

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 crisp tender.
- Serve topped with Cosmic Hempini Gravy

Cosmic Hempini Gravy

Adapted from David Wolfe's book Superfoods

4 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.