



**Celeriac is a root vegetable** closely related to celery, parsley and parsnips. It looks like a misshapen turnip and is off-white with a rough, knobby surface covered in tiny rootlets. Its smooth, white flesh is similar to a potato. Raw celeriac has a crunchy texture, making it a perfect addition to salads and coleslaws. When cooked, it is slightly sweeter and works well mashed, baked, roasted, or boiled.

**CELERAIC: 5.9g of carbohydrates vs BOILED POTATO: 17g of carbohydrates**  
**TIP: NOT CONVINCED? Start out with Half Celeriac / Half Potato mash – still less carbohydrate!**

**Chop and prepare the celeriac** like any other root vegetable / potato. Place in a sauce pan and bring to the boil for 15-20 minutes or until celeriac is nice and soft.

Mash well and add seasoning like sage / sea salt / black pepper or herbs of your choice.

**Add in a little milk and / or a little butter (optional)**

**Mash well , you can put through a potato ricer if you have one for extra smoothness !**