

Hemp Milk

[Hemp is a super food](#). Hemp seeds are high in protein including edestin. Edestin is considered by scientists to be the most easily digestible form of protein in the food chain. Hemp milk is bursting with Omega-6 and Omega-3, essential fatty acids that have anti-inflammatory benefits. It is easy on the digestive system. Hemp milk is the simplest nut milk to make because you don't have to strain it.

1 cup shelled [hemp seeds](#)
3 cups water

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