



Creamy Hemp Milk

Recipe

Yields 7 cups

Ingredients

1 1/4 cup hemp seeds

6 cups filtered water

Optional add ins:

2 tablespoons raw cacao powder

2 tablespoons real maple syrup (or more to taste)

1 teaspoon cinnamon

1 teaspoon real vanilla extract

Method

1. In a high powered blender, add hemp seeds and filtered water.
2. Blend until smooth and frothy.
3. Optional: Add raw cacao powder, maple syrup, cinnamon, and/or vanilla.