

Celeriac Mash



3.5:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 10 - 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	14.2g	
Protein	1.4g	
Carbohydrate	2.5g	
Energy (calories)	143kcal	



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Ingredients	Quantity	Your recipe
Celeriac, peeled and chopped	100g	
Butter	10g	
Double cream e.g. Morrisons/ Tesco	11g	
Salt & pepper	To taste	

Method:

1. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
2. Add celeriac to a bowl with butter, salt and pepper. Using a hand blender, blend until a thick puréed texture.



- Use this simple recipe as a tasty side to a main meal.



**This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**