

## Homemade Hemp Beverage



*The hemp seeds used to make this drink are rich in protein, omega-3 and omega-6. The hemp beverage is also an excellent alternative for people with food allergies to cow's milk, soy or nuts.*

Preparation 5 min  
Cooking 0 min  
Servings 4  
Nutrition Facts (per serving)  
Calories 130  
Fat 6  
Carbohydrates 4  
Fibre 1  
Protein 6  
Sodium 2

### **Ingredients**

- 125 ml (½ cup) hulled hemp seeds
- 1000 ml (4 cups) water
- 1 pitted Medjool date OR 1/2 banana OR 10 ml (2 tsp) maple syrup
- 5 ml (1 tsp) vanilla extract

**Note:** Hemp beverages are very interesting with 6 g of protein per cup. It contains almost as much protein as soy. **Because of** this protein content, it is important not to

strain the hemp drink.

## Preparation

1. In an electric blender, combine all ingredients and blend for 2 to 3 minutes at high intensity.
2. If you wish to remove deposits, strain the preparation using a vegetable milk bag, cheesecloth or cheesecloth\*
3. Shake well before serving.

## Notes

Can be kept for 3 days in the refrigerator.



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine | Coordinatrice événementiel  
Registered Dietitian Nutritionist in Montreal North-Shore