

# Community Recipes



## Creamy Tomato and Basil Soup

- 6 tomatoes
- 1/2 white onion
- 1/2 green pepper
- 1 1/2 cups filtered water
- 1/2 cup hemp nut
- 1/3 cup chopped basil
- 1 tsp celtic salt



In a blender, add water and hemp nut. Blend until creamy. Add the rest of the ingredients and blend again. Add a bit of lemon juice if you want some zest.

## Creamy Squash Soup



1 medium Kobacha or Butternut squash – peel, hollow out seeds and cut in cubes. In a sauce pan bring to a boil with enough water to cover squash.

### Add to the cooking pot:

- 2 cups hemp milk – to prevent the milk from curdling, pour the hemp milk into a bowl first and slowly add some of the cooked squash water to mix hot and cold liquids. Pour back into the cooking pot and add the rest of the ingredients.
- 1 medium white onion chopped
- 1 clove of garlic minced
- 2 tbsp lemon juice
- 1 tbsp Madras curry powder
- 1 tsp cumin powder or seeds ground fine
- 1/3 cup cilantro chopped
- 1 tsp celtic salt

Mash all ingredients together and use a braun stick to blend and make creamy. If soup is too thick add a bit of water until desired consistency.

Garnish with a bit of chopped mint and a few banana slices

## Hemp Hummus

- 2 cups hazelnuts soaked for 4 hours
- 1/2 cup tahini
- 2 small cloves garlic
- Juice of 2 lemons
- 1/2 cup filtered water
- 2 tbsp hemp oil
- 1/2 tsp celtic salt
- 1 sprig parsley chopped fine



Add all ingredients to a food processor and blend until smooth.

## Cooked Curry Soup

- 2 cups sprouted red or green lentils
- 2 tbsp hemp oil
- 1 large carrot diced
- 1 stalk celery diced
- 4 sprigs cilantro chopped
- 1/2 onion chopped
- 1 garlic clove
- Juice of one lime
- 1 tbsp curry powder
- 1 tsp cumin
- 1/4 tsp cardamom
- 1/2 tsp celtic salt



2 cups filtered water or more as needed. Bring to boil and simmer until done.

Garnish with a sprinkle of finely chopped mint and bits of minced jalapeno.

## Sweet Yam Soup

- 2 large carrots
- 1 medium yam
- 2 dates soaked
- 1/2 cup hemp nut
- 1 1/2 cups water
- 2 tbsp Bragg



In a blender, add water and hemp nut. Blend until creamy. Add the rest of the ingredients and blend again. For a garnish... sprinkling of nutmeg.

## Quinoa Raisin Pudding

- 1 cup cooked organic quinoa
- 1/3 cup cooked organic amaranth
- 2 tbsp hemp seed oil
- 2 cups hemp milk or filtered water
- 1/2 cup organic raisins
- 1/2 cup organic dried cranberries
- 2 tbsp agave nectar or honey
- 1 tsp cinnamon
- 8 cardamon pods – grind in coffee grinder – remove shells through a sieve
- 1/8 tsp vanilla pod chopped very fine

Preheat oven to 300 F.

Combine all ingredients in a mixing bowl and pour into a baking dish and bake for 30 minutes approximately or another method is to combine the grains in a cooking pot and bring to boil and then simmer for 15 minutes, adding the rest of the ingredients.

