



INGREDIENTS

4 tablespoons of shelled hemp seeds
2 cups of filtered water
1/2 teaspoon of ground cardamom
1/2 teaspoon of ground or fresh
ginger
1 teaspoon Ceylon cinnamon
1 teaspoon of turmeric
1/4 teaspoon of ground black pepper
1 liter glass bottle

INSTRUCTIONS

Place all in ingredients in a VitaMix® blender. Pour into a clean glass bottle and allow to sit for several hours.

Serve warm on a cold fall or winter day.

Serve cold on ice with a sprig of mint on a hot summer day.