



LUXURY OF FREEDOM

Benefits of Celery



Celery is a plant that belongs to the same family with plants as fennel and parsley, and it appears as a wild plant in humid locations.

To loose weight

Celery is a very light plant, 95% of its composition is water, and it has only 16 calories per 100g. Also is very diuretic, so it will help to expel the excess of water.

To have a better circulation

You can prevent cardiovascular problems as eating celery helps to lower cholesterol, combats hypertension and ,in addition, it helps to eliminate uric acid from our body.

Treat respiratory diseases

The leaves contain apigenin, a flavonoid that has vasodilator effects, helping the oxygenation, being very handy for people with asthma or chronic obstructive pulmonary disease.

BIG BERRY Recipe



Ingredients:

200g bulgur wheat
1 bunch celery
1 dessert apple
juice 1 lemon
4 tbsp olive oil
handful toasted hazelnuts
1 red chilli, deseeded and chopped
large handful pomegranateseeds
parsley
mint
tarragon



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Preparation:

1. Put the bulgur wheat in a large bowl and just cover with boiling water. Cover the bowl with cling film and leave for 30 mins to absorb all the water.
2. Meanwhile, separate the sticks of celery and set the leaves aside. Very finely slice the celery and roughly chop the leaves. Cut the apple into fine matchsticks and toss in a little lemon juice. In a bowl, mix the remaining lemon juice with the oil and some seasoning to make a dressing.
3. Gently fluff up the bulgur with a fork. Mix the sliced celery and apple through the bulgur, followed by the nuts, chilli, pomegranate seeds and herbs. Drizzle over the dressing and toss everything together gently. Scatter with the celery leaves and serve.

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