

# Hemp Milk

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 cup Manitoba Harvest Hemp Hearts
- 4 cups filtered water

## Instructions:

1. Combine Hemp Hearts and water in a blender. Blend on high for 60 seconds.
2. Filter out solid bits by pouring mixture through a wire mesh strainer or nutbag.

## Notes:

Makes 4 cups