



# Easy Detox Celery Blender Soup

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### Ingredients:

- 1 cup celery, chopped
- ¼ cup cashews
- ½ cup water
- ½ teaspoon sea salt
- 1 small clove garlic
- ½ cup of celery, small diced (reserve till the end)

### Method:

1. Put all ingredients into your high powered blender (minus the reserved celery) and blend on high for 3-4 minute until you see the steam in the blender.
2. Add reserved celery and serve.

**Notes from Lori:** This is a wonderful soup when you only have a few minutes to prepare a meal or snack. Be creative and add in other vegetables to this soup, I love throwing in a few carrots.

### Health Coach Contact Information:

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