

Jill's Joyful Kitchen



Heavenly Hemp Seed Milk

1 cup hemp seeds
4 cups of water
¼ teaspoon sea salt
1-2 tablespoons agave nectar or maple syrup (more if sweeter is desired)
1 teaspoon vanilla extract

There is no need to soak the seeds! Place the seeds in a high-speed blender with the 4 cups water and blend for 1 minute or until smooth. Pour through a cheesecloth/nut milk bag to separate the pulp from the milk, using a pitcher or a large glass bowl to catch the milk as it is strained. If using a cheesecloth, lay cloth over a fine mesh strainer that is placed over a wide rimmed bowl. Use the back of a spoon to press the milk through the cheesecloth. Pour milk back into the (rinsed) blender and add the rest of the ingredients. For a more rich milk, use 3 cups water instead of 4. Pour into a jar or container with an airtight lid. It will keep fresh for 3-4 days. Shake before using as natural separation may occur.

Variation: Chocolate Hemp Seed Milk

After straining, pour milk back into blender and add:
2 tablespoons cacao
2 tablespoons maple syrup or agave (more or less for desired sweetness)
1 teaspoon vanilla
a pinch of sea salt

Blend until smooth and creamy.

Joyful Tip: Straining the milk is optional. To get all the great benefits and fiber though, you may not want to strain. If you prefer a smoother milk, then by all means go ahead and strain away!