

CHOC HEMP SEED SMOOTHIE

Hemp seeds have an extremely high nutritional profile providing a natural protein, fibre, and a complete balanced ratio of omega-3 and 6 fatty acids. Not only are they a great energy boost to kick start your day they also support brain, bone and immune health. Three tablespoons of hemp seeds has approximately 2.5 grams of omega-3 fatty acids, 10 grams of protein including all 9 essential amino acids, and 3 grams of fibre. They also contain plenty of manganese, magnesium, iron, zinc, B6 and more.

Hemp seeds have quite an earthy taste, so it may take some experimenting to find the right ratio of ingredients in a smoothie. Luckily hemp pairs with cocoa effortlessly so this is a great choice and makes about 3 cups so you can either share it, save some for later or chug the whole thing down in one sitting.

Smoothie

Ingredients:

2 cups of organic plant based milk
2 large pitted dates
3 tablespoons of organic unsweetened cocoa powder
3 tablespoons of hemp seeds
1 large frozen banana
1/4 teaspoon of cinnamon
4 large ice cubes

Additional Options:

This recipe is a fairly thin consistency. If you want a thicker smoothie texture reduce the milk to 1.5 cups. You could also add a tablespoon of plant based protein powder and/or medicinal mushroom powder of your choice.

Method:

Blend all ingredients together until smooth