

Hemp Milk

[Hemp is a super food](#). Hemp seeds are bursting with Omega-6 and Omega-3, essential fatty acids that are good for your heart and have anti inflammatory benefits.

1 cup shelled [hemp seeds](#)

3 cups water

- Blend for 3 minutes in a Vitamix, 5 minutes in a regular blender.
- Refrigerate for up to 5 days.

