



DO THE CELERY ROOT MASH

(V, DF, GF)

INGREDIENTS

- 2 celery roots, peeled and chopped into 1 inch chunks
- 2 (or more) cups of water (for cooking)
- 2 tablespoons vegan/plant based butter
- 3 tablespoons almond milk (or your choice of milk)
- 1/4 teaspoon salt

DIRECTIONS

How-to:

1. *Place peeled chunks of celery root in a medium sized saucepan.*
2. *Pour the water into the pan, covering the celery root. Add more if needed in order to cover them all.*
3. *Bring them to a boil.*
4. *Boil for 10-15 minutes or until celery root is tender. Remove from heat.*
5. *While the celery root is still hot, add butter, milk and salt to the pan.*
6. *Mash until smooth as possible. (I used a hand mixer for this, but you could use a potato masher or a fork).*
7. *Eat and enjoy!*

Tips and Tricks:

- *Mashed celery root isn't as smooth as mashed potatoes, but it's just as good!*
- *You can use a potato peeler to peel most celery roots. For those that you can't use a peeler on, use a knife. See photo below.*
- *Add a few pieces of roasted garlic or a 1/2 teaspoon of garlic powder to the mash for a garlicky punch of flavor.*

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

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