



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Pumpkin Soup**

**Suggestions: winter months when pumpkin is in season. Warming and rich in minerals, it nourishes the body and lifts the spirit.**

### **Instructions**



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



Add the pumpkin and some potatoes both cut in small chunks, stir it all together.

bay leaves



arame seaweed

Before it all sticks to the pan add some boiling water, some bay leaves and some ground arame seaweeds and let it boil at medium heat until the vegetables are soft.

Use a mixer to mix it all together and make a nice and smooth cream.

coriander



CUMIN SEEDS



SMOKED PAPRIKA

Add some salt, coriander powder, cumin seeds, smoked paprika and coconut milk. Let it cook for another while until it has the thickness you desire and add some more salt if necessary.



Serve with some extra virgin olive oil on top and some fresh coriander leaves, or alternatively you can grind some black pepper on top or add basil leaves or chopped chive instead of coriander.



A nice variation is to add less salt and instead add some miso paste diluted with some boiling water in the bowl before adding the soup as miso will give some saltiness to the soup.



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