

Homemade Hemp Milk

VEGAN + GLUTEN FREE + RAW



Ingredients:

- 1 cup hemp seeds (shell on)
- 3 cups filtered water
- 1 teaspoon vanilla

Instructions:

Throw all of your ingredients into your high speed blender or food processor. Blend on high for about 1 minute, or until the liquid is a milky white color. Next, cover the container or jar you will be storing your hemp milk in with cheesecloth for straining. (We put the cheesecloth over the jar opening and secured it with a hair elastic before straining.) Slowly pour the contents of the blender over the cheesecloth, allowing the milk to filter through and the leftover seeds and yuck to collect in the cheesecloth.

Once the blender liquid is gone, remove the cheesecloth, lid the container, and place in the fridge. Simple as that! Lasts about two weeks in the fridge, makes approximately 4 cups.