

# HOMEMADE HEMP MILK 2 WAYS (STRAWBERRY & CHOCOLATE)

## Ingredients:

- ½ cup hemp hearts
- 2 cups water
- 1 tbsp. maple syrup or raw honey
- ½ tsp. vanilla
- Pinch of sea salt

## STRAWBERRY

- about 10 strawberries halved

## CHOCOLATE

- 2 tbsp. raw cacao

## Directions:

Add the hemp, water, sweetener, vanilla and salt to a high speed blender and blend on high for about 2-3 minutes. Add the optional add in and blend on high for another minute, until combined into a creamy beverage. This is a no strain, high protein option of a plant based milk that makes a wonderful addition to smoothies or enjoyed on it's own!

## Nourishing Tip

When blended, these seeds create a wonderfully creamy beverage. Hemp seeds are high in fat and contain the perfect ratio of omega-3 to omega-6. These fats are beneficial in reducing inflammation in the body and can benefit skin disorders (like eczema), reduce symptoms of PMS, and aid digestion. Hemp is also an excellent source of protein – 25% of their calories come from amino acids!