



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Nettle Soup**

**Suggestions: a very cleansing, full of minerals and vitamins soup perfect for Spring when it is easy to collect nettle shooting baby leaves.**

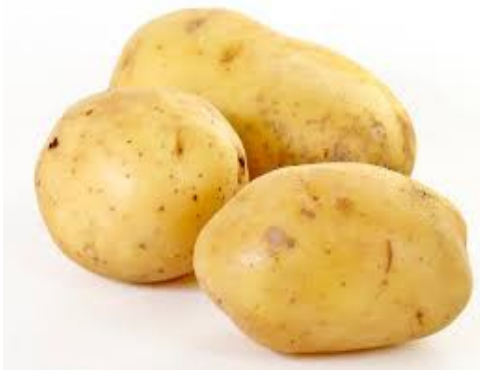
### **Instructions**



Fry some chopped onions, garlic and chillies in extra virgin olive oil.



Add the nettle leaves you have collected and, after washing them well, add some boiling water to fill the pan.



dulse seaweeds



When the water boils add some chopped potatoes, some ground arame seaweed and some finely cut dulse seaweed. Let it cook for an hour.

sea salt



nutmeg



Blend it all together with a mixer and add some salt, coconut milk and nutmeg. Let it cook another while and then let it cool down a little.

miso paste



Before serving it, put some miso paste in the bowl and mix it with some of the soup until it is liquid. Then add the soup and serve it with some yeast flakes and a splash of extra virgin olive oil or any other garnish you like.



If you like this recipe, I would like to read your comments!  
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