

# Green Gnocchi

VEGAN



serving suggestion

ecoduna

PREMIUM ALGAE FROM AUSTRIA 

# Green Gnocchi

for 4 portions | 40 minutes | medium

## INGREDIENTS

- 1 tbsp. **ecoduna spirulina powder**
- 1 kg potatoes
- 200 g flour
- 100 g semolina
- 1 bunch of fresh herbs (chopped)
- 1 tsp. salt

## PREPARATION

Boil the potatoes until they are soft, peel and mash them with a potato ricer. Let the potato mash cool down, knead with the **ecoduna spirulina powder**, flour, semolina, herbs (for example basil, wild garlic, parsley) and salt into a dough and let it rest briefly. Cut the potato dough into approximately 2 cm pieces and press grooves into the dough pieces with a fork. Cook the gnocchi in salted water until they come up to the surface of the boiling water.

*Tip: For an attractive and tasteful impression of the green spirulina gnocchi, we recommend a tomato sauce.*

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## SPIRULINA

Spirulina supports your **immune system** and naturally contains high amounts of **vegan protein (54%)**, **vitamin K** and important **antioxidants** like **vitamin A** for your cell protection.



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