

Hemp Milk

Ingredients:

½ Cup Hemp Seeds

4 Cups Water

1 Fig/Date/Prune (if desired)

Nut Milk Bag



Method:

Blend Seeds, Water & Fruit (if using) together until smooth. Use a high setting for 1-2 minutes.

Strain the pulp using Nut Milk Bag (from Weigh 'n Pay) or muslin cloth.

Refrigerate & consume within 5 days.