

Lemony Celery Avocado Soup

Celery is now recognized not only as a super food but as a functional food. During the holiday season the richness of meals may aggravate hyperuricemia with the side effects of gout and kidney stones. To prevent these painful side effects of day after festive celebration, try this delicious creamy soup, pairing celery and avocado. If French do not diet, they have a multitude of dieting secrets to enjoy super rich foods and stay healthy.



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Ingredients serving for 4

- 2 tablespoons olive oil
- 2 celery hearts
- 5 scallions
- 1 jalapeno
- 2 cloves of garlic
- Thyme, oregano sprigs
- 3 cups water or vegetable stock

- ½ bunch of fresh cilantro sprigs.
- 1 Organic lemon
- 200g of avocado meat or 1 medium avocado
- ½ cup plain yogurt optional
- 50 g of shredded Parmigiano Cheese optional

Instructions

1. Peel and mash the garlic
2. Wash, dry and slice the scallions
3. Seed and slice the jalapeno, wash and take the herbs
4. Wash and mince the celery hearts
5. Heat the olive oil in a medium-size pot on medium-high heat, add the scallions and the jalapeno.
6. Add celery and garlic, fresh leaves herbs and a fine zest add ½ lemon juice.
7. Stir the vegetables until tender, about 5 minutes.
8. Add the water or vegetable stock and bring to a boil. Reduce the heat, add fresh leaves herbs and a fine zest plus ½ lemon juice.
9. Simmer for less than 10 minutes, until the vegetables are soft.
10. In a small blender add cilantro leaves, ½ lemon juice, diced avocado and yogurt, blend to get a creamy mix.
11. When the soup is cooked use a hand blender to cream it nicely.
12. Serve hot in individual bowls, you can
13. Optional, add grated cheese melting and bringing some salt
14. Add a large spoon of the cilantro-avocado mix and serve immediately.
15. Add salt and pepper to taste

This soup can be served hot or cold.

My advice is to have soups to detox, hydrate, charge in minerals. I avoid using salt when cooking to prevent high blood pressure.

I just add some salt to adjust the taste. Apparently, this helped me to prevent high blood pressure when aging.

Celery, Avocado, Herbs, Soup, functional food, hypouricemic agent

Medical note:

Celery (*Apium graveolens*) is traditionally used to treat rheumatism and cardiovascular disorders. Hyperuricemia is considered as a predisposing factor for gout and is also suggested to be associated with coronary artery disease. Study results demonstrated that celery could reduce the serum uric acid level via inhibition of hepatic XDH/XO and indicated its potential utility as an effective hypouricemic bioactive agent or functional food.