

Hemp Seed Maple Butter

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup shelled hempseeds
- 3-4 tbsp hemp seed oil
- 2 soft medjool dates, pitted
- 2-3 tbsp dark maple syrup

Instructions:

1. Combine all ingredients in a food processor or blender
2. Blend until a paste forms. You can stop blending early to keep it chunky or continue blending for a smoother texture.

Notes:

Yields: 1 cup(ish) of hemp seed butter