



NSK Hemp Milk

3 servings

5 minutes

Ingredients

1/2 cup Hemp Hearts
3 cups Water
2 pieces Pitted Dates
Sea Salt (pinch)

Directions

- 1 Add all ingredients to blender and process on high for 1 minute.
;
- 2 Strain through nut milk bag or fine mesh sieve.
;
- 3 Store in refrigerator for 3-4 days. Enjoy!

Notes

Uses, Make it a base for your smoothie creations, overnight oats and chia puddings, use it in your golden milk / tea / coffee, pour it over your homemade granola, or drink it straight out of the refrigerator cold as a creamy milky treat!

Tips, Shake jar well before using to redistribute fats. Don't heat milk to boiling or pour into boiling hot beverage, as it will separate.

No Dates, Use 1-2 tbsp real maple syrup instead.

Foods that Heal, High in insoluble and soluble fiber, hemp seeds help to keep your digestive system regular. They feed the probiotics in your gut and help with constipation!