



Fruitful Celery Challenge | A Crisp Start to the Year

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 **#FruitfulCelery** and tag **@FruitfulSoul** 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: Benefits

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

 **Hydration Boost**—High water content keeps you refreshed.

 **Digestive Support**—Rich in fiber for a healthy gut.

 **Anti-inflammatory**—Contains 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!

