

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Mung bean soup

Suggestions: a very tasty and cleansing winter soup full of minerals like phosphorus, iron, magnesium, calcium, potassium, manganese and vitamins of the B group, vitamin C and K.

### Instructions

extra virgin  
olive oil



chillies



coconut cream



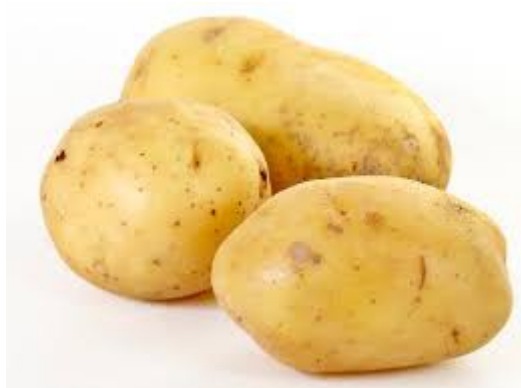
leeks



Heat in a pan some extra virgin olive oil with some finely chopped leeks, some fresh chillies, ginger and some coconut cream flakes; stir it all well and let it sizzle for a while.



Add some mung beans that you have soaked overnight, stir them with the rest and add some curry powder to it (medium or hot according to your taste).



Let it cook for a while and before it starts sticking to the pot add some boiling water to fill the pot and add some finely sliced potatoes and dulse seaweed.



Let it cook and when the soup is almost ready add some salt and coconut milk, try it to see if you need to add a bit more curry powder or salt.



Serve it when the beans are looking cooked and soft, you can add some olive oil, yeast flakes and some freshly chopped basil or any other fresh herb of your taste.



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

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