



INGREDIENTS

Choose one or more of the following:

Hemp seeds – 4 tablespoons

Almonds

Hazelnuts

Peanuts

Ratio: 1 cup of nuts to every 2 cups of water.

Make sure to blanch and lightly toast all raw nuts.

2 cups of water (makes 1/2 liter)

1 teaspoon vanilla (optional)

1 glass bottle

INSTRUCTIONS

Place ingredients in a VitaMix® (or similar strength) blender. Blend on high 60 – 90 seconds. Pour into a clean glass bottle.

Serve over cereal or use in smoothies and puddings. Plant milks generally stay fresh for up to 3-4 days. Hemp milk will turn sour usually within 3 days.

Optional flavoring: Vanilla bean, cacao powder, cinnamon.