



Homemade Non-Dairy Hemp Milk



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



5

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients



1 cup manitoba harvest hemp hearts (hemp seeds)



5 cups water

Equipment

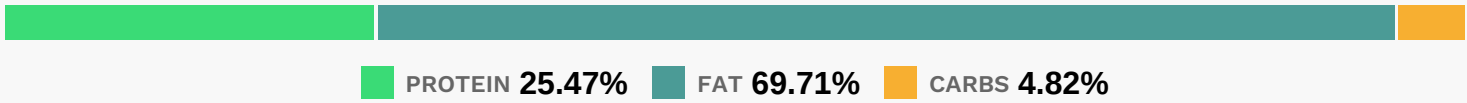


blender

Directions

☐ Combine the water and Hemp Hearts in a blender. You can create the desired thickness by using more or less water (from coffee creamer consistency to skim).Blend on high for 2 – 3 minutes, or until creamy and smooth.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.9173912004284%

Nutrients (% of daily need)

Calories: 232kcal (11.6%), Fat: 18g (27.69%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 11.83mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Phosphorus: 449.2mg (44.92%), Iron: 5.56mg (30.89%), Vitamin B1: 0.15mg (9.87%), Calcium: 62.7mg (6.27%), Vitamin B3: 0.97mg (4.86%), Fiber: 1.2g (4.8%), Vitamin B2: 0.08mg (4.71%), Vitamin A: 207.2IU (4.14%), Copper: 0.04mg (1.89%)