

## **Steamed Vegetables with Cosmic Hempini Gravy**

Broccoli, carrots, cauliflower, turnips, brussel sprouts, Celeriac, parsnips any vegetables , greens are ok too you decide.

Use a steamer if you have one.

If you don't have a steamer, get a big pasta pot, fill it about two inches high with water, and bring it to a boil. Take a colander just place it on top of the water (you want your colander to be wide enough so that it is not touching the bottom of the pan or the boiling water...this is important!).

Add vegetables with the heartier ones on the bottom, greens on top.

Cover the vegetables.

Steam the vegetables until they are soft enough to taste, and then take them off the heat .

Serve topped with Cosmic Hempini Gravy

## **Cosmic Hempini Gravy**

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

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### **Cosmic Hempini Gravy** (adapted from David Wolfe)

The hemp seed provide protein in this sauce. The tahini contains all the essential amino acids, making it a high quality protein, plus it is rich in lecithin, vitamin E and calcium. It is rich and satisfying easy to digest because its high alkaline mineral content. It is an excellent source of quick energy for active people and an ideal protein source for people with weak digestive systems.

½ cup water

3 Tb lemon juice

2 Tb white miso

1/3 cup hemp seed

1 Tb chopped ginger

4 Tb raw tahini  
2 Tb olive oil  
¼ tsp cayenne pepper

Put all ingredients in a blender.

Blend until smooth.

Pour over steamed vegetables or dip them as you go.

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