



Cosmic Hempini Gravy

Adapted from David Wolfe's book Superfoods

In hemp seeds, the essential fatty acids, Omega 3 and Omega 6 are in the perfect ratio to meet human nutritional needs. It is one of the purest, most complete seeds on earth. In addition to the Omega's it also has high quality raw food protein. Hemp seeds contain all the essential amino acids in a highly digestible form. With live enzymes intact, hemp's digestible proteins are easily assimilated into the body. 65% of hemp seeds' protein is high-quality edestin, making it the highest vegan source of this simple protein that is required for proper immune system function. The other 35% is albumin protein

2 servings

½ cup water

3 Tb lemon juice

2 Tb white miso

1/3 cup hemp seed

1 Tb chopped ginger

4 Tb tahini

2 Tb olive oil

¼ tsp cayenne pepper

Put all ingredients in a blender.

Blend until smooth.

Serve over steamed vegetables or quinoa or as a dip for crudités