

EXTRA VEGAN ZA

CREAM OF SPINACH AND CELERY ANISE SOUP

*2-3 Tbsp olive oil
1 medium onion, finely chopped
9 sticks celery, thinly chopped
3 cloves garlic, finely chopped
1 tsp anise seeds, crushed
1 Tbsp sea salt
1/2 Tbsp tamari
4 cups vanilla or plain milk or choice
1 bunch of fresh spinach, cleaned, de-stemmed, and chopped*

In a medium pot, fry the onion, celery, garlic and anise seeds in the olive oil over medium-low heat. Stir the ingredients so that they do not stick to the bottom of the pot. When the onions become translucent, stir in the salt, tamari and milk. Bring to a boil, then reduce to a simmer and cover for about 15 minutes.

Remove from the heat. Add the spinach and cover the soup again, allowing the spinach to wilt in the steam. Place half of the soup into a blender and blend on high until creamy and smooth.

Pour this mixture back into the pot, stir and serve.