**Hemp Milk**

**2 servings  
10 minutes**

**unsweetened hemp milk:**

* 1 cup raw hemp seeds
* 3 cups filtered water
* Pinch of Himalayan salt

**sweetened hemp milk (unsweetened milk, plus the following):**

* 1 teaspoon vanilla extract
* 3-6 pitted dates

**chocolate hemp milk (sweetened milk, plus the following):**

* 2 tablespoons (or as desired) cocao powder

1. Blend hemp seeds, water, and salt on high for 1 minute, or until the seeds are completely ground.
2. Place in sealed glass jar. Or strain for smoother, filtered milk.
3. To strain, run the unfiltered milk through a cheesecloth into a glass jar.
4. Rinse blender and pour filtered milk into blender.
5. Add vanilla and dates, and blend on high until smooth and creamy.
6. Store the milk in a sealed glass jar.