

Homemade Hemp Milk Recipe



Ingredients



½ cup hulled hemp seeds



3 to 4 cups of water



1 pitted date



½ teaspoon vanilla extract



A pinch of sea salt

Method

Blend all ingredients for about a minute until there are no lumps.



Check for sweetness.
Add another date if required.



Strain and store in an airtight container in the refrigerator.

