

AMAZINGLY ADDICTIVE HOMEMADE HEMP MILK

Vata ↓, Pitta ↓, Kapha ↓↑

Makes 4 cups / Prep Time: 15 minutes

INGREDIENTS

- 3 cups of water
- 4 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 1 tablespoon cacao powder (optional, omit for Vata types)
- 1 tablespoon honey
- 1 teaspoon Rasayana Ghrita or Organic Ghee
- 1 teaspoon cinnamon*
- 1/4 teaspoon cardamom*
- 1/4 teaspoon ginger powder*
- 2 to 3 saffron stigmas
- Pinch of turmeric*
- Pinch of pink Himalayan salt or sea salt (optional)

*All spices can be replaced with 1 to 2 teaspoons of the Ayurvedic Breakfast Spices.

DIRECTIONS

1. Add the water to the blender.
2. Add the hemp seeds, chia seeds, cacao nibs, honey, ghee, spices, and salt (if used).
3. Blend on high for 2 to 4 minutes or until the milk is completely smooth and deliciously frothy.
4. Enjoy this creamy drink as a quick breakfast shake, a midday pick-me-up, or as a milk substitute for cereals and recipes.
5. Refrigerate any leftovers for up to 3 to 4 days. Separation may occur and is normal. Shake well before drinking.