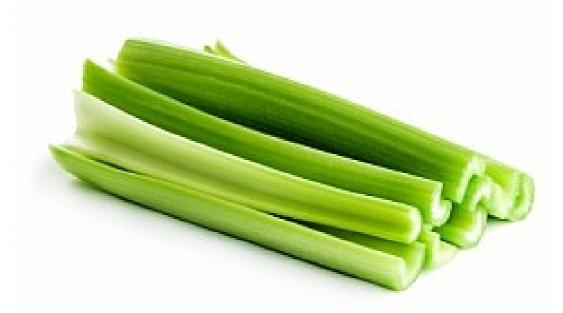
Baked Celery

Ingredients

- 1½ cups celery
- ½ cup beef, chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos (optional)
- 2 tablespoons onion, chopped
- 1 clove of garlic, crushed and minced
- 1 bay leaf
- Pinch of red pepper flakes
- Paprika to taste
- Sea salt and black pepper to taste

Directions

- 1. Chop up celery into sticks and arrange in a baking dish.
- 2. Dissolve spices in liquid ingredients and pour over the celery.
- 3. Bake in 375 degree oven until soft and lightly brown on top.
- 4. Serve with the juices and sprinkle with paprika.
- 5. Add sea salt and pepper to taste.





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Makes 1-2 servings (1 vegetable) 2 grams protein 0 fat 38 calories

