

## **Hemp Foods Recipes**

Share with our visitors your own Hemp Hearts™ (shelled hemp seeds) Recipe

Please email us at [contact@healing-source.com](mailto:contact@healing-source.com)

with your favorite Hemp Hearts™ (shelled hemp seeds) Recipe.

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### **Get maximum benefit from your Hemp Hearts™ (shelled hemp seeds)**

*Human tissues require nourishment every morning with slow digesting proteins, omega fats enzymes--essential nutrients--not starch, sugar and blended, processed foods. Those who **con morning** have all day to utilize any possible excess and can control weight easily.*

***Digestive systems function best with raw, unprocessed foods that release nutrients slowly***

*The long fibers in raw, unprocessed foods remain intact to tie wastes together so they are absorbed by the digestive system. Those who consume Hemp Hearts™ (shelled hemp seeds) with long fiber foods normally do not gain excess weight. Those without excess weight who wish to "turbo-charge" themselves for amazing productivity after a serious illness can consume Hemp Hearts™ (shelled hemp seeds) again in the afternoon.*

*Those who change to Hemp Hearts™ (shelled hemp seeds) and long fiber foods, but who do not exercise, may experience gas and watery stools as liquefied, incompletely digested starches are swept through the digestive system. Hemp Hearts™ (shelled hemp seeds) and long fiber foods.*

*Those who eat significant amounts of sugar, starch and processed foods inevitably become obese. Excess essential nutrients, causing progressive tissue health failure. Insufficient essential nutrients initially cause weakness, it may also cause arthritis and prostate inflammation. Insufficient essential nutrients eventually cause loss of blood vessel elasticity: Unable to expand and contract with each heartbeat, hardened blood vessels do not clean themselves. Deteriorating blood vessels increase the possibility of stroke, aneurysm and health failure.*

To get optimum benefit from your Hemp Hearts™ (shelled hemp seeds), it is recommended to consume them as your morning meal. Here are some of the most popular ways many of our customers use them (shelled hemp seeds):

- *Sprinkle them on your oatmeal or mix them into your cereal at breakfast.*
- *Mix them in with your fruit salad or in your yogurt at breakfast.*
- *If you have a protein shake as your morning meal, blend your Hemp Hearts™ (shelled hemp seeds) into it.*

- *Blend them in with your Hemp Oil to make a nice tasty salad dressing.*
- *Some of our customers eat them straight from the spoon.*
- *Spread them over your morning toast.*
- *Sprinkle them into your salad.*
- *Incorporate them into your home baking.*
- *Check out our recipe page for some tasty baked goods with Hemp Hearts™ (shelled hemp seeds) in them.*
- *Put them in your homemade granola.*



Find your own creative way (seeds) and/or hemp oil into cooking practices.

- ***Our recommended minimum daily intake of Hemp Hearts™ (shelled hemp seeds)*** Larger individuals or those suffering with chronic health conditions such as arthritis, vascular disease, acne, eczema, psoriasis, diabetes, circulation problems, intestinal problems (to name a few) may want to consider taking 55 grams (5 to 6 heaping tablespoons)
- ***Take at least most of your daily intake of Hemp Hearts™ (shelled hemp seeds) first*** cravings for sweets and carbohydrates throughout the rest of your day. In addition, eating sugars, starches, flour, pasta, potatoes and rice from your daily diet will drastically increase when you eat hemp seeds).
- ***Reducing or eliminating these unnecessary and unhealthy foods from your diet*** hemp seeds), a perfect and natural blend of proteins, essential fats (Omega 3 & 6), vitamins and minerals will be the key to your journey to improved health and quality of life.

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## RECIPES

RECIPES FOR USING HEMP HEARTS™ (shelled hemp seeds):

Enhance the flavors of your favorite foods

- **Hemp Hearts™ (shelled hemp seeds) WITH RAW FRUIT OR VEGETABLES:** Fill Cover them with plain yogurt and top with five heaping tablespoons of **Hemp Hearts™ (shelled hemp seeds)**; If you also top with berries or sweet seedless grapes--noth



- **HOT OR COLD CEREALS:** Cover your favorite hot or cold cereal with five heaping t **hemp seeds**). Top with some grapes or berries. Enjoy the great nutty taste. You wi hunger for many hours.
- **DESERTS, APPETIZERS AND EATING OUT:** You can make a perfectly balanced an simply by topping it with several tablespoons of **Hemp Hearts™ (shelled hemp s** something that can be salvaged by adding sufficient **Hemp Hearts™ (shelled hen**
- **SALADS AND PITAS:** Add **Hemp Hearts™ (shelled hemp seeds)** in quantity on t flavor, texture and nutritional value. Blend with other ingredients in spreads and d
- **STIR-FRY:** Add **Hemp Hearts™ (shelled hemp seeds)** generously and mix throu; after serving.
- **ROASTING MEATS:** Make coatings and basting sauces mostly with **Hemp Hearts™** cooking. Use in dressings for added flavor and improved nutritional value.
- **SHAKES, FRUIT SMOOTHIES AND HEMP MILK:** Blend 1/3 cup **Hemp Hearts™ (** high speed for 2 minutes; Add frozen berries while blending. Can be sweetened. W
- **SHANNON'S FAMOUS HEMP CRISPS:** (smaller recipe): Add 2/3 cup brown sugar ; butter and blend well. Mix 1/2 cup flour, 1 tsp. cinnamon and one cup **Hemp Hear** dry mix to the butter mix. Spoon drop and flatten dough on a lightly greased cookie crispy. For lighter, more porous cookies increase egg and/ or decrease flour slightl dough sit long before cooking.
- **SHANNON'S MEDITERRANEAN HIGH PROTEIN HIGH ESSENTIAL FAT SALAD D** (**shelled hemp seeds**) with 2/3 cup of water until smooth. Add 2 tablespoons of c vinegar or lemon juice, 1 1/2 teaspoons of crushed garlic and 1 teaspoon of oregano

