

## Hemp Seed Recipes

The simplest way to introduce hemp seeds to your diet is to sprinkle them on top of every meal. Taken regularly, and in adequate quantities hemp seeds can replace many expensive supplements. Children aged two-nine should consume 15-30g/day. Teens, 30-50g/day. Adults, 50-75g/day and elite athletes as much as 140g/day.

### **Hemp Milk (Makes one cup)**

Blend  $\frac{1}{4}$  cup hemp seeds with  $\frac{3}{4}$  cups of good quality water.

### **Hemp Milk Smoothie (Makes one cup)**

1 cup of hemp milk, 1 banana (preferably frozen) 1tsp cinnamon,  $\frac{1}{2}$  tbsp honey (or create your own using any kind of fruit.)

### **Golden Milk (Makes one cup)**

1 cup of hemp milk, 1 banana (preferably frozen,)  $\frac{1}{2}$  tbsp organic local honey,  $\frac{1}{2}$  tsp turmeric, 6 peppercorns, 1 tsp flaxseed.

### **Salad Dressing (Makes one cup)**

2 tbsp hemp seeds, 30mls flaxseed or olive oil, 1 clove of garlic, juice of 1 lemon, blend and serve on salads or steamed vegetables.

### **Hemp Seed Gravy (Makes one cup)**

$\frac{1}{2}$  cup of water, 3 tbsp lemon juice, 2 tbsp miso,  $\frac{1}{3}$  cup hempseeds, 1tsp chopped ginger, 2 tbsp tahini, 2 tbsp olive oil. Blend until smooth and creamy.

### **Bliss Balls (Serves 12)**

10 pitted medjool dates, 1 cup of nuts (of your choice), 2 tbsp cacao, 4 tbsp coconut oil,  $\frac{1}{2}$  cup shredded coconut, 1 tbsp chia seeds, 2 tbsp hemp seeds, 2 drops of Do Terra peppermint essential oil, additional nuts or shredded coconut to roll balls in.

### **Sweet Green Detox Smoothie (Serves 1)**

1 cup chilled coconut water, 1 ripe pear, 2 tbsp hemp seeds, 1 tsp spirulina powder, thumb-sized piece of fresh ginger, 2 large handfuls of spinach or kale. Combine coconut water (and/or chia seeds), pear, hemp seeds, spirulina powder and ginger in a blender. Add the leafy greens and blend again. Blend until smooth.

### **Pumpkin Hemp Pesto (Serves 8)**

4 packed cups of fresh basil,  $\frac{1}{2}$  cup pumpkin seeds,  $\frac{1}{2}$  cup hemp seeds,  $\frac{1}{4}$  cup olive oil, 1 large garlic clove, 2 tsp lemon juice,  $\frac{1}{4}$  tsp rock salt. Blend ingredients (except the basil) together in food processor until smooth. Keep the processor running and gradually add the basil leaves to the mix. Combine well. Serve with absolutely everything! Store in fridge.

### **Raw Vegan Caesar Salad (Serves 4)**

Dressing:  $\frac{1}{2}$  cup raw cashew nuts (soaked overnight) add 2 tbsp olive oil, 2 tbsp flaxseed oil (or more olive oil), 2 tbsp hemp seeds, juice from 1 lemon, 2 tbsp Dijon mustard, 1 garlic clove,  $\frac{1}{8}$  tsp salt,  $\frac{1}{8}$  tsp pepper, 2-3 tbsp water to thin. Blitz in blender or food processor till thin and smooth. Salad: Mix kale (or other hardy green; rocket, chard, baby spinach) with dressing and add raw hemp seeds to taste, lemon zest. Serve raw or lightly steamed.

**Find more information on diet and recipes here**

**Hemp seed recipes:** [rawfoodrecipes.com/ingredient/hemp-seeds/](http://rawfoodrecipes.com/ingredient/hemp-seeds/)

**Raw food for life:** [www.rawfoodforlife.org](http://www.rawfoodforlife.org)

**Food Matters:** [www.foodmatters.com/recipes](http://www.foodmatters.com/recipes)