

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION

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Nutritional Counseling/Weight loss

DRX Spinal Decompression

Chiropractic

Acupuncture

Soleve

Comprehensive Blood Analysis



Just in time for our Celery Root month - Chef Verati's delicious Celery Root French Fries!

CELERY ROOT FRENCH FRIES

PHASE 1

- 1 celery root cut in french fries stick**
- 2 teaspoons ground cumin**
- 1 teaspoon smoke paprika**
- 1/2 teaspoon tumeric**
- 1 teaspoon garlic powder**
- 1 teaspoon grape seed oil**
- 1/2 teaspoon sea salt**

Preheat the oven at 450F, put the fries in a pan and add the seasoned, mix well. Put 30 minutes in the oven, but you need to turn it after 15 minutes and sprinkle with oil.