Fruitiful Celery Challenge | A Crisp Start to the Year 1/2

Guided by Nature, Living Well

This Month's Challenge

Hydration, crunch, and flavor—celery is a powerhouse ingredient! As a frugivore, I believe in celebrating fresh, living foods that nourish and energize. This month, let's explore all the creative ways to enjoy raw celery in your recipes. From soups and juices to dips and wraps, celery offers endless raw, plant-based possibilities.

Steps to follow

Step One — Create Your Recipe – Whip up any raw, vegan celery-based recipe—get creative! Try a zesty celery-apple juice, creamy celery-avocado dip, raw wraps, or your own unique raw celery soup.

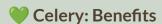
Step Two — Name Your Creation – Give your dish a fun, creative name.

Step Three — **Describe the Taste & Benefits** – What does it taste like? Why did you choose these ingredients?

Step Four — Share Your Creation! – Post on Instagram or Facebook using **#FruitifulCelery** and tag @FruitifulSoul so we can celebrate your creativity!

I've provided a template below for you to use! Fill it out with your recipe and enjoy!

Notes



Celery isn't just crunchy—it's packed with wellness perks!

- Mydration Boost—High water content keeps you refreshed.
- **⊯ Digestive Support**—Rich in fiber for a healthy gut.
- Ontains antioxidants that may reduce inflammation.
- Mineral-Rich Loaded with potassium, folate, and vitamins A, C, and K.

Reflection prompt

What shifts do you notice when you focus on fresh, raw ingredients like celery? How does simplicity in your food mirror simplicity in your life?

Creative share

Use **#FruitifulSoulChallenge** and tag **@FruitifulSoul** so we can celebrate your creativity

Video & resources

Link to Milk Video

Link to Soup Video

Link to Template

Link to Recipe Card

Nurture your body, nurture your soul

Follow our journey!







