

# Apple and Celeriac Soup

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**7** REGULAR

**6** SOFT & BITE-SIZED

**5** MINCED & MOIST

**4** PUREED

**3** LIQUIDISED

Recommendations on this site are for food modification only.  
If you are level

**4** EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.

In Collaboration with



**HALFF**

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# Apple and Celeriac Soup



## Shopping List

- 1 tbsp oil
- 1 onion
- 2 apples
- 2 cloves garlic
- 1/2 celeriac



## Directions

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 / 2.2 pints water or 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.