



## Hemp Milk

### Ingredients

1 cup organic hemp seed  
1 1/2 pints of water

### How to Make

Soak the hemp seeds in water overnight, then drain and rinse. Add the seeds into a blender and add just over a quarter of the water and let it blend thoroughly. Add the remaining water up to a pint reserving the remaining 1/2 pint for later and blend again. Then strain the milk through a seive or nut milk bag. Add the pulp back to the blender with the remaining 1/2 pint of water and blend thoroughly. Sieve the mixture and add to the first milk, discard any of the remaining pulp. Keep in the fridge for up to 3 days.

