Hemp Foods Recipes

Share with our visitors your own Hemp HeartsTM (shelled hemp seeds) Recipe *Please email us at contact@healing-source.com* with your favorite Hemp HeartsTM (shelled hemp seeds) Recipe.

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 **cormorning** have all day to utilize any possible excess and can control weight easily.

Digestive systems function best with raw, unprocessed foods that release nutrients slate I The long fibers in raw, unprocessed foods remain intact to tie wastes together so they are absystem. Those who consume Hemp HeartsTM (shelled hemp seeds) with long fiber foods norm Those without excess weight who wish to "turbo-charge" themselves for amazing productiviserious illness can consume Hemp HeartsTM (shelled hemp seeds) again in the afternoon.

Those who change to Hemp HeartsTM (shelled hemp seeds) and long fiber foods, but who do a experience gas and watery stools as liquefied, incompletely digested starches are swept throughout HeartsTM (shelled hemp seeds) and long fiber foods.

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

To get optimum benefit from your $Hemp\ Hearts^{TM}$ (shelled hemp seeds), it is recommended as your morning meal. Here are some of the most popular ways many of our customers ar 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 HeartsTM (shelled

- 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.

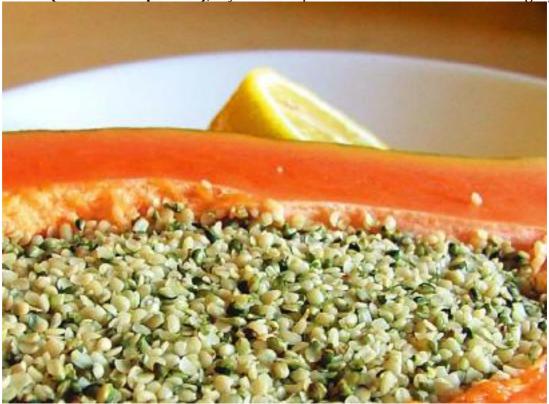
- Our recommended minimum daily intake of Hemp HeartsTM (shelled hemp seeds) Larger individuals or those suffering with chronic health conditions such as arthritis, vascular disease, acne, eczema, psoriasis, diabetes, circulation problems, intestinal pr (to name a few) may want to consider taking 55 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, esugars, starches, flour, pasta, potatoes and rice from your daily diet will drastically in 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), vit your journey to improved health and quality of life.

RECIPES

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

Enhance the flavors of your favorite foods

• Hemp HeartsTM (shelled hemp seeds) WITH RAW FRUIT OR VEGETABLES: Fill Cover them with plain yogurt and top with five heaping tablespoons of Hemp Hear seed: from half a melon or half a papaya; Fill the hole with plain yogurt and cover v (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 themp 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**TM **(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 througafter serving.
- **ROASTING MEATS:** Make coatings and basting sauces mostly with **Hemp Hearts**^T cooking. Use in dressings for added flavor and improved nutritional value.
- SHAKES, FRUIT SMOOTHIES AND HEMP MILK: Blend 1/3 cup Hemp HeartsTM (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 a 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 slightly 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 crushed garlic and 1 tasspoons of crushed garlic and 1 tasspoons of crushed