



## Hemp Milk (Homemade Raw Organic)

Adapted from Jennifer Murray & 'Don't Waste the Crumbs'

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 4 cups

### Ingredients:

- 1/2 cup shelled organic [hemp seeds](#) (for 'stronger' flavor, some people like to do 1 cup)
- 4 cups filtered water
- 4 Medjool dates (or 1 tablespoon raw agave nectar)
- 1/2 teaspoon vanilla extract

### Hemp Milk variations:

- Add 1/2 teaspoon orange zest
- Add 2 tablespoons raw cacao powder
- Add 1/2 teaspoon of spice such as cinnamon, cardamom, nutmeg, or allspice

### Preparation:

Blend all of the ingredients together on high speed until the seeds are pulverized (approx 1 minute or so). If you are using for smoothies, don't strain. However, you can strain the liquid through cheesecloth to remove the seed particles for smooth milk. Serve your hemp milk immediately or refrigerate in an airtight container for up to 3 days.

*The Balanced Body Center*

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