



## **Hemp Milk**

Hemp has the perfect balance of Omega 3 and 6 for brain function and growth. In hemp seeds these essential fatty acids are in a perfect ratio to meet human nutritional needs. It is one of the purest, most complete plants 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's required for proper immune system function

2 servings

1 cup shelled hemp seeds

3 cups water

Stevia to taste or 2 Tb raw honey

½ tsp organic vanilla extract

Blend until smooth Enjoy!