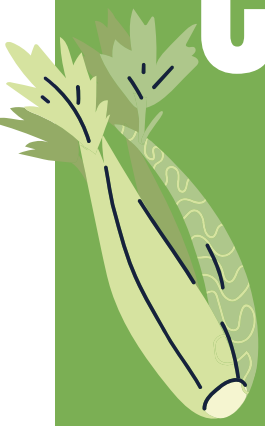


Celery



Crunch, crunch, crunch! Let the world know you're munching on this very crunchy veggie!

Try it!
Being the crunchiest veggie out there, celery also has a fresh earthy taste that might be mildly bitter.

Veggie
FUN!



Fun Facts:

- The darker the color the stronger the celery flavor
- Although celery is used in many cooking dishes, historically it was used for as medicine.



Nutrition

Fiber is the main benefit celery gives you. It helps feed the good bacteria in your gut so that they can help you with digestion and keep you healthy!