



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Spinach and Quinoa Soup

Suggestions: a very nice spring soup full of vitamins such as A, C, K, E and the B group and minerals like potassium, calcium, phosphorus, magnesium, sodium, manganese and iron to mention just a few. It is a very nutritious and filling soup perfect for the new activities of spring.

Instructions



Heat some extra virgin olive oil in a pan and add some finely chopped onions, fresh chillies and stir them all together.

spinach



Add some spinach and finely sliced potatoes and chopped garlic, let it all soften and add some boiling water.

dulse seaweeds



wakame



Add some finely cut dulse or wakame seaweeds. Let it cook until the vegetables are soft.

sea salt



nutmeg



Blend it all together with a mixer and add some salt, coconut milk and ground nutmeg.

quinoa



amaranth



Add some quinoa or amaranth to the soup, the more quinoa or amaranth you add the thicker the soup will become. Let it all cook until the quinoa/amaranth is soft and then serve with some yeast flakes and a splash of extra virgin olive oil or chilli oil if you like it hot.



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