the addition of ginger is a great one for an upset stomach. Ginger is a natural nausea aid and with the addition of celery, this juice is a sure-fire way to calm those tummy troubles and feel better fast. If you do not have a juicer, follow the simple celery juice recipe on page 11 that is made in a blender.

## INGREDIENTS

- 1 large bunch organic celery
- 1 large organic cucumber
- 1-inch (2.5 cm) piece organic ginger

## METHOD OF PREPARATION:

1. Wash and chop all the ingredients.
2. The directions for juicers will vary, so juice the celery, cucumber, and ginger following the instructions for your specific juicer. If using the blender method (see page 11), blend in batches and strain in a nut milk bag.
3. Reserve the pulp for another use and drink the juice immediately for optimal vitamin and nutrient content.












# Super Prebiotic Celery Baobab Juice



Yield: 4 servings

Baobab is one of my favorite superfoods and it is an excellent prebiotic. I am a fan of the Kaibae brand; not only is it superiorly made, but it also gives back to Ghanian people and their cherished baobab tree. Baobab is an antioxidant powerhouse, making this juice a go-to for wellness.

## INGREDIENTS

- 4 organic celery stalks
- 1 small head organic green cabbage, outer leaves removed and cut into small chunks
- 1 organic fennel bulb, cored and cut into quarters
- 2 organic green apples, cored and quartered
- 4 teaspoons baobab powder

## METHOD OF PREPARATION:

1. Pass the celery, cabbage, fennel, and apples through your juicer. Reserve the pulp for another use.
2. Divide the mixture among four glasses and stir in 1 teaspoon of baobab powder per glass. Serve immediately for optimal vitamin and nutrient content.

# Digestion Juice



Yield: 2 servings

This combination of celery, cucumber, orange, and lemon is super refreshing and has the added benefit of supporting good digestion.

## INGREDIENTS

- 1 large bunch organic celery
- 2 large organic cucumbers
- 1 organic navel orange, peeled
- ½ organic lemon, peeled

## METHOD OF PREPARATION:

1. Wash all the ingredients and roughly chop.
2. Pass all the ingredients through your juicer and serve immediately for optimal vitamin and nutrient content.









# Celery, Apple, and Lemon Juice



Yield: 2 servings

This is a super refreshing and delicious combination, as well as a simple detox for the body. If you do not have a juicer, follow the simple celery juice recipe (page 11) that is made in a blender.

## INGREDIENTS

4 organic celery stalks  
1 organic Fuji apple  
2 cups (60 g) organic baby spinach  
½ organic lemon

## METHOD OF PREPARATION:

1. Wash and chop the celery, and core and chop the apple.
2. Pass the celery, apple, and spinach through your juicer. Reserve the pulp for another use.
3. To serve, squeeze the lemon juice into the mixture and serve immediately for optimal vitamin and nutrient content.



# Sweet Green Celery Juice



Yield: 2 servings

I was first introduced to this juice through one of my celebrity clients. She swore it kept her young and vibrant. This woman is one of the kindest, most beautiful people, inside and out, so I am taking her word for it! Plus, it tastes amazing.

## INGREDIENTS

- 4 organic celery stalks
- 4 organic kale stalks and greens
- 4 organic white Swiss chard stalks and greens
- 2 organic Fuji apples
- 4 organic parsley stems and leaves

## METHOD OF PREPARATION:

1. Wash the ingredients and roughly chop. Core the apples.
2. Pass the ingredients in the order listed through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and nutrient content.









# Kidney Detox Juice



Yield: 2 servings

This simple three-ingredient juice, made with celery, parsley, and pineapple, is a sure-fire way to detox the kidneys, as well as a natural diuretic and circulatory catalyst.

## INGREDIENTS

6 organic celery stalks  
1 bunch organic parsley  
2 cups (330 g) organic pineapple chunks

## METHOD OF PREPARATION:

1. Wash the celery and parsley and roughly chop.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and nutrient content.

# Celery, Apple, and Carrot Juice



Yield: 2 servings

This combination is one of my favorites, with the flavor of the celery, the creaminess of the carrots, and the subtle sweetness of the apples. I've even seen many kids enjoy this one!

## INGREDIENTS

2 organic celery stalks  
3 large organic carrots  
1 organic Fuji apple

## METHOD OF PREPARATION:

1. Wash all the ingredients. Roughly chop the celery and carrots. Core the apple and roughly chop.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and nutrient content.









# Cellulite Buster



Yield: 2 servings

The combination of celery, apple, pear, pink grapefruit, and mint is not only a delicious one but also has been shown to improve circulation, enhance collagen production, improve skin elasticity, and reduce fluid retention. What a juice!

## INGREDIENTS

4 organic celery stalks  
2 organic Fuji apples  
1 organic pear  
1 large organic pink grapefruit, peeled  
4 organic mint sprigs

## METHOD OF PREPARATION:

1. Wash all the ingredients and chop the celery. Core and chop the apples and pear. Chop the grapefruit into segments.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and mineral content.



# Liver Detox Juice



Yield: 2 servings

Celery, cucumber, asparagus, parsley, cilantro, and lemon make this powerful juice a natural diuretic and hydrator. The liver aids in immunity, digestion, nutrient absorption, and skin vitality. This juice helps keep that liver super happy.

## INGREDIENTS

5 organic celery stalks  
1 large organic cucumber  
3 organic asparagus spears  
2 organic parsley sprigs  
2 organic cilantro sprigs  
1 organic lemon, peeled

## METHOD OF PREPARATION:

1. Wash all the ingredients and cut into chunks.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and mineral content.







# Celery, Carrot, and Spinach Juice



Yield: 2 servings

This combination is a vitamin/mineral powerhouse. Spinach alone in juice form is pretty potent, but with the addition of celery and carrot it becomes incredibly palatable. This juice is high in iron and calcium and is a perfect start to the day or an afternoon pick-me-up.

## INGREDIENTS

2 organic celery stalks  
6 medium organic carrots  
2 cups (60 g) organic baby spinach  
½ organic lemon for serving

## METHOD OF PREPARATION:

1. Wash all the ingredients. Chop the celery and carrots.
2. Pass the celery, carrots, and spinach through your juicer. Reserve the pulp for another use.
3. To serve, squeeze the lemon into the juice and drink immediately for optimal vitamin and mineral content.



# Ulcer Tamer Juice



Yield: 2 servings

Cabbage has been a longstanding home remedy for ulcers. It is rich in the amino acid glutamine, which is far superior to the commercial antacids. It treats ulcers by nourishing and repairing the gastrointestinal lining. Combined with celery and carrots, this ulcer-taming juice is perfect for helping heal the lining of the stomach.

## INGREDIENTS

1 small head organic green cabbage  
4 organic celery stalks  
2 large organic carrots

## METHOD OF PREPARATION:

1. Wash all the ingredients. Remove the outer leaves from the cabbage and quarter. Chop the celery and carrots.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and nutrient content.







# Arthritis Helper



Yield: 2 servings

Pineapple is a natural anti-inflammatory food. It contains bromelain, which works as a natural anti-inflammatory substance for swollen and painful joints.

## INGREDIENTS

6 large organic carrots  
3 organic celery stalks  
1 cup (165 g) organic pineapple chunks  
½ organic lemon, peeled

## METHOD OF PREPARATION:

1. Wash all the ingredients and roughly chop.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and mineral content.



# Anxiety-Reducing Juice



Yield: 2 servings

Celery, carrot, and pomegranate come together to form an anti-anxiety juice. Daily consumption of pomegranate juice has been shown to lower levels of the stress and anxiety hormone cortisol and significantly reduce blood pressure.

## INGREDIENTS

6 organic celery stalks

4 large organic carrots

2 cups (348 g) pomegranate arils

## METHOD OF PREPARATION:

1. Wash the celery and carrots and roughly chop.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and mineral content.







# Headache Away Juice



Yield: 2 servings

Apple, cucumber, kale, ginger, and celery come together to make a natural headache pain-reliever. The body easily absorbs the combination of electrolytes and anti-inflammatory nutrients in the juice. This hydrating juice will help with those nagging headache symptoms.

## INGREDIENTS

4 organic celery stalks  
4 medium organic carrots  
4 organic kale stalks and leaves  
2 organic Fuji apples  
1 large organic cucumber  
1-inch (2.5 cm) piece organic ginger

## METHOD OF PREPARATION:

1. Wash all the ingredients and roughly chop. Core and chop the apples.
2. Pass all the ingredients through your juicer. Reserve the pulp for another use.
3. Serve immediately for optimal vitamin and mineral content.





SMOOTHIES







# Salad Smoothie



Yield: 2 servings

I have a secret . . . I love leftover salad! Not so much for its mushy texture, but because sometimes I love to throw it in a blender and call it a smoothie or gazpacho! This is one of those times. This smoothie happens to be specifically made, but next time you have leftover salad don't throw it away: blend it instead and repurpose it.

## INGREDIENTS

1 organic romaine heart  
4 organic celery stalks  
1 cup (30 g) organic baby spinach  
1 organic green apple or Fuji apple  
½ organic lemon, peeled  
4 organic mint leaves  
1 cup (240 ml) water

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Antioxidant Smoothie



Yield: 2 servings

I know, I know: collard greens in a smoothie?! But why not? These dark leafy greens are a part of the cruciferous family and are high in nutrients and antioxidants that fight cell-damaging free radicals. This smoothie is a perfect start to the day.

## INGREDIENTS

1 cup (40 g) organic collard greens, thick stems removed  
2 organic celery stalks  
1 organic Fuji apple  
½ cup (85 g) organic frozen pineapple chunks  
½ cup (120 ml) unsweetened almond or hemp milk

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Detox Smoothie



Yield: 2 servings

This green smoothie is optimal for great digestion. With anti-inflammatory and nutrient-rich kiwi and celery, this naturally detoxifying juice is a perfect way to cleanse the body.

## INGREDIENTS

6 organic celery stalks  
2 organic kiwis, peeled  
1 cup (30 g) organic baby spinach  
2 organic parsley sprigs  
1 organic lime, juiced  
1 organic lemon, juiced  
½ cup (120 ml) freshly squeezed orange juice

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Refreshing Vitamin C Smoothie



Yield: 2 servings

Vitamin C, an immune-supporting antioxidant, is prevalent in pineapple. Vitamin C encourages growth and healing and aids in iron absorption. This refreshing smoothie is great for a little afternoon pick-me-up, especially because it tastes like a piña colada!

## INGREDIENTS

4 organic celery stalks  
1 organic pear  
1 cup (165 g) organic frozen pineapple  
1 frozen peeled banana, chopped  
½ cup (120 ml) coconut water



## METHOD OF PREPARATION:

1. Wash and roughly chop the celery. Core and quarter the pear.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.

# The Power Player Smoothie



Yield: 2 servings

This smoothie is bursting with antioxidants, vitamins, and minerals. It's not for the faint of heart, though! Beets, ginger, and celery come together for quite a powerful punch that will leave you feeling awake and rejuvenated.



## INGREDIENTS

- 2 organic celery stalks
- 2 organic small red beets, washed and trimmed
- 1 organic Fuji apple
- ½ cup (85 g) organic frozen peaches
- 1½ cups (360 ml) unsweetened almond or hemp milk
- 1-inch (2.5 cm) piece organic ginger, peeled


## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.





# Blueberry, Kale, and Celery Smoothie



Yield: 2 servings

This beautifully blue smoothie is a wonderful way to drink your superfoods. Kale and blueberries combined with celery come together to create a not too sweet but oh so satisfying beverage.

## INGREDIENTS

2 cups (120 g) chopped organic baby kale  
4 organic celery stalks  
1 frozen peeled banana, chopped  
1 organic Fuji apple  
1 cup (145 g) frozen wild blueberries  
1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Cleanse Me Smoothie



Yield: 2 servings

This super gentle and cleansing smoothie is perfect for when your body just needs a little break and reboot. It is clean, low-calorie, and wonderfully filling.

## INGREDIENTS

1 cup (30 g) organic baby spinach  
2 organic celery stalks  
½ avocado, peeled  
2 organic parsley sprigs  
½ cup (120 g) ice cubes  
1½ cups (360 ml) coconut water  
1 tablespoon (15 ml) freshly squeezed lemon juice

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Glowing Skin Smoothie



Yield: 2 servings

This smoothie is packed with antioxidants that aid in giving skin that beautiful glow from the inside out. Avocado, spinach, celery, blueberries, and carrots come together to deliver one glowing boost.

## INGREDIENTS

- 1 cup (30 g) organic baby spinach
- 2 organic celery stalks
- 1 medium organic carrot, peeled
- ½ avocado, peeled
- 1 organic pear
- 1 cup (145 g) frozen organic blueberries
- 1½ cups (360 ml) unsweetened almond or hemp milk

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the pear.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Blue-Green Algae Smoothie



Yield: 2 servings

I know the title may throw you, but algae is a superfood! It's high in antioxidants, has inflammation-fighting properties, and helps regulate the immune system. Don't shy away because of the name; the color alone could change your mind.

## INGREDIENTS

4 organic celery stalks  
1 cup (150 g) organic frozen green grapes  
1 large organic cucumber  
1 frozen peeled banana, chopped  
½ avocado, peeled  
1 cup (30 g) organic baby spinach  
2 organic cilantro sprigs  
1 tablespoon (8 g) blue spirulina powder  
1-inch (2.5 cm) piece organic ginger, peeled  
1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.









# Chia, Celery, Kale, and Pineapple Smoothie



Yield: 2 servings

This delicious smoothie has a tropical hint with creamy coconut milk and pineapple. The chia seeds give this smoothie a thicker texture and a big hit of omega-3s.

## INGREDIENTS

4 organic celery stalks  
2 cups (120 g) chopped organic kale, large stems removed  
1½ cups (248 g) organic frozen pineapple chunks  
2 tablespoons (22 g) chia seeds  
1½ cups (360 ml) unsweetened coconut milk

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Creamy Fennel, Celery, and Pear Smoothie



Yield: 2 servings

Fennel and celery are natural digestion aids. Combined with the alkalizing effects of the lemon juice, this smoothie is a wonderful way to calm the stomach and support good digestion.

## INGREDIENTS

- 1 organic fennel bulb, cored
- 2 organic celery stalks
- 2 organic ripe pears
- 4 ounces (112 g) almond or coconut yogurt
- ⅓ cup (80 ml) freshly squeezed lemon juice
- 1 teaspoon fennel seeds

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the pears.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Bloody Mary Smoothie



Yield: 2 servings

**Minus the vodka, of course! This smoothie is a perfect way to get your veggies in during the summer months when tomatoes are at their peak and oh so flavorful.**

## INGREDIENTS

4 ripe medium organic tomatoes  
2 organic celery stalks  
1 cup (40 g) organic celery leaves  
4 organic collard greens leaves, large stems removed  
1 tablespoon (15 ml) freshly squeezed lemon juice

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Creamy Zucchini, Blueberry, and Celery Smoothie



Yield: 2 servings

This powerhouse smoothie is packed with goodness. Celery reduces inflammation and boosts hydration; zucchini has fiber, B vitamins, and antioxidants; plus blueberries, hemp seeds, coconut, and spinach . . . the benefits are limitless in this beautiful purple drink.

## INGREDIENTS

2 organic celery stalks  
1 organic zucchini  
1 cup (30 g) organic baby spinach  
1 frozen peeled banana, chopped  
1 cup (145 g) frozen organic blueberries  
1 tablespoon (10 g) hemp seeds  
½ teaspoon ground cinnamon  
1 cup (240 ml) unsweetened coconut milk

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.

# Red Berry Celery Smoothie



Yield: 2 servings

**This super refreshing, light, and sweet smoothie is perfect for hot summer days. It is packed with fruit and is very hydrating.**

## INGREDIENTS

- 6 organic celery stalks
- 1 organic Fuji apple
- 2 frozen peeled bananas, chopped
- 1 cup (145 g) organic frozen strawberries
- 1 cup (145 g) organic frozen raspberries
- 1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery.  
Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Celery and Pear Smoothie



Yield: 2 servings

**Creamy, earthy, and chock-full of fiber, this smoothie hits all the points.**

## INGREDIENTS

- 3 organic celery stalks
- 1 cup (30 g) organic baby spinach
- 1 organic ripe pear
- 1 avocado, peeled and pitted
- 2 tablespoons (30 ml) freshly squeezed lemon juice
- 1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop all vegetables. Core and quarter the pear.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Celery, Apple, and Almond Butter Smoothie



Yield: 2 servings

This smoothie hits all the breakfast points: servings of vegetables and fruit, hydration, and protein. This quick and easy smoothie is a perfect start to the day.

## INGREDIENTS

4 organic celery stalks  
2 cups (60 g) organic baby spinach  
2 organic Fuji apples  
¼ cup (60 g) organic almond butter  
1½ cups (360 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apples.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.









# Celery and Strawberry Smoothie

Yield: 2 servings

This tangy, slightly salty smoothie is a perfectly refreshing juice for an afternoon pick-me-up. The combination of celery, strawberries, mint, and ginger makes this a wonderful summer drink.

## INGREDIENTS

2 organic celery stalks  
1 organic Fuji apple  
2 cups (290 g) organic frozen strawberries  
2 organic mint sprigs  
1 cup (240 ml) coconut water  
1-inch (2.5 cm) piece organic ginger, peeled

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Aloe Vera, Apple, and Celery Smoothie



Yield: 2 servings

Aloe vera is not something everyone thinks of when they think of smoothies, but the gel of this plant contains vitamins, minerals, antioxidants, and antibacterial properties. This plant has been shown to reduce constipation, improve skin elasticity, and lower blood sugar levels.

## INGREDIENTS

2 organic celery stalks  
3 cups (180 g) organic baby kale  
1 organic Fuji apple  
1 cup (240 ml) aloe vera juice

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Anti-Inflammatory Smoothie



Yield: 2 servings

This powerful anti-inflammatory smoothie is packed with vitamins and nutrients. Cinnamon, ginger, and turmeric all help reduce inflammation in the body, decrease pain, and give you an immune boost. This smoothie is a warming one for the cold winter months.

## INGREDIENTS

- 2 organic celery stalks
- 1 medium organic carrot
- 1 small organic cucumber
- 1 organic Fuji apple
- 1 tablespoon organic almond butter
- ¼ teaspoon organic turmeric powder
- 1-inch (2.5 cm) piece organic ginger, peeled
- 1 teaspoon ground cinnamon
- ¼ cup (60 ml) unsweetened coconut milk
- 1 cup (240 ml) coconut water
- 1 cup (240 g) ice cubes

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables. Core and quarter the apple.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Maca, Celery, and Coconut Smoothie



Yield: 2 servings

Maca powder is known for improving sexual function in both men and women, and it is an energy booster. If too much is taken, it can exasperate hormonal issues, though, so always stick to the recommended dosage. Maca is a great source of protein, as well as vitamins B1, B2, B12, C and E. The combination of maca, celery, and coconut is slightly sweet and refreshing.

## INGREDIENTS

- 8 organic celery stalks
- 2 organic Fuji apples
- 2 frozen peeled bananas, chopped
- 1 teaspoon maca powder
- 1 teaspoon coconut oil
- 1 tablespoon (6 g) unsweetened coconut flakes
- 1 teaspoon chlorella powder

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery. Core and quarter the apples.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Blueberry, Celery, and Coconut Smoothie



Yield: 2 servings

This smoothie is rich in vitamin C, potassium, and fiber. With its sweet, creamy texture and cholesterol-lowering benefits, this smoothie will become one of your all-time favorites for a quick and easy snack.

## INGREDIENTS

- 6 organic celery stalks
- 1 frozen peeled banana, chopped
- 2 cups (290 g) organic frozen blueberries
- 2 cups (480 ml) coconut water
- 1 tablespoon (6 g) unsweetened coconut flakes

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Celery, Mango, and Pomegranate Smoothie



Yield: 2 servings

Mango and pomegranate come together with celery to make a smoothie that is packed with nutrients and antioxidants, boosts immunity, supports heart health, improves digestion, and lowers risks of certain cancers. Basically, this is medicine in sweet, smoothie form.

## INGREDIENTS

4 organic celery stalks  
1 cup (175 g) frozen organic mango chunks  
1 cup (174 g) pomegranate arils  
1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Carrot, Pomegranate, and Celery Smoothie



Yield: 2 servings

This smoothie is a natural body coolant and immune booster. It's packed with fiber, iron, beta-carotene, and vitamins A, C, and E.

## INGREDIENTS

- 2 organic celery stalks
- 2 organic carrots, peeled
- 1 cup (174 g) pomegranate arils
- 1 cup (240 ml) unsweetened almond or hemp milk

## METHOD OF PREPARATION:

1. Wash and roughly chop the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Celery, Beet, and Pomegranate Smoothie



Yield: 2 servings

This beautiful, bright pink smoothie is loaded with antioxidants and vitamins and spiced with mint and ginger. It's immune boosting, detoxifying, and oh so refreshing.

## INGREDIENTS

2 organic celery stalks  
1 cup (174 g) pomegranate arils  
2 medium organic beets  
1 organic lemon, peeled  
3 organic clementines or tangerines, peeled  
1-inch (2.5 cm) piece organic ginger, peeled  
3 organic mint sprigs  
1 cup (240 g) ice

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.









# Celery, Tomato, Basil, and Avocado Smoothie



Yield: 2 servings

Don't know what to do with all of those summer tomatoes? Make a smoothie! This delightful and filling smoothie combines some of my favorite ingredients for a vitamin- and healthy fat-packed drinkable lunch.

## INGREDIENTS

2 organic celery stalks  
3 large organic heirloom tomatoes  
1 large avocado, peeled and pitted  
2 organic basil sprigs  
1 cup (240 ml) water  
1 organic lime, peeled

## METHOD OF PREPARATION:

1. Wash and roughly chop all the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Celery, Acai, and Banana Smoothie



Yield: 2 servings

This superfood smoothie takes acai to a new level. Packed with vitamin K, potassium, and fiber, celery adds a salty touch to this sweet, tangy smoothie.

## INGREDIENTS

4 organic celery stalks

2 frozen peeled bananas, chopped

One 3½-ounce (100 g) packet frozen acai puree, run under hot water for 10 seconds

1 cup (240 ml) coconut water

## METHOD OF PREPARATION:

1. Wash and roughly chop the celery.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.







# Broccoli, Celery, and Banana Smoothie



Yield: 2 servings

This smoothie sounds strange, I know, but pulverizing your broccoli in a smoothie and masking its flavor is a great way to get twice the daily amount of vitamin C and half the daily amount of vitamin A.

## INGREDIENTS

2 organic celery stalks  
2 cups (142 g) organic broccoli florets  
2 organic Fuji apples  
1 frozen peeled banana, chopped  
1 tablespoon (20 g) raw local honey  
1½ cups (360 ml) unsweetened almond or hemp milk

## METHOD OF PREPARATION:

1. Wash and roughly chop the vegetables. Core and quarter the apples.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.



# Celery, Orange, Beet, Cabbage, and Green Tea Smoothie



Yield: 2 servings

I know this combination sounds strange, but this antioxidant-rich smoothie is packed with vitamins C and K, can help improve brain function, aids digestion, and helps with inflammation . . . basically, it's a great start to the day!

## INGREDIENTS

2 organic celery stalks  
2 large organic beets, peeled  
1 cup (70 g) organic green cabbage, shredded  
1 organic orange, peeled  
1 cup (240 ml) brewed green tea, cooled  
1 cup (240 g) ice

## METHOD OF PREPARATION:

1. Wash and roughly chop the vegetables.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.









# Metabolism-Boosting Smoothie



Yield: 2 servings

The combination of spinach, mint, celery, green tea, grapefruit, pineapple, avocado, and cayenne is a complex one! This smoothie, with its healthy fats, protein, complex carbohydrates, vitamins, and minerals is a perfect start to the day to boost your metabolism.

## INGREDIENTS

2 cups (60 g) organic baby spinach  
2 organic celery stalks  
1 large organic pink grapefruit, peeled  
2 cups (330 g) frozen organic pineapple chunks  
1 large avocado, peeled and pitted  
1 cup (240 ml) brewed green tea, cooled  
2 organic mint sprigs  
Pinch of cayenne pepper

## METHOD OF PREPARATION:

1. Wash and roughly chop the vegetables and fruit.
2. Place all the ingredients into a high-powered blender and blend on high speed until smooth and creamy.
3. Serve immediately for optimal vitamin and mineral content.





COCKTAILS







# Celery, Gin, and Thyme Cocktail



Yield: 2 servings

This cocktail can be made with gin, mezcal, or tequila. All would blend well with the vegetable flavor of the celery and thyme. This refreshing cocktail is sure to be a crowd-pleaser.

## INGREDIENTS

2 organic celery stalks, chopped  
2 tablespoons (25 g) organic sugar  
2 ounces (60 ml) freshly squeezed lime juice  
2 organic thyme sprigs  
Ice  
4 ounces (120 ml) gin  
2 ounces (60 ml) prosecco

## METHOD OF PREPARATION:

1. Muddle the celery, sugar, lime juice, and thyme together in a mixing glass.
2. Add ice and the gin. Shake vigorously and strain into two champagne flutes.
3. Top with the prosecco and serve.



# Celery Juice Mojito



Yield: 2 servings

This play on the classic mojito is so delicious! With the added nutrition of celery juice, this mojito will become a go-to all summer long.

## INGREDIENTS

2 tablespoons (40 g) raw local honey  
2 tablespoons (30 ml) hot water  
2 organic mint sprigs  
4 ounces (120 ml) organic celery juice  
2 ounces (60 ml) rum  
2 ounces (60 ml) freshly squeezed lime juice  
½ cup (120 g) ice cubes  
4 ounces (120 ml) club soda

## METHOD OF PREPARATION:

1. Pour the honey and hot water into a cocktail shaker and shake until the honey is dissolved.
2. Remove the mint leaves from the sprigs and add them to the shaker. Use a muddler to break down the mint leaves, releasing their oils.
3. Add the celery juice, rum, lime juice, and ice. Shake and pour into two tall Collins glasses.
4. Top with the club soda and serve.







# Dirty Celery Martini



Yield: 2 servings

This play on the dirty martini is so tasty! The vibrant green color and salty flavor of the celery and olives is just delicious.

## INGREDIENTS

Ice

4 ounces (120 ml) vodka

4 ounces (120 ml) organic celery juice

4 stuffed or plain pitted green olives

## METHOD OF PREPARATION:

1. Add the ice cubes to a martini shaker, then add the vodka and celery juice. Shake and pour into two martini glasses and garnish with the olives.



# Celery Tonic



Yield: 2 servings

This refreshing summer cocktail can be made with gin or vodka. The addition of fresh lime juice makes it perfectly balanced.

## INGREDIENTS

3 ounces (90 ml) gin or vodka  
2 ounces (60 ml) organic celery juice  
1½ ounces (45 ml) freshly squeezed lime juice  
1½ ounces (45 ml) Simple Syrup (recipe follows)  
Ice  
2 ounces (60 ml) tonic water

### *Simple Syrup*

1 cup (200 g) organic sugar  
1 cup (240 ml) water

## METHOD OF PREPARATION:

1. In a cocktail shaker, combine the gin or vodka, celery juice, lime juice, and simple syrup. Add ice cubes and shake until very cold.
2. Strain the drink into two, ice-filled tall Collins glasses and top with the tonic water.

### *Simple Syrup*

1. Combine the sugar and water in a saucepan over medium heat. Cook, stirring, until the sugar dissolves. Remove from the heat and let cool. Store for up to 6 months in the refrigerator.







# Celery Juice and Lemon Tom Collins



Yield: 2 servings

Celery juice is such a refreshing base for a Tom Collins—it's the new cucumber juice! I love basil, and adding it here creates an herbaceous, vegetal cocktail that will please a summer crowd.

## INGREDIENTS

4 organic basil leaves  
4 ounces (120 ml) gin  
4 ounces (120 ml) organic celery juice  
2 ounces (60 ml) freshly squeezed lemon juice  
2 ounces (60 ml) Simple Syrup (page 104)  
Ice  
2 ounces (60 ml) club soda

## METHOD OF PREPARATION:

1. Muddle the basil in the bottom of a cocktail shaker. Add the gin, celery juice, lemon juice, simple syrup, and ice.
2. Shake vigorously and pour into two tall Collins glasses filled with ice.
3. Add the club soda and serve.



# Celery, Cilantro, and Jalapeño Margarita



Yield: 2 servings

This cocktail can be made with gin, mezcal, or tequila. All would blend well with the vegetable flavor of the celery and cilantro. This refreshing cocktail is sure to be a crowd-pleaser.

## INGREDIENTS

2 to 6 jalapeños, thinly sliced (seeded for less heat)  
2 organic cilantro sprigs  
1 ounce (30 ml) freshly squeezed lime juice  
2 ounces (60 ml) organic celery juice  
2 ounces (60 ml) Cointreau  
1 ounce (30 ml) agave syrup  
3 ounces (90 ml) blanco tequila  
Ice

## METHOD OF PREPARATION:

1. Muddle the jalapeños and cilantro in a shaker glass.
2. Add the lime juice, celery juice, Cointreau, agave, tequila, and ice. Cover and shake.
3. Pour into two margarita glasses and serve.





# Celery Cucumber Mocktail



Yield: 2 servings

The combination of celery and cucumber juice is incredibly hydrating—mostly water, in fact. You may add gin or vodka to make this a delicious cocktail.

## INGREDIENTS

1-inch (2.5 cm) piece organic ginger, peeled and sliced  
½ cup (60 g) thinly sliced organic English cucumber  
2 cups (480 g) ice  
2 ounces (60 ml) freshly squeezed lime juice  
1 cup (240 ml) organic celery juice  
½ ounce (15 ml) agave syrup  
8 ounces (240 ml) seltzer water

*Garnishes (optional)*

Sliced lime, sliced cucumber and paprika, and/or celery stalks

## METHOD OF PREPARATION:

1. Muddle the ginger and cucumber in the bottom of a cocktail shaker.
2. Add half of the ice to the shaker.
3. Add the lime juice, celery juice, and agave. Shake until well combined.
4. Add the remaining ice and seltzer water to two tall Collins glasses. Pour the mocktail over ice and garnish as desired.



# Celery Gimlet

Yield: 2 servings

This twist on the classic gimlet is herbal, vegetal, and fruity. The combination is delightful and refreshing.

## INGREDIENTS

3 ounces (90 ml) gin

½ ounce (15 ml) green

Chartreuse

½ ounce (15 ml) St-Germain

1½ ounces (45 ml) freshly squeezed lime juice

1 ounce (30 ml) agave syrup

1 ounce (30 ml) organic celery juice

10 dashes verjus

4 dashes celery bitters

Pinch of Maldon sea salt

Ice



## METHOD OF PREPARATION:

1. Add all the ingredients to a cocktail shaker. Shake vigorously and pour into two rocks glasses filled with ice.



# Salad Cocktail



Yield: 2 servings

This green Bloody Mary is a great way to drink your veggies! This spicy cocktail loaded with peppers, tomatillos, celery, cucumber, and kale is a fun twist on the classic.

## INGREDIENTS

8 ounces (225 g) tomatillos, husks removed and rinsed  
1 pound (455 g) organic green tomatoes  
8 organic celery stalks  
1 organic English cucumber  
4 organic kale stalks  
4 ounces (120 ml) vodka

4 to 6 teaspoons prepared horseradish  
2 teaspoons freshly squeezed lime juice  
½ teaspoon celery salt  
Ice

### *Garnishes (optional)*

Green olives, hot pickled peppers, pickled okra, pickled green beans, celery stalks with leaves

## METHOD OF PREPARATION:

1. Preheat the broiler to high with the rack in the middle of the oven. Line a baking sheet with foil.
2. Place the tomatillos on the prepared baking sheet and place under the broiler. Broil for 4 to 5 minutes or until lightly browned. Let cool.
3. Pass the cooked tomatillos, green tomatoes, celery, cucumber, and kale through a juicer. Discard the solids.
4. Combine the vegetable juice, vodka, horseradish, lime juice, and celery salt in a cocktail shaker with ice. Shake vigorously and strain into two tall glasses filled with ice. Garnish to your heart's desire.

# Pineapple and Celery Juice Mimosa



Yield: 2 servings

Sweet pineapple, vegetal celery juice, prosecco . . . the perfect combination for a new mimosa.

## INGREDIENTS

1½ ounces (45 ml) organic pineapple juice  
1 ounce (30 ml) organic celery juice  
8 ounces (240 ml) chilled prosecco

## METHOD OF PREPARATION:

1. Divide the pineapple juice and celery juice between two champagne flutes.
2. Top each with the prosecco and serve.









SNACKS,  
SOUPS, AND  
SALADS







# Creamy Celery Soup



Yield: 4 servings

This decadent, creamy celery soup is dairy-free and oh so delicious. I love this soup straight out of a mug on a cold and dreary day for the perfect comfort food.

## INGREDIENTS

- ¼ cup (60 ml) olive oil
- 1 sweet onion, diced
- 2 leeks, cleaned, white and light green parts thinly sliced
- 1 large bunch organic celery, chopped
- 6 garlic cloves, minced
- 1 tablespoon (2.5 g) organic chopped fresh thyme
- 6 cups (1440 ml) vegetable stock
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- ½ cup (120 ml) unsweetened almond half-and-half

## METHOD OF PREPARATION:

1. Heat the oil in a large Dutch oven over medium heat. Add the onion, leeks, and celery and sauté for 10 minutes. Add the garlic and thyme and sauté for another minute or until fragrant.
2. Add the stock, salt, and pepper. Increase the heat to high and bring the soup to a boil, then reduce the heat to low, cover the Dutch oven, and simmer for 20 minutes.
3. Remove the soup from the heat and add the half-and-half. Use an immersion blender to blend the soup until thick and creamy.
4. Serve hot.



# Spicy Thai Celery Salad



Yield: 4 servings

The crunch of celery with the spiciness of the chiles and saltiness of the peanuts is going to make this one of your favorite go-to simple salads.

## INGREDIENTS

3 tablespoons (45 ml) toasted sesame oil  
3 tablespoons (45 ml) freshly squeezed lime juice  
2 teaspoons fish sauce or tamari  
8 organic celery stalks, thinly sliced  
3 scallions, thinly sliced  
1 Fresno chile, thinly sliced  
½ cup (8 g) organic cilantro leaves  
½ cup (20 g) organic Thai basil leaves  
¼ cup (5 g) organic mint leaves  
¼ cup (10 g) organic celery leaves  
¼ cup (35 g) roasted, salted peanuts, chopped

## METHOD OF PREPARATION:

1. In a small bowl, whisk together the sesame oil, lime juice, and fish sauce or tamari.
2. In a large bowl, combine the celery, scallions, chile, cilantro, basil, mint, and celery leaves. Add the dressing and toss to combine.
3. Sprinkle with the peanuts and serve immediately.





# Fennel and Celery Slaw with Honey-Glazed Walnuts



Yield: 4 servings

I love a simple coleslaw, and the crunch of this one is unparalleled. The walnuts on top give it an extra crunchy boost. Try this on top of your favorite grilled fish or as a simple BBQ side dish.

## INGREDIENTS

### *Walnuts*

- 1 tablespoon (15 ml) olive oil
- 3 tablespoons (60 g) raw local honey
- 1 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1 cup (145 g) shelled whole walnuts

### *Coleslaw*

- 1 shallot, minced
- 2 tablespoons (22 g) whole-grain mustard
- 1 teaspoon raw local honey
- 1/2 cup (120 ml) sherry vinegar
- 1/3 cup (80 ml) extra virgin olive oil
- 1 teaspoon sea salt
- 2 organic fennel bulbs, cored and thinly shaved
- 10 organic celery stalks, thinly sliced on the diagonal

## METHOD OF PREPARATION:

1. To make the walnuts, line a baking sheet with parchment paper and set aside.
2. In a large nonstick skillet over medium heat, add the olive oil. Add the honey, salt, and cayenne and then stir in the walnuts.
3. Cook over medium heat for 5 minutes, stirring frequently, until all the nuts are coated and toasted.
4. Spread the walnuts on the prepared baking sheet and allow to cool for 5 to 10 minutes. Roughly chop and set aside.
5. To make the coleslaw, in a large bowl, whisk together the minced shallot, mustard, honey, vinegar, olive oil, and salt.
6. Add the shaved fennel and shaved celery to the dressing. Toss to coat.
7. To serve, arrange the slaw on a platter and sprinkle with the chopped glazed walnuts.









# Crunchy Celery and Pomegranate Guacamole



Yield: 4 servings

Who doesn't love guacamole? This one is taken to a whole new level with the crunch and pop of celery and pomegranate arils.

## INGREDIENTS

½ small red onion, diced  
½ cup (87 g) pomegranate arils  
½ cup (75 g) grape tomatoes, chopped  
½ jalapeño, diced (seeded for less heat)  
1 organic celery stalk, diced  
¼ cup (4 g) organic cilantro, washed and chopped  
Juice of 2 limes  
1 teaspoon sea salt  
3 large ripe avocados, peeled and pitted  
Tortilla chips, for serving

## METHOD OF PREPARATION:

1. In a large bowl, combine the diced onion, pomegranate arils, grape tomatoes, jalapeño, celery, cilantro, lime juice, and sea salt.
2. Add the avocados and mash to combine. Check the seasoning and serve with tortilla chips.



# Double Celery Salad with Spicy Horseradish Dressing



Yield: 4 servings

This salad is a great addition to a heavy main dish. It's light and fresh and crunchy and a tad spicy.

## INGREDIENTS

1 medium shallot, diced  
2 tablespoons (30 g) prepared horseradish  
¼ cup (60 ml) freshly squeezed lemon juice  
½ cup (120 ml) extra virgin olive oil  
½ teaspoon sea salt  
½ teaspoon freshly ground black pepper  
1 medium organic celery root, peeled and julienned on a mandoline  
1 bunch organic celery, thinly sliced on the diagonal  
½ cup (20 g) organic celery leaves  
½ cup (20 g) organic parsley leaves  
Sprinkling of capers (optional)

## METHOD OF PREPARATION:

1. In a large bowl, whisk together the shallot, horseradish, lemon juice, olive oil, salt, and pepper.
2. Add the celery root, celery, celery leaves, and parsley to the bowl. Add salt and pepper to taste and garnish with capers if desired. Toss to coat and serve immediately.







# Sicilian Celery, Asian Pear, Fennel, and Orange Slaw with Toasted Hazelnuts



Yield: 4 servings

I adore this combination of sweet, tart, vegetal, and anise. Add it to your favorite grilled veggies or serve as a wonderful side dish to a light summer meal.

## INGREDIENTS

- 2 tablespoons (30 ml) freshly squeezed orange juice
- 1 tablespoon (20 g) raw local honey
- 1 tablespoon (15 ml) red wine vinegar
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ¼ cup (60 ml) extra virgin olive oil
- 1 fennel bulb, cored and thinly sliced
- 1 bunch organic celery, thinly sliced on the diagonal
- 1 Asian pear, cored and julienned on a mandoline
- 2 navel oranges, peeled and segmented
- ⅓ cup (50 g) toasted hazelnuts, chopped

## METHOD OF PREPARATION:

1. In a large bowl, whisk together the orange juice, honey, red wine vinegar, salt, pepper, and olive oil.
2. Add the fennel, celery, pear, and oranges and toss to gently coat.
3. Top with the chopped hazelnuts and serve immediately.



# Simply Divine Celery Broth



Yield: 4 servings

**This simple celery broth is excellent for curing what ails you. Hydrating, balancing, and perfectly salty, it will make you feel better instantly.**

## INGREDIENTS

2 tablespoons (30 ml) olive oil  
1 sweet onion, diced  
6 garlic cloves, chopped  
2 bunches organic celery, washed and chopped  
2 cups (400 g) reserved celery juice pulp  
4 cups (960 ml) vegetable stock  
2 cups (480 ml) water  
1 bay leaf  
1 teaspoon sea salt  
½ teaspoon freshly ground black pepper

## METHOD OF PREPARATION:

1. Heat a large heavy-bottomed stockpot over medium heat. Add the olive oil and onion and sauté for 5 minutes or until the onion begins to wilt and soften.
2. Add the garlic and stir for 30 seconds or until fragrant.
3. Add the chopped celery and cook for 5 to 7 minutes or until the celery begins to soften.
4. Add the celery juice pulp, vegetable stock, water, bay leaf, salt, and pepper.



5. Increase the heat to high, bring the soup to a boil, and then reduce the heat and simmer for 30 minutes.
6. Strain the soup through a fine-mesh strainer, pushing through with the back of a wooden spoon to release all the celery flavor.
7. Add salt and pepper to taste for additional seasoning. Serve hot.





# Celery and Baobab Gazpacho



Yield: 4 servings

Celery is salty and vegetal, baobab is sweet and tangy. They come together in this creamy gazpacho for a mouthful of flavor. Use tomatoes at the peak of their season for optimal flavor as well as vitamin content.

## INGREDIENTS

3 organic celery stalks, chopped  
1 organic English cucumber, chopped  
6 large organic beefsteak tomatoes, chopped  
¼ cup (10 g) organic basil leaves  
¼ cup (60 ml) extra virgin olive oil  
¼ cup (60 ml) aged sherry vinegar  
2 tablespoons (20 g) baobab powder  
1 teaspoon sea salt

## METHOD OF PREPARATION:

1. Working in batches, puree the ingredients in a high-powered blender on high speed.
2. Transfer the smooth mixture to a large bowl or large mason jar and stir to mix all the flavors.
3. For best results, allow the soup to chill in the refrigerator for at least 2 hours, or even better overnight. Enjoy cold.



# Celery and Purple Potato Salad with Celery Leaves and Chiles



Yield: 6 servings

This is not your traditional potato salad; this one is crunchy, creamy, spicy, and oh so perfect paired with your favorite BBQ dishes. You will never go back to the traditional again.

## INGREDIENTS

2 pounds (910 g) baby purple fingerling potatoes, halved  
2 tablespoons (30 g) plus ½ teaspoon sea salt, divided  
3 tablespoons (45 ml) avocado oil  
½ teaspoon freshly ground black pepper  
2 red serrano chiles, thinly sliced (seeded for less heat)  
1 garlic clove, minced  
½ cup (120 ml) apple cider vinegar  
2 teaspoons light brown coconut sugar  
2 organic celery stalks, thinly sliced on the diagonal  
½ cup (20 g) celery leaves  
½ cup (20 g) organic parsley leaves

## METHOD OF PREPARATION:

1. Place the potatoes in a large pot of cold water and season with 2 tablespoons (30 g) of the salt. Bring to a boil over high heat, lower the heat to a simmer, and cook the potatoes until knife tender, 10 to 15 minutes. Drain and allow to cool.

2. Heat the avocado oil in a large nonstick skillet over medium heat. Add the drained potatoes and cook, stirring occasionally, until crispy, about 10 minutes. Season with the remaining  $\frac{1}{2}$  teaspoon salt and the pepper.
3. While the potatoes are cooking, make the dressing. In a small saucepan over medium heat, combine the chiles, garlic, vinegar, and brown sugar and bring to a gentle simmer. Cook until the sugar dissolves, about 2 minutes.
4. When the potatoes are crispy, add them to a large bowl. Toss them with the dressing and allow to cool slightly and soak up all the flavors.
5. When ready to serve, add the celery, celery leaves, and parsley to the potato mixture and toss to coat.









# Celery Juice Pulp Fritters



Yield: 4 servings

These fritters are so easy, and this recipe uses the fibrous pulp you would traditionally throw away. Upcycle much?! You can make these with other pulp blends as well, so play around and get creative. I love to serve them with a tzatziki sauce made with almond or cashew yogurt.

## INGREDIENTS

- 1 cup (200 g) reserved celery pulp
- ½ cup (20 g) organic parsley, roughly chopped
- ¼ cup (20 g) nutritional yeast or grated Parmesan cheese
- 1 large egg (see Note)
- ¼ cup (60 g) coconut oil

## METHOD OF PREPARATION:

1. In a large bowl, combine the pulp, parsley, nutritional yeast or Parmesan, and egg.
2. Form the mixture into 4 large patties.
3. Heat the coconut oil in a large nonstick sauté pan over medium heat until hot.
4. Once the oil is hot, add the patties and fry for 2 to 3 minutes on one side or until golden brown.
5. Flip them gently and continue to cook on the other side for 2 to 3 minutes. Drain on a paper towel and serve hot.

Note: To make a vegan replacement for one egg, combine 3 tablespoons (45 ml) whipped aquafaba (the liquid from a can of chickpeas), ½ teaspoon sea salt, and ½ teaspoon freshly ground black pepper.



# Green Juice Pulp Crackers



Yield: 4 servings

You will need a dehydrator for these crackers. You can use any blend of green juice pulp from the juice section. These are amazing with hummus or cashew cheese.

## INGREDIENTS

1 cup (200 g) green juice pulp	1 tablespoon (15 ml) tamari
¼ cup (28 g) organic ground flaxseed	1 teaspoon sea salt
¼ cup (44 g) organic chia seeds	⅛ teaspoon cayenne pepper
¼ cup (20 g) nutritional yeast	¼ cup (60 ml) water
2 tablespoons (16 g) sesame seeds	

## METHOD OF PREPARATION:

1. In the bowl of a food processor, combine all the ingredients and process on high speed until thoroughly combined.
2. Line a dehydrator sheet pan with parchment paper. Spread the mixture on the prepared pan.
3. Score the crackers into the desired shape and size you wish to have.
4. Place the sheet pan in the dehydrator and cook for 5 hours at 115°F (46°C).
5. Flip the crackers over on the tray and continue to cook for 2 to 3 hours or until they are dried and crispy throughout.
6. Break the crackers apart on the score lines and store in an airtight container for up to 1 week.







# Pulp-sicles



Yield: 6 servings

These can be made with any of the fruit-heavy juices and leftover pulp. You could even add a little prosecco to the mix and make a boozy pulp-sicle! You will also need an ice pop mold with sticks to make these.

## INGREDIENTS

2 cups (400 g) leftover fruit pulp

½ cup (120 ml) fruit juice of your choice

## METHOD OF PREPARATION:

1. Combine the pulp and juice in a high-speed blender and puree until smooth.
2. Pour into the ice pop molds and place the stick in the middle.
3. Freeze overnight and enjoy!



# Celery Pulp Hummus



Yield: 12 servings

Here's another great upcycle trick! And a genius way to get some vegetables and fiber into your hummus. I love this made with celery and beet pulp, but play around and create your favorite. Serve with crudité's or your favorite pita chips.

## INGREDIENTS

One 16-ounce (455 g) can chickpeas, rinsed and drained  
2 garlic cloves  
1 teaspoon sea salt  
1 tablespoon (8 g) ground cumin  
1 tablespoon (8 g) ground coriander  
½ cup (100 g) celery juice pulp or other veggie pulp  
⅓ cup (80 g) tahini  
¼ cup (60 ml) freshly squeezed lemon juice  
6 tablespoons (90 ml) extra virgin olive oil, divided  
¼ cup (60 ml) water  
1 tablespoon (9 g) lightly toasted pine nuts  
1 teaspoon paprika

## METHOD OF PREPARATION:

1. In a food processor, add the chickpeas, garlic, salt, cumin, coriander, celery juice pulp, tahini, and lemon juice. Slowly add 4 tablespoons (60 ml) of the oil and the water. Scrape down the sides until the hummus is smooth. You may add more water if necessary, for your desired consistency.
2. Transfer the hummus to a serving bowl. Drizzle with the remaining 2 tablespoons (30 ml) olive oil and sprinkle with the toasted pine nuts and paprika.







# Pulp Dog Treats



Yield: 48 treats

This is another amazing way to use up your juicing pulp. Just keep in mind that there are some fruits and vegetables that are toxic to your beloved pup. Make sure you do not include onions and grapes! The great ones for pups include carrots, kale, cucumber, apples (no seeds), lettuce, celery, spinach, melons, and pear. This recipe requires a dehydrator.

## INGREDIENTS

- 1 cup (112 g) ground flaxseed
- 2 cups (480 ml) water
- 8 cups (1600 g) juice pulp
- 1 cup (145 g) sunflower seeds

## METHOD OF PREPARATION:

1. Combine the flaxseed and water in a large bowl and allow to soak for 30 minutes.
2. Add the pulp and sunflower seeds and mix to combine.
3. Spread onto dehydrator pans lined with nonstick sheets and press until  $\frac{1}{4}$  inch (6 mm) thick.
4. Score the treats into 1-inch (2.5 cm) squares.
5. Set the dehydrator at 145°F (63°C) and cook for 1 hour. Reduce the heat to 115°F (46°C) and cook for 12 to 14 hours or until completely dry.
6. Break apart and store the treats in a cool dark place for up to 2 weeks.



# Juice Pulp Veggie Burgers



Yield: 4 servings

I love these burgers made with the pulp from celery, kale, beet, and carrots, but play around and find your favorite combination.

## INGREDIENTS

- 1 tablespoon (7 g) organic ground flaxseed
- 3 tablespoons (45 ml) water
- 2 cups (400 g) juice pulp
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- ½ cup (120 g) canned black beans, drained and lightly mashed
- 2 tablespoons (30 ml) avocado oil

## METHOD OF PREPARATION:

1. In a large bowl, combine the flaxseed and water and allow to sit for 15 minutes.
2. Add the juice pulp, garlic, salt, pepper, paprika, and beans and mix to combine.
3. Divide and shape into 4 burgers. Place in the refrigerator for 30 minutes.
4. Heat the oil in a large nonstick sauté pan over medium heat. Add the patties and cook for 4 to 5 minutes on one side, gently flip, and cook for 4 to 5 minutes on the other side.
5. Serve with your favorite toppings.











# Juice Pulp “Meat” Balls



Yield: 4 servings

These “meat” balls are a tasty way to enjoy a meatless meal. I love them made with the pulp from kale, carrot, beet, and celery.

## INGREDIENTS

2 cups (400 g) vegetable juice pulp  
3 tablespoons (45 ml) aquafaba (liquid from a can of chickpeas) or 1 large egg  
½ cup (50 g) nutritional yeast or grated Parmesan cheese  
2 garlic cloves, minced  
2 teaspoons dried basil  
1½ teaspoons dried oregano  
1 teaspoon sea salt

## METHOD OF PREPARATION:

1. Preheat the oven to 375°F (190°C, or gas mark 5). Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine the pulp, aquafaba or egg, nutritional yeast or Parmesan, garlic, dried herbs, and salt. Mix to combine. With wet hands, form into 1-inch (2.5 cm) balls.
3. Place them on the prepared baking sheet 2 inches (5 cm) apart.
4. Transfer to the oven and bake for 15 minutes or until set and lightly browned.
5. Flip them over and bake for 15 minutes or until firm.
6. Serve with your favorite marinara sauce and pasta.



# Juice Pulp Muffins



Yield: 4 servings

**These muffins are dense and full of fiber. I love them made with a mixture of fruit and vegetable pulp. Play around and find your favorite!**

## INGREDIENTS

Nonstick spray  
2 tablespoons (14 g) organic ground flaxseed  
6 tablespoons (90 ml) water  
 $\frac{3}{4}$  cup (180 ml) unsweetened hemp or almond milk  
 $\frac{1}{2}$  cup (120 ml) maple syrup  
 $\frac{1}{2}$  cup (120 g) unsweetened applesauce  
1 cup (200 g) fruit and vegetable juice pulp  
1 tablespoon (15 ml) apple cider vinegar  
1 teaspoon vanilla extract  
2 cups (240 g) all-purpose flour  
1 cup (80 g) old-fashioned rolled oats  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon kosher salt  
1 teaspoon ground cinnamon

## METHOD OF PREPARATION:

1. Preheat the oven to 350°F (180°C, or gas mark 4). Spray a muffin tin with nonstick cooking spray; set aside.
2. In a large bowl, whisk together the flaxseed meal and water. Allow to sit for 10 minutes.
3. Add the milk, maple syrup, applesauce, pulp, apple cider vinegar, and vanilla. Stir until well combined.
4. In a separate bowl, combine the flour, oats, baking powder, baking soda, salt, and cinnamon. Add dry ingredients to the wet mixture. Stir until just combined. Do not overmix.
5. Fill each muffin cup three-fourths of the way full.
6. Transfer to the oven and bake for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
7. Allow to cool and then store in an airtight container in the refrigerator.







# Juice Pulp Granola



Yield: 8 servings

This gluten-free, no-sugar-added granola is a great way to use up your leftover juicing pulp! Try different combinations for a fun spin on your morning granola. I love making this granola with a fruit-heavy juice pulp—think strawberries, pineapple, apple, orange, etc. You will need a dehydrator for this recipe.

## INGREDIENTS

20 pitted Medjool dates  
½ cup (40 g) unsweetened coconut flakes  
3 cups (720 ml) sweet juice pulp  
2 cups (160 g) old-fashioned rolled oats  
1 cup (150 g) goji berries

## METHOD OF PREPARATION:

1. In the bowl of a food processor, add the dates, coconut flakes, and juice pulp. Process on high speed until the mixture is smooth.
2. Add the oats and goji berries and pulse until roughly chopped.
3. Place on a parchment-lined dehydrator pan in a thin layer and bake at 115°F (46°C) for 8 to 10 hours or until dry and crumbly.
4. Store in an airtight container for up to 1 week.



# Pistachio Green Juice Pulp Pesto



Yield: About 3 cups (720 g)

This is an incredible way to get extra greens into your favorite pasta sauce. In this recipe, use the pulp of a juice made with kale, celery, parsley, chard, spinach, lettuce . . . you get the idea.

## INGREDIENTS

½ cup (75 g) pistachio meat	1 teaspoon sea salt
2 garlic cloves	½ teaspoon freshly ground black pepper
½ cup (50 g) nutritional yeast	¼ cup (60 ml) extra virgin olive oil
3 cups (600 g) green juice pulp	¼ cup (60 ml) water
1 cup (40 g) organic basil leaves	

## METHOD OF PREPARATION:

1. In the bowl of a food processor, add the pistachio meat, garlic, and nutritional yeast. Process on high speed until finely minced.
2. Add the pulp, basil, salt, and pepper and process on high speed until everything is broken down.
3. With the motor running, add the olive oil and water and process until well combined.
4. Store in the refrigerator in an airtight container for up to 1 month.







# Veggie-Packed Vegetable Broth



Yield: About 6 cups (1440 ml)

Use a vegetable-heavy juice pulp to make this delightful veggie broth. I love to have this on hand for soups and stews or even just to sip with spices when I'm feeling a little lethargic. I love to use a juice pulp packed with carrots, celery, kale, spinach, lettuce, chard, and parsley.

## INGREDIENTS

8 cups (1920 ml) water  
6 cups (1200 g) vegetable juice pulp  
6 garlic cloves, smashed  
1 tablespoon (15 g) sea salt  
1 tablespoon (5 g) peppercorns  
4 bay leaves

## METHOD OF PREPARATION:

1. Combine all the ingredients in a large stockpot. Bring to a boil over high heat. Reduce the heat to low and let the broth simmer, uncovered, for 3 hours or until fragrant and flavorful.
2. Strain through a fine-mesh strainer and allow to cool before refrigerating.



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# CELERY JUICE: A TREND OR A TRUE MIRACLE?

**YOU'VE PROBABLY SEEN IT AROUND, HEARD ABOUT IT FROM FRIENDS, OR MAYBE YOU'RE JUST CURIOUS WHAT EVERY INFLUENCER ON THE PLANET IS TALKING ABOUT.**

Hydrating and full of valuable vitamins and minerals such as vitamin K, vitamin C, potassium, magnesium, calcium, vitamin B6, fiber, and a variety of other nutrients your body craves, celery should be more of a staple in everyone's diet. Juicing, blending, and using celery juice and celery stocks in your day to day life can lead to weight loss, balanced blood sugar levels, additional energy, and help strengthen your body against a variety of chronic illnesses.

Micronutrients, fiber, and hydration can all be found in celery. For a crash course in celery, you'll find the following resources at your disposal:

- Best practices for maximum benefits
- How to make celery juice from a blender
- Green juice and smoothie recipes featuring celery juice
- Celery snacks, broths, soups, and mains

Harness all the benefits in this hardworking herb and discover the boost for yourself with the delicious recipes and insight in *The Celery Juice Book*.



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