



COOKING WITH HEMP

a recipe book

Created with the help of EIHA members

 **EIHA**
European Industrial Hemp Association



"This magical, marvelous food on our plate, this sustenance we absorb, has a story to tell. It has a journey. It leaves a footprint. It leaves a legacy. To eat with reckless abandon, without conscience, without knowledge; folks, this ain't normal."

Joel Salatin

Farmer and author of
'Folks, This Ain't Normal'
& 'You Can Farm'

Welcome!

We are the **European Industrial Hemp Association (EIHA)** and we are thrilled you are reading this recipe book!



EIHA's **mission** is to steer and promote hemp farming, processing, and trading across Europe. We aim at developing a single and safe common market of high-quality hemp products, inspired by the principle of social, environmental, and economic sustainability. To fulfill this mission, it is crucial to raise awareness about hemp and its **enormous potential** as a multipurpose crop. That is why we decided to collect hemp recipes and gather them in this cookbook. You will soon realise that this plant will become an absolute must in your kitchen!

But first things first: **let's meet the main ingredient!**

Hemp, also known as **Cannabis sativa L.**, is a plant that is incredibly versatile as it has **multiple uses** - keep reading to find out more about it!

This variety of cannabis is characterised by having very **low levels of THC** (tetrahydrocannabinol). This means that hemp and products made from it are **not intoxicating**, and it should not be confused with 'drug-type' cannabis, whose THC levels are much higher. Industrial hemp is an agricultural crop **authorised** under the Common Catalogue of Varieties of Agricultural Plant species and regulated in the EU.



So, this being said, let's give hemp a leading role in our kitchens!

As mentioned above, hemp is full of nutrients. **Seeds**, for instance, are particularly rich in **high quality protein**, being second only to soybean for plant-based protein sources. They are also a wonderful source of essential fatty acids (mainly omega-3 and omega-6, which can be found in the ideal ratio 1:3), fibre, vitamin E, vitamin B, and minerals like magnesium and iron. Hemp oil, protein powder, hemp flour and other ingredients that are obtained from hemp seeds also retain similar properties. As for **flowers** and **leaves**, they are rich in phytochemicals - cannabinoids, terpenes, polyphenols - and full of iron, zinc, potassium, magnesium, fibre, and phosphorus!

Flowers & leaves

- Phytochemicals
- Iron, Zinc, Potassium, Magnesium, Fibre, Phosphorus



Seeds

- Protein
- Omega 3
- Omega 6

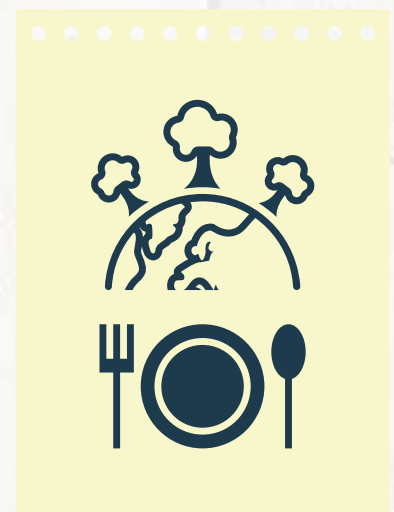
The **superhero** of plants

Hemp's versatility makes it the superhero of plants. A single crop can produce a **broad range of products**, including **fibres for textiles, biomaterials, fuel, or construction materials**. It can also be used to make **cosmetics, food, and food supplements**, as well as **feed**, and all in a highly sustainable and environmentally friendly way! Moreover, by repatriating manufacturing processes (textiles in particular) and fostering innovative value chains (construction materials, food production, cannabinoids extraction), the sector could deliver **long-term sustainable growth** and create highly skilled jobs **across the EU rural economies**.



With regards to the **environmental benefits** of hemp, it is worth mentioning that hemp rapidly **captures substantial amounts of CO₂, regenerates and improves the quality of our soils, helps reducing deforestation, saves water and enhances biodiversity**. All these can be done with just one plant! Isn't it amazing?

Apart from all the mentioned uses, hemp can also **balance & complete our diets!** In fact, for centuries, hemp has been a traditional source of food abundantly consumed in Europe and all over the world: humans would eat all parts of the plant, with the sole exception of the stem. Seeds, flowers, leaves, and extracts are edible and full of health- maintaining properties.



Now, how can we **make the most out of this powerful plant?** How do we **eat hemp?**

Seeds can be eaten raw, cooked, or roasted, and can be added to practically anything for a nutritional boost: salads, breakfast cereals, yoghurts, smoothies... you name it! Hemp seeds have a creamy and soft texture and a mild flavour. What we eat is often the hulled hemp seeds: the whole seed with the outer shell removed.

Hempseed oil, which is obtained when we press hemp seeds, is mainly used as a **finishing oil**, rather than a cooking or frying oil - since the omega fatty acids will easily break down when cooked, diminishing the nutritional value of the oil. This way, the oil can be used to make salad dressings, put over pasta or grilled veggies. **Leaves** can also be consumed fresh in salads, and they have quite a bitter flavour, like that of rocket. Other ingredients derived from hemp include hemp flour, hemp protein powder or hemp milk.

Throughout this book, you will see recipes that EIHA members have sent us, using hemp in a wide variety of ways!

We have divided our book into **five sections**: **salty, sweet, sides, drinks**, containing the corresponding recipes, plus a **little surprise** we have prepared for you at the end. Also, note that **all hemp-related ingredients are hyperlinked** and will redirect you to a webpage where you can buy the same product that was used in the recipe.

Lastly, we would like to **thank our wonderful members** for kindly sending us all these delicious recipes. We have loved putting it all together, but we certainly couldn't have done it without you! We can't wait to try all the tasty dishes!





Enjoy your meal

Bon appétit

Guten Appetit

Taitneamh a bhaint as

do chuid béile

Buon appetito

Buen provecho

KEY

| | |
|-------------------------------------------------------------------------------------|-------------|
| <i>tsp</i> | teaspoon |
| <i>tbsp</i> | tablespoon |
| <i>g</i> | grams |
| <i>ml</i> | milliliters |
| <i>dl</i> | deciliters |
|  | vegan |

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Salty

HEMP & VEGETABLE SOUP

By Tony Reeves, EIHA Advisory Committee



Ingredients

- 2 tbsp Hemp Seeds
- 2 cups Broccoli/ Cauliflower/ Squash/ Pumpkin/ Potato - steamed
- 1 cup of water
- ½ carrot
- ½ leak/ onion
- 3 cloves of Garlic
- 1 tbsp Thyme/ Parsley
- Salt and pepper to taste

Method

- 1 Sauté the onions and the garlic in a saucepan with a little bit of oil.
- 2 Put the rest of the ingredients.
- 3 Let boil for around 20 minutes, until the vegetables are soft.



HEMP VELOUTÉ MUSHROOM AND POTATO SOUP



Ingredients

- 1 litre of vegetable stock
- 250g of hemp seeds
- 250g of shitake mushrooms
- 250g of oyster mushrooms
- 2 potatoes, chopped into 2cm cubes
- 2 onions roughly chopped
- 1 clove of garlic
- 2 tbsp of olive oil
- Salt, pepper, thyme, coriander

Method

- 1 Add cold vegetable stock and the **hemp seed** to a blender. Blend for around 2 mins.
- 2 Strain through a **hemp nut milk** bag and set the vegetable stock hemp milk to the side.
- 3 Heat olive oil in a sauté pan. Add chopped onions and sauté for 5 mins then add a half tsp of salt and stir into the onions.
- 4 Add sliced mushrooms and garlic and sauté until mushrooms are slightly browned.
- 5 Add the vegetable stock hemp milk to the pan, add the potatoes, throw in a few sprigs of thyme and season with salt and pepper.
- 6 Simmer for around 35-40mins, stirring occasionally. Remove the sprigs of thyme and blend soup until smooth.
- 7 Spoon into soup bowl and garnish with coriander. Some cold pressed **hemp seed oil** can also be drizzled on top.



HEMP COOPERATIVE
IRELAND
EST. 2019

the hemp kitchen
ESTABLISHED 2019

Dehulled hemp seeds can also be used instead of whole hemp seeds, this would omit the need to strain the liquid after blending.

Try using different mushrooms in this recipe for different flavours!"



by Declan Darcy
Board member of The Hemp Cooperative Ireland

HEMP FLOUR PASTA WITH PECORINO CHEESE

Ingredients 4 ppl

- 350g hemp flour pasta
- 3/5g dried hemp flower
- 50g hulled hemp seeds, chopped
- pecorino cheese
- pepper
- extra virgin olive oil



Method

Cook the pasta in well salted water for the time indicated on the package, in the meantime prepare the ingredients, once the pasta is drained season with the dried crumbled flower, the hulled seed and finish with oil, cheese and pepper.



HEMP & ZUCCHINI FRITTERS

For lunch

by Tony Reeves,
EHA Advisory Committee

Ingredients

2 tbsp hulled hemp seeds
3 grated raw potatoes
1 grated zucchini
1 egg whisked
1 tbsp organic gluten free flour
½ chopped fried onion
salt and pepper to taste
¼ tsp cayenne pepper

Method

Sauté in a pan with coconut oil until golden brown on each side and serve with a green salad!



Method

- 1 Chop all ingredients and season in a plate as you like and add drops of the OPTARISE CBD oil.
- 2 Then mash until a pulp is formed. Take out the tortilla chips and your dip is ready!

side dish

CBD INFUSED GUACAMOLE



Ingredients

1 soft, ripe avocado
1 tomato
1 small onion
1 handful of green coriander
1 handful of parsley
1 clove of garlic
Salt and pepper
OPTARISE CBD oil of your choice



QUINOA KIDNEY BOWL



Ingredients

1 avocado (diced)
1 lime
3 cloves of garlic (chopped)
425 grams of golden corn
A handful of tomatoes (diced)
425 grams of kidney beans
1 cup of quinoa
2 teaspoons of black cumin
1 teaspoon of pepper
2 teaspoons of paprika
1 teaspoon of salt
1 bell pepper
2 tablespoons of vegetable oil
[CBD oil](#)

Method

1 Chop the garlic, tomatoes and peppers into small pieces. Then add the desired number of drops of your OPTARISE CBD Oil Classic or Gold to the vegetable oil and heat up to 82°C in the pan.

2 First add the garlic to the pan and cook for about two minutes until it is soft.

3 Then add the remaining ingredients and cook on low heat for 20 minutes until the liquid is absorbed and the quinoa is soft.

4 Finally, arrange everything in a bowl with, for example, leaf spinach and add the avocado and lime juice.





HEMP BREAD

*Quick and easy made
protein-rich grain bread!*

CBDVITAL

Ingredients

250 g low-fat quark
3 eggs
1 tsp salt & pepper
1 tbsp vinegar
2 tsp of psyllium seed husks
60 g crushed flaxseed
50 g whole wheat flour
30 g of walnuts
25 g organic hemp protein
20 g organic hemp seeds
20 g sunflower seeds
5 g baking powder

Method

- 1 Mix the low-fat quark together with the eggs, salt, pepper, and vinegar.
- 2 Step by step put the psyllium husks, flax seeds and the whole wheat flour into the mixture and mix everything together.
- 3 Finally put in walnuts, hemp protein, hemp seeds, sunflower seeds and baking powder.
- 4 Preheat the oven to 180 degrees.
- 5 Pour the mixture into a 20 cm baking pan lined with baking paper.
- 6 Bake the bread for about 40-50 minutes in the middle of the oven.
- 7 Let the bread cool down and enjoy it fresh.



SOURDOUGH



BREAD with hemp flour

Ingredients

75g hemp seed powder (pro 50),
300g wheat flour (wholemeal flour T110)
225 g white wheat flour T65
2 tbsp hulled hemp seeds
400ml water
200g sourdough
10g salt

Method

- 1 In the bowl of a food processor, combine sourdough, flours, hulled seeds and water.
- 2 Knead the dough to medium speed for 5 minutes.
- 3 Let it rest for 30 minutes under a cloth at room temperature.
- 4 Pour the dough onto the work surface and knead for 5 minutes, incorporating the salt.
- 5 Mould the dough into a ball. Transfer the dough to a bowl covered with a bit of flour and leave to rest in the fridge for about one night.
- 6 Take the dough out of the fridge and let it rest for an hour at room temperature.
- 7 Transfer the dough to a cast iron casserole lined with baking paper.
- 8 After one hour, slit the bread in the casserole, close it and put it in the oven (without preheating) for one hour at 240°.
- 9 Open the pan and leave the bread to cool on a wire rack for a few hours before eating.



Kama Kale

Crisps



10 -12 organic kale leaves. Wash and dry the leaves. Remove the centre rib and tear the leaves into 5 or 6 large pieces. Put the torn leaves in a large mixing bowl.



Dressing

50ml oil, (Hemp seed oil, olive oil, walnut oil, whatever is your preference)
2-4 cloves of garlic
2-5g salt
Juice of $\frac{1}{2}$ a lime
10g Kama Hemp Powder

Method

- 1 Mash the garlic with the salt and mix all the dressing ingredients together including Kama Hemp Powder.
- 2 Pour the dressing over the torn leaves. With your hands massage the oil mixture into the leaves. Ideally spread out the leaves in a single layer on the dehydrator shelves. (You can also dehydrate in the oven at the lowest temperature). Dehydrate for 8 hours at 40°C.
- 3 When all the leaves are crispy store in an airtight container. They will keep for a few days but best eaten straight away.

Avocado & tomato bruschetta

Ingredients

2 tbsp of hulled
hemp seeds
1 tbsp hemp oil
1 avocado
1 tomato
1 slice of bread

Method

- 1 Toast the bread.
- 2 Open the avocado and remove the flesh.
- 3 Cut the tomato into slices.
- 4 Spread the avocado on the sandwich, arrange the tomato slices.
- 5 Sprinkle the shelled seeds and pour the hemp oil on top.



NUNTI-SUNYA



AVOCADO, SHRIMPS & GRAPEFRUIT SALAD

Ingredients

- 400g shrimps
- 2 avocados
- 2 grapefruits
- 1 yoghurt
- 2 tablespoons of decorticated hemp seeds
- 2 cloves of garlic
- Olive oil/hemp oil
- Red pepper
- Salt, pepper

Method

- 1 Mix the yoghurt, salt, pepper & red pepper.
- 2 Peel the grapefruits and cut them in quarters. Add to the mix.
- 3 Heat the olive oil and fry the smashed garlic. Add the shrimps. When cooked, add to mix.
- 4 Add the pieces of avocado. Serve with hemp seeds on top.



HEMP STEAK

Ingredients

4 tbsp hulled hemp seeds
2 tbsp hemp oil
2 tbsp hemp powder
1 tbsp seed mixture (flax, sesame, sunflower, poppy)
1 egg
1/2 tbsp turmeric, cumin, salt, pepper, paprika
50g cooked peas
50g cooked lentils
breadcrumbs
coconut oil



Method

- 1 Mix all the ingredients (except the coconut oil) in a bowl, using a food processor if necessary. The mixture should remain fairly compact
- 2 Using the dough obtained, create two "steaks" by hand
- 3 Heat some coconut oil in a pan and cook the steaks for about 3 minutes on each side.

IF YOU PREFER TO USE THE OVEN, YOU CAN ALSO BAKE THE STEAKS FOR 20 MINUTES AT 160° C.



Method

- 1 Pour the hempseed milk into a glass or ceramic bowl.
- 2 Put the bowl in a microwave oven*, uncovered, on the highest setting for about 10 minutes. The hempseed milk will coagulate when the temperature reaches 75°C (no more heating is required after the hempseed mass has formed)
- 3 Filter the mass through a sieve or colander.
- 4 Add some weight on top of the mass, such as a saucer with a small glass of water on top, to slowly press out more water over a 3-4 hours. This will make about one cup of soft hempseed tofu.
- 5 Hemp tofu can be frozen, if not used the same day.

*If you do not use a microwave oven, then you can heat the hempseed milk in a double boiler. If you have an espresso machine, then you can use steam spout to heat the hempseed milk in a cup to make a smaller amount of tofu.



Ingredients

hempseed milk

(FIND THE RECIPE IN PAGE 20)



Sautéed Courgette Flower

Ingredients: 4pp1



- 4 fresh hemp flowers
- Olive oil, salt, pepper to taste
- 24 zucchini flowers
- 1 medium white onion

Method

Roughly slice the zucchini flowers and onion finely, place them in a flat pan with the crumbled hemp flower, oil, salt and pepper to taste and sauté until the flowers wilt. It's a great side dish, quick and easy to prepare.



HEMP, BELL PEPPER & FETA CHEESE CAKE

Ingredients

50g Hemp Protein 30%

200g flour

3 onions

80g coconut oil

4 eggs

1 red bell pepper

1 yellow bell pepper

200g feta cheese

50g grated gruyere

10cl water

1 sachet of baking
powder

Salt

Pepper

Rosemary



NUNTI-SUNYA

Method

- 1 Chop the onions, reserve in a bowl. Wash the bell peppers, and chop in small squares.
- 2 Brown the onions in a pan with olive oil. Add the bell peppers, a rosemary branch and cook covered for 20 minutes.
- 3 Preheat the oven to 210°C (410°F).
- 4 In a bowl, mix the flour, eggs and melted coconut oil. Add the water, and feta cheese.
- 5 Add the cooked bell peppers and onions to the dough and season.
- 6 Put everything in a greased cake pan and top with grated Gruyere cheese. Bake for 50 minutes.



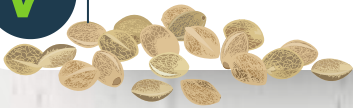
Drinks



BANANA HEMP SMOOTHIE

Ingredients

2 tbsp **hulled hemp Seeds**
2 Bananas (Option: fresh/frozen
mango, cherry, plums)
1/4 cup of water
3 tbsp Cacao Powder, Raw
(optional)
1/4 tsp Cinnamon (optional)
Sweetener: 1 date/1 tsp of honey/
agave nectar / bee pollen



Blend!



Enjoy!

SUPER GREEN ALOE SMOOTHIE

Ingredients

1 tbsp **Hemp Protein Powder**
500 ml Green Juice (from 2 cucumbers,
1 celery, 1 fennel, 1 pear, spinach, kale)
1 tbsp Aloe Gel (from fresh aloe leaf)
1 tbsp Spirulina (or Chlorella)
1 tbsp Barley Grass Powder (or
Wheatgrass)
1 tsp Zeolite/MSM powder (optional)
Sweetener: 1 date/1 tsp of honey/
agave nectar / bee pollen



Blend!



GREEN SMOOTHIE

Ingredients

50g mixed lettuce leaves
1/2 tsp of hemp leaf powder
1 avocado
1 banana
1 pc. turmeric
200 ml orange juice



Blend!



CBD WAKE-UP SMOOTHIE



Ingredients

1 handful of spinach leaves
1 bowl of raspberries
500 ml of oat milk
2 bananas
1/2 lime
CBD oil of your choice



Blend!





HATCHA DRINK



Ingredients

- 200g yogurt
- 1/2 tsp HATCHA
- 200 ml almond drink
- 1 tsp hemp oil
- 100g of fruit of choice

BLEND!



POWER PACK



Ingredients

- 2 or more cubes fresh frozen Kama Hemp Juice (or juice your own).
- 1 pear
- 40g young spinach
- 4 sprigs parsley
- 1/4 cucumber
- 1/2 ripe avocado

Method

Juice the pear spinach parsley and cucumber. Remove the skin and stone from the avocado and add to the juice along with the frozen hemp juice. Blend until smooth, then pour into a glass.



HEMP MILK



Declan Darcy

”

'Hemp milk is one of the most nutritious milks out there. Rich in essential fatty Acids and other healthy fats, a great source of protein and an array of vitamins and minerals. That and the environmental benefits of growing hemp and using its seed for non-dairy milks, makes hempseed milk one of the best there is on the planet. And it is absolutely delicious!

Hemp milk is a great base for smoothies, non-dairy ice creams, vegan yoghurts, vegan cheeses, savoury sauces and soups.'



Consume shortly after made. It will spoil after a day or two!



Method

- Mix all ingredients!
- You can drink your Golden Milk immediately after blending
- You can also sweeten it!



Malantis

Ingredients

1 tbsp Hemp Seeds

250 ml of water

Salt

1 tbsp Maple syrup.

Alternatives: 1/2 vanilla pod, 1 tsp honey & ginger powder, 1tbsp cacao and Agave syrup.

Method

Grind ingredients in a blender for about 1 minute at high speed.

Filter the resulting milk from the broken seed shell, if whole seed is used.



GOLDEN MILK

Ingredients

CBD oil of your choice

1 tbsp turmeric (powder)

1 tbsp ginger (in powder form)

1 pinch of cinnamon

1 pinch of pepper

1 tsp coconut oil or olive oil / linseed oil

3 tbsp water

200 ml plant milk (according to your taste)



If necessary, honey or agave syrup for sweetening

HEMP & DATE DRINK



Ingredients:

1 dl organic hemp hearts

0,5 l ice cold water

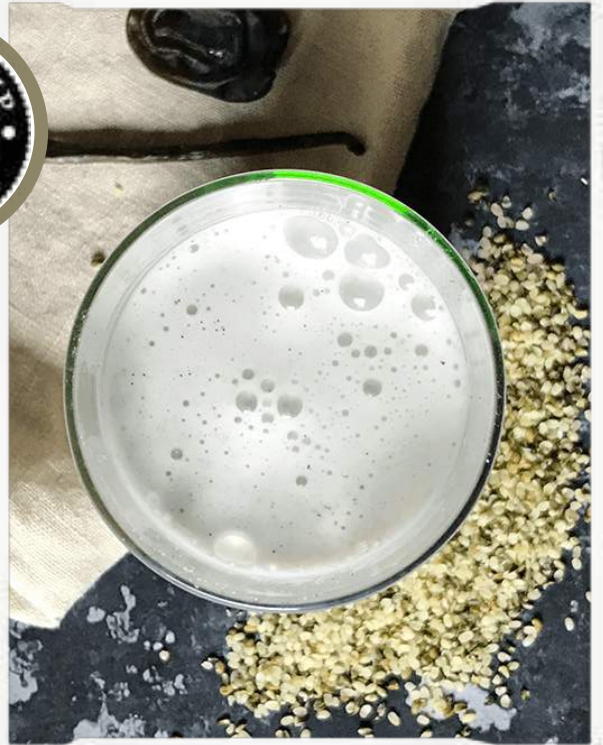
3-5 dates without stones

1 tsp vanilla powder

A pinch of salt

Method

- 1 Blend hemp hearts and water thoroughly
 - 2 Add dates, vanilla and salt. Blend again.
 - 3 Sift the drink through a sieve or cheese cloth
- ! You can store the drink in your fridge for 3-5 days



”

"Use the hemp drink as you would use cows' milk on your breakfast, in your coffee or smoothie.

Tip: Add a few berries, 1/3 banana or a tea spoon of cocoa and enjoy a plant-based milkshake with your favorite flavor."

PROTEIN SMOOTHIE

Ingredients

20 cl hemp milk

2 tbsp powdered hemp seeds

1 tbsp hemp oil

1 banana

1 pinch of cinnamon

sugar or honey



Blend!

BLACK FOREST MILKSHAKE



Ingredients

- 2 tbsp Hemp CACAO Protein Powder
- 1½ cups frozen cherries
- ½ cup ice cubes
- 1 cup milk (almond/cashew work best)

Optional toppings:

- Roughly chopped/grated dark chocolate (85% cacao solids or above)
- Fresh cherries
- Chopped nuts

- 1 Place all ingredients into a high-speed blender in the order listed. Blend until smooth. You may need to scrape down the sides a couple of times with a silicone spatula and blend again to ensure a thorough blend.
- 2 Pour into a glass and enjoy!

! If you're unable to find frozen cherries use 1 cup of fresh pitted cherries and add ½-1 cup of ice cubes instead! If you like things extra sweet try adding a dash of stevia.



CBD FRAPPUCCINO



Ingredients

- ¼-1 tsp CBD Coconut Oil GOLD
- 1½ cups ice cubes
- ½ cup plus 2 tbsp strongly brewed coffee or 2 shots strong espresso (cooled first)
- ½ cup milk alternative
- 2 tbsp maple syrup/coconut sugar (optional)

Optional toppings:

- Whipped cream
- Grated dark chocolate (85% cacao solids or above)
- Coffee beans

Method

Place all of the ingredients into a high-speed blender in the order listed then **blend on high until smooth**. Pour into a glass and enjoy as is or try adding some of the optional toppings listed on the ingredients.



HEMP CHOCOLATE MILKSHAKE



blend ingredients and pour over ice



Ingredients

- [2 tbsp Hemp CACAO Protein Powder](#)
- 1 glass almond milk (or any alternative)
- 1 banana
- 1 tbsp almond butter.

Optional toppings:

- Mint leaves
- Blueberries

You could add a spoon of [organic CBD Coconut Oil](#) to this recipe, and/or a shot of coffee.



KAMA HEMP CHILLED LATTE



Ingredients: 1-2 servings

- 500ml good quality [organic hemp milk](#) (Chilled) or home made with Vegan Milker
- 1 teaspoons of [Kama Hemp Full Spectrum Hemp Powder](#)
- Honey or Banana (optional).

Method

- 1 Mix your Kama Hemp Full Spectrum Powder into a paste with a small amount of hemp milk.
- 2 Add the rest of the ingredients and mix!

When to drink:

Instead of a tea or coffee mid-morning or afternoon or especially before bed for a deep restful sleep.



PEANUT BUTTER CBD HOT CHOCOLATE



Ingredients

1 tsp CBD Coconut Oil with CACAO

2 tbsp cacao or cocoa powder
2 tbsp maple syrup/coconut sugar
2 tbsp organic unsalted smooth peanut butter
1 cup milk (almond/cashew work best)
Pinch of salt

Optional toppings

Whipped cream
Grated dark chocolate (85% cacao solids or above)
1 tbsp smooth peanut butter mixed with 1 tbsp maple syrup
A small drizzle of CBD Coconut Oil with CACAO



Method

1

Start by adding your cacao powder, maple syrup, and peanut butter to a milkpan and whisk in 2-3 tbsp of milk until smooth paste forms. Repeat until all of the milk has been whisked.

2

Place the pan on a low heat and whisk continuously until warm through and frothy. Do not let the mixture come to the boil.

3

Next whisk in the CBD coconut oil CACAO and sea salt until thoroughly mixed together. Pour into a mug and add some additional toppings if you'd like!



HATCHA LATTE TURMERIC



Ingredients: 1 cup

1 tsp MEDIHEMP Organic HATCHA Latte Turmeric

150 ml (plant) milk

1/2 tsp honey or other sweetener of choice

4 drops MEDIHEMP Organic Hemp Pure CBD Extract

Blend!

Method

For the perfect Hacha Latte turmeric, stir 1 teaspoon MEDIHEMP Organic HATCHA Latte Turmeric into 150 ml of hot (plant) milk. If you like it sweeter, you can definitely refine the drink with honey, agave syrup or another sweetener. Add a few drops of the MEDIHEMP Organic Hemp Pure Premium CBD Extract. The scent of finely ground hemp leaves, turmeric, cinnamon and vanilla will make the sun rise in your cup. Of course you can give your MEDIHEMP Organic HATCHA Latte Turmeric a cheeky milk froth top.



ICED CHAGA + HEMP LATE



Ingredients: 2 glasses

500 ml plantmilk, like oatmilk or almondmilk

10 drops of MEDIHEMP Organic GLOW Chaga Extract & Hemp

1/2 tsp cinnamon

1 tbsp honey or other sweetener of choice

Lots of icecubes

Method

- 1 Put all ingredients, except for the MEDIHEMP Organic GLOW Chaga Extract & Hemp, in a small saucepan. Heat until the honey becomes liquid and mixes well with the rest.
- 2 Pour the liquid into a blender and mix slowly at first, then at the highest level. This will make your Iced Chaga Latte really nice and frothy.
- 3 Take 2 glasses and put 5 drops of the MEDIHEMP Organic GLOW Chaga Extract & Hemp in each of the glasses.
- 4 Fill the glasses to the top with ice cubes. Carefully pour the cooled Chaga Latte from the pot over it. Enjoy ice-cold!



"We love this recipe as it combines the power of hemp with the power of vital mushroom Chaga. Chaga is known as "Gift of the gods" in the traditional medicine of Siberia. This drink is perfect for hot summer days!"



HEMP MOJITO



"The hemp mojito is perfect for a good aperitif! We replace the mint in a Mojito with some nice fresh hemp flower picked in the field. *Viene buonissimo!*

You have to work the brown sugar well with the lime and the flower..."

Ingredients: 2 glasses

hemp flower

½ lime

8 peppermint/mint leaves

2 tbsp brown sugar, or to taste

40 ml white rum

1 cup crushed ice

½ cup soda

Method

- 1 Cut the lime in wedges. Place the hemp flower, the lime wedges, the mint and the sugar into a glass. Muddle.
- 2 Fill the glass with ice almost to the top. Pour the rum and then fill the glass with soda.
- 3 Stir, taste, and add more sugar if you feel it needs it!





Sweet

HEMP PANCAKES



Ingredients

100g flour
30g hemp protein powder
1.5 tbsp baking powder
1 pinch of salt
240 ml vegetable drink
2 tbsp agave syrup
1.5 tbsp apple vinegar
Vanilla flavouring
Coconut oil for roasting

Method

Mix dry and wet ingredients in two separate bowls.
Leave for **5 min.**
Mix wet with dry ingredients until a **smooth batter** is formed.
Heat coconut oil in a pan and **cook pancakes over medium heat until golden brown** on both sides.



SIGNATURE
PRODUCTS



CHOCOLATE PROATS



Ingredients

1 scoop hemp chocolate protein

50g quick oats

200ml almond milk

1/2cup fresh/frozen blueberries

honey to taste or other sweetener of choice

Method

- 1 Add almond milk & hemp protein powder to oats in a bowl and **microwave for 2 minutes**.
- ! Alternatively, you can stir cook in a saucepan over a stove. Make sure you continue to stir while cooking! Once fluffy take off heat
- 2 **Top with blueberries and honey** for some sweetness.



! *sprinkle with hemp seeds for extra nutrients!*

HATCHA PORRIDGE



Ingredients

1tbsp hatcha

100g oatmeal

300ml milk or vegetable drink

2 tbsp cocoa powder

2 tsp coconut oil

2 tbsp nuts

1 banana

Method

- 1 Add hatcha, oatmeal, milk and cocoa powder to a saucepan and **cook**.
- 2 Remove the porridge from the heat, add coconut oil and mix well. **Let stand for 5 minutes**.
- 3 **Arrange in a bowl** with the sliced banana and the nuts.



GLUTEN/DAIRY FREE PORRIDGE



Ingredients

4 tbsp Chia Seeds, Raw, milled
500 ml water
1 tbsp **Hemp Seeds**
2 Dates, Medjool
½ tsp Maca Powder
3 tbsp Cacao Powder, Raw
(optional)
Sweetener (optional): 1 tsp of
Honey
1/4 tsp Cinnamon (optional)
1 pinch Salt, Himalayan
(optional)

Method

Mix all the ingredients in a saucepan and cook for 3-4 minutes on medium heat. While it cooks, stir with a spoon until the oatmeal texture you like is reached!



By Tony Reeves,
EIHA Advisory Committee



HEMP OVERNIGHT-OATS



Ingredients

- 3 tbsp oatmeal
- 1 tbsp flaxseeds
- ½ tbsp psyllium seed husks
- 1 tbsp organic hemp protein
- 1 tbsp organic hemp seeds
- A little bit of Cinnamon & honey
- 150 ml of oat drink
- Fruits such as berries or bananas as well as nuts as topping

Method



- 1 Pour all dry ingredients into a glass.
- 2 Pour the oat drink over it and mix everything together.
- 3 Add some honey for the desired sweetness.
- 4 Put the jar into the refrigerator overnight.
- 5 The next day cut the fruits and top the overnight oats with fruits and nuts. Enjoy it straight away for breakfast or take it as a snack to go.

CBDVITAL

Cbd Coffee



ENERGY BALLS

Grind the dates together with the cashews, pecans and hemp seeds in a blender. **1**

Add instant espresso coffee powder, CBD and 3 tablespoons of honey and mix again. **2**

Shape balls and roll them in cocoa or cocoa nibs. Makes approx. 12 - 15 pieces. **3**

Ingredients

- 100 g dates
- 50 g cashew nuts
- 20 g pecans
- 50 g organic hemp seeds
- 2 packs of instant espresso coffee powder
- 3 tbsp honey or sweetener of choice
- 4 drops of CBD natural extract PREMIUM oil 10%

Method





ENERGY BALLS



with CBD powder



Ingredients

2 CBDust Power dose sticks

1 cup dried fruit - for example dates, figs, apricots, cranberries, sultanas, etc.

½ cup oatmeal or other cereal flakes

½ cup nuts and seeds - for example walnuts, hazelnuts, sunflower seeds, almonds, etc.

4-5 tbsp nut butter - for example out of hazelnuts, almonds, cashews, peanuts, sesame (tahini) or a mixed puree of different types of nuts

Method

- 1 Chop the ingredients to the desired consistency. If you prefer it crunchier, choose a slightly grainier consistency. Raw food lovers can also finely puree the ingredients.
- 2 Add the 2 CBDust Power dose sticks to the other dry ingredients in a bowl and mix thoroughly. Then add the nut butter and work the mixture into a uniform dough. If the dough is too liquid, add some more grated nuts or cereal flakes. If it is too dry, add some more nut puree.
- 3 You should get a dough that is easy to shape and still a little sticky. Form bite-sized balls from the finished dough.
- 4 Roll the finished balls in the chosen coating. If necessary, moisten the balls slightly with water for better adhesion.



The mixture can be refined with cinnamon, vanilla, cocoa, grated lemon peel, grated chocolate, cardamom or chilli.

To finish the balls off, coat them with a layer of sugar to give them a particularly appetising appearance and also prevent them from sticking together. Suitable coatings include hemp seeds, chia seeds, coconut flakes, sesame seeds and much more.





hemp NOUGATINE

Ingredients

100g hulled hemp seeds
250 g sugar
6 tbsp water
2 tsp white vinegar

Method

- 1 Mix sugar, water & vinegar in a pot.
- 2 Add hemp seeds to the mix. **Mix until homogeneous.**
- 3 Spread on a **cooking griddle**.
When the nougatine is a little cooked and hard, **slice into squares.**
- 4 When it is completely done, cut and enjoy!

HEMP it
Producteurs de semences
chambre industriel

PUMPKIN CARAWAY BREAD



Ingredients

1/2 cup hemp flour
1/2 cups almond meal
3 eggs or flax/chia eggs
3 cups grated pumpkin
2 tbs coconut oil, melted
1 tsp caraway seeds
1 tsp all spice
1/2 tsp sea salt
1 tbs apple cider vinegar

Method

- 1 Pre-heat the oven to **180°C**.
- 2 Crack the eggs into a **mixing bowl** and whisk. Add all other ingredients and stir well to combine.
- 3 Spoon the mixture into a **loaf tin** lined with baking paper. Transfer the tin to the oven and **cook for 1 hour**.
- 4 Take the bread out of the oven and **cool for 30 minutes** before slicing.





BANANA BREAD WITH HEMP PROTEIN POWDER

Ingredients

- 150 g spelt flour
- [50 g organic hemp protein powder](#)
- 50 g oat flakes, tender
- 3 bananas, ripe
- 100 ml maple syrup
- 5 tbsp plant-based milk
- 4 tbsp coconut oil
- 4 tbsp nuts of choice
- 1 tbsp apple vinegar
- 1 tsp baking powder
- 1 pinch of salt

Method

- 1 Preheat oven to 180 degrees convection.
- 2 Peel two bananas and mash them with a fork in a bowl to a banana puree. Then mix with the maple syrup, vegetable milk, coconut oil and apple cider vinegar.
- 3 Chop the nuts. Put the chopped nuts, flour, organic hemp protein powder, rolled oats, salt and baking powder in a separate bowl, then mix everything together well. Stir the flour mixture into the banana mixture until an even dough is formed.
- 4 Line a loaf tin with baking paper. Carefully pour the dough into it and smooth it out. Cut the third banana in half lengthwise, place on top of the pastry and press in lightly.
- 5 Bake on the middle shelf at 180 degrees for about 30 minutes, then reduce the heat to 150 degrees and bake for another 15 minutes. Test with chopsticks. Remove the banana bread and allow to cool well before serving.

Tip:

If you like, you can use blueberries and chocolate drops in this recipe. Either add them directly to the baking mixture or carefully press them into the dough together with the halved banana in step 4.



TIRAMISU WITH CBD COFFEE

Ingredients

568ml pot double cream

250g tub mascarpone

75ml marsala

5 tbsp golden caster sugar

[300ml strong Kama CBD](#)

[Infused coffee](#)

175g pack sponge fingers

25g dark chocolate

2 tsp cocoa powder



Method

- 1 Put the double cream, mascarpone, marsala and golden caster sugar in a large bowl.
- 2 Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
- 3 Pour the Kama CBD Infused coffee into a shallow dish. Dip in a few of the sponge fingers at a time, turning for a few seconds until they are nicely soaked, but not soggy. Layer these in a dish until you've used half the sponge fingers, then spread over half of the creamy mixture.
- 4 Grate over some dark chocolate. Then repeat the layers (you should use up all the CBD coffee), finishing with the creamy layer.
- 5 Cover and chill for a few hours or overnight. Will keep in the fridge for up to two days.
- 6 To serve, dust with the cocoa powder and grate over the remainder of the chocolate.

STRAWBERRY PANNA COTTA WITH HEMP SEEDS



Ingredients

Pana Cotta

- 300 ml vegetable cream
- 200 ml vegetable milk
- 1 vanilla pod
- 1 tbsp almond paste
- 1 tsp agar-agar, smoothed out
- 2 tbsp agave syrup

Strawberry sauce

- 200 g strawberries (frozen ones also work)
- 2 tbsp icing sugar
- 1 tsp lemon juice

Topping

- [2 tbsp grated organic hemp dark chocolate](#)
- [2 tbsp organic hemp seeds, hulled](#)



Method

- 1 Whisk together the vegetable cream and milk, almond paste, agave syrup, agar-agar and vanilla pulp well and heat in a small saucepan. Then simmer for about 5 minutes, stirring constantly.
- 2 Divide the hot mixture into four cold glasses, leave to cool at room temperature and then place in the fridge for approx. 3 hours (overnight is better).
- 3 For the strawberry sauce, puree all the ingredients until smooth and pour over the panna cotta before serving. If the dessert is not to be served immediately, we recommend putting the strawberry sauce in the fridge.
- 4 Finally, grate the topping over the strawberry sauce and enjoy.





cbd COOKIES



Ingredients

1/2 cup (105g) solid CBD Coconut Oil

1.5 tbsp ground flax seeds mixed with 4.5 tbsp water (let sit for 5 minutes until smooth and creamy)

1 cup coconut sugar

1/4 tsp fine sea salt

1/2 tsp baking soda

1 tsp cream of tartar (substitute for baking powder if not doing gluten-free)

2 tsp organic vanilla extract

1 + 1/4 cups chickpea flour

1 cup vegan chocolate chips

Method

- 1 Preheat the oven to **160°C**. Line a large baking sheet with baking paper.
- 2 **Add all ingredients**, except the flour and the chocolate chips, **to a bowl and beat** with a hand held beater until fluffy.
- 3 **Add 1 cup flour and mix in**. Add remaining flour 1 tbsp at a time and beat in to make a soft cookie dough. You don't want a crumbly/dryish mixture, so **add just enough** to get to somewhere between a stiff batter and soft dough.
- 4 **Add the chocolate chips** and fold in well.
- 5 Measure scoops of dough out on the lined **baking sheet**.
- 6 Bake for around **12 minutes** or until just slightly golden.
- 7 **Remove from oven and let cool** on baking sheet for 2-3 minutes. Transfer to a cooling rack and let cool for another 3-5 minutes.

If the mixture feels crumbly or too stiff when mixing in the chocolate chips, sprinkle with some non-dairy milk and mix in.





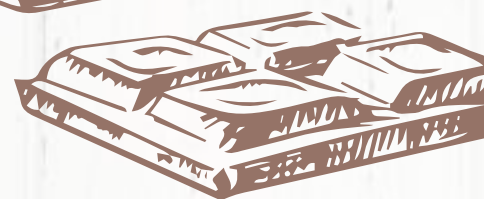
cbd BROWNIES

Ingredients

120ml CBD Coconut Oil, melted*
200g coconut sugar or similar
1 tsp vanilla extract
3 large eggs
70g plain flour
40g cocoa powder, sifted
75g chocolate chips

Method

- 1 Preheat oven to **160°C** fan-forced. Line an 8 inch square baking tin with baking or parchment paper.
- 2 In a large mixing bowl, **add coconut oil, sugar and vanilla** and mix briefly.
- 3 **In a separate bowl, add eggs and whisk** with a fork for approximately 30 seconds or until combined.
- 4 **Add the eggs** to the sugar mixture, along with the **cocoa powder, the flour and the chocolate chips**. Gently mix with a spoon or spatula to combine. Pour into the prepared tin.
- 5 Bake for approximately **35 minutes** or until a knife inserted in the middle comes out clean. Leave to cool slightly before removing from pan.





Clemence CAKE

Ingredients

CBD & Cocoa Cake:

60g CBD Coconut oil with cocoa

125g of plain yogurt

3 eggs

190g brown sugar

260g flour

5g of baking powder

Coconut whipped cream with vanilla:

160ml coconut cream (can)

200g whipping cream

20g sugar with vanilla (or sugar
& vanilla extract)



Method

- 1 Preheat the oven to 180°C.
- 2 Mix together the yogurt, CBD coconut oil and eggs.
- 3 Add in the flour, sugar and baking powder and beat together until well combined.
- 4 Oil and flour a cake tin. Bake 40 min. Let it cool.
- 5 Chill the coconut cream can in the fridge overnight.
- 6 Transfer the thick and creamy part in a bowl (not the water) and the cold whipping cream. Using a stand mixer, whip the cream. Add in gradually the vanilla sugar (or sugar & vanilla extract) and beat the cream until fluffy and smooth.
- 7 Pipe the whipped cream on the cake.



Incredibly moist & easy CARROT CAKE

Ingredients

Cake

- 130 g (1 cup) hemp flour
- 130 g (1 cup) all-purpose flour or Dinkel (spelt) flour
- 2 tsp (7 g) baking soda (Natron in German language)
- 1 tsp (4 g) salt
- 2 tsp (6 g) cinnamon
- 1 ¼ cups (295 ml) vegetable oil
- 1 cup (200 g) granulated sugar
- 1 cup (200 g) brown sugar
- 1 tsp vanilla extract or several packets of vanilla sugar
- 4 large eggs or 5 smaller eggs
- 3 cups (300 g) grated carrots (just use a cheese grater –works perfectly)
- 1 cup of Hemp seeds

Frosting

- 8 ounces (225 g) of cream cheese at room temperature
- ¼ (140 g) powdered sugar (or sometimes I like to use raw sugar. It is not as smooth and white but I like the flavor)
- 1/3 cup (80 ml) heavy whipping cream (sour cream can be substituted)
- Fresh fruit pieces! Like raspberries, blueberries, strawberries, cut up banana – whatever you like. Get creative and pretty! Put a Hemp flower in the middle. Have fun!



”

Just so you know, I like to double up on spices, especially cinnamon, because I like a spicy flavorful cake. I am giving you the minimum amounts of spice necessary for a delicious cake.

This is NOT in the traditional recipe but I like to also add ½ teaspoon of cloves and 1 teaspoon of nutmeg, I love that spice!

As for measuring – I usually use any available coffee cup and a normal teaspoon. Don't feel like you have to be exact. Your cake will still love you!

Shelley Stark



Method

1st Make the batter

- 1 Heat the oven to 180c degrees. Grease with vegetable oil 1 large pan (38 x 25cm) or you can use 2 smaller pans if you want to create a layered cake.
- 2 In a medium size bowl, stir the flour, baking soda, salt, and spices together until well blended.
- 3 In a larger bowl, mix the oil, sugars, and vanilla. Then blend in eggs –1 egg at a time!
- 4 Now add the dry ingredients to the larger bowl in 3 parts so you can blend it together easier.
- 5 Now add in carrots and Hemp seeds and raisins or other things as you wish.

2nd Bake the cake

- 1 Pour your cake batter into the cake pan or pans and bake for 35 to 45 minutes. Cake is done when you put is a knife or toothpick and it comes our clean. Top of cake is springy.
- 2 Cool the cake for 15 minutes before trying to remove from pan. I often just leave the cake in the larger pan because it is nice for serving anyway.

3rd Make the frosting

- 1 In a large bowl, beat the cream cheese with a handheld mixer about 1 minute. Beat in the powdered sugar $\frac{1}{4}$ cup at a time until fluffy.
- 2 Pour in whipping cream or add sour cream and beat for 1 minute. Chill covered until you are ready to frost your cakes.

4th Finish the cake

When the cake layers are completely cool, frost the top of one cake layer, and then place the second cake layer on top. Decoratively swirl the frosting on the top of the cake with the remaining frosting –leaving the sides unfrosted. Decorate with fruit or whatever you like!

HEMP & CHOCOLATE MUFFINS

Ingredients

20g Hemp protein 30%

20g hemp puree

1/2 sachet baking powder

50g coconut flower sugar

35g raw chocolate

1 large egg



DARK CHOCOLATE & BLUEBERRY MUFFINS



Ingredients

10 muffins

50 g organic hemp protein

4 tbsp organic hemp seeds

150 g (Wholegrain) Wheat flour

1 pinch of salt

60 ml of oil

30 g cocoa

60 ml of oat drink

10 g baking powder

50 g coconut sugar

3-4 ripe bananas

150 g blueberries & 50 g dark chocolate for topping

Method

- 1 In a bowl, break & beat the eggs with the coconut sugar and hemp puree.
- 2 Add the powders: hemp protein 30%, raw chocolate, baking powder.
- 3 Put in small molds previously greased.
- 4 Bake at 210°C for about 15 minutes.



CBDVITAL

Method

- 1 Mash the peeled bananas in a bowl.
- 2 Add the rest of the ingredients and mix everything together.
- 3 Preheat the oven to 180 degrees.
- 4 Line the muffin tray with baking cups and put the dough in it.
- 5 Garnish the muffins with blueberries and dark chocolate.
- 6 Bake it for about 25 minutes.



DANISH WHEAT BUNS

12 pcs

Ingredients

50 g organic hemp flour
25 g yeast
1,5 dl milk
1,5 dl water
600g wheat flour
2 teaspoon cardamom
1 teaspoon salt
2 tablespoon sugar
2 eggs
65 g soft butter

Method

- 1 Dissolve the yeast in the water. Add the rest of the ingredients and blend thoroughly until the dough doesn't stick to the bowl.
- 2 Let the dough rise for 45 minutes.
- 3 Shape the buns (approximately 12 pcs) and place them close together (2 cm) in a deep baking tray.
- 4 Let them rise for 1-1,5 hour until they have doubled in size.
- 5 Bake for 15 minutes in a heated oven (190 degrees celsius).



Wheates are a Danish tradition. The buns are toasted and served on the night before Great Prayer Day which falls on the 4th Sunday following Easter. Great Prayer Day is a public holiday in Denmark which in 1686 was established to consolidate a few of the lesser Catholic prayer days that had survived the Reformation.

Fun fact

Traditionally a bun is split in half, toasted and enjoyed with cold butter!





HEMP PROTEIN BAR

FANCY A NUTRITIOUS AND TASTY SNACK?
HERE IS A RECIPE THAT WILL
DELIGHT YOU!

Ingredients

4 tbsp hemp seed powder

4 tbsp hulled hemp seeds

2 tbsp chia seeds

3 tbsp pumpkin seeds

25g grated coconut

2 tbsp coconut oil

10 dried medjool dates

2 tbsp cocoa powder

1 pinch of salt

A few drops of vanilla
extract

sugar or honey

Method

- 1 In a blender place the hemp seeds, the hemp seed powder, pumpkin seeds, flax seeds and salt. Blend.
- 2 Add the dates, the grated coconut, coconut oil, cocoa and vanilla. Blend to a smooth paste.
- 3 Spread the mixture in a rectangular mould pan covered in baking paper. The size should be about 1cm.
- 4 Place in the refrigerator for 30 min / 1h.
- 5 Cut the bars out of the mould after removing it from the refrigerator.



Can be kept
in the refrigerator
for 1 week





Sides and Sauces

HATCHA BUTTER

Ingredients

5 tsp of HATCHA

1 teaspoon sea salt

250g butter

Method

Mix the soft butter, hatcha and sea salt with a hand mixer in a suitable bowl. Feel free to add other herbs or spices of your choice!



HATCHA PESTO

Ingredients

1 tbsp HATCHA

100g basil

50g parmesan

6 tbsp hemp oil

2 teaspoons of lemon juice

1 teaspoon sea salt

1 clove of garlic

2 teaspoons of pine nuts

(roasted)

Method

- 1 Crush pine nuts in a mortar to a coarse powder.
- 2 Mix basil, Hatcha, garlic, Parmesan and half of the hemp oil to a fine mass - preferably with a food processor.
- 3 Put the crushed pine nuts and the pureed herbs in a bowl, add the remaining oil, sea salt and lemon juice and mix everything together.

HEMP PESTO



Ingredients

3 tbsp hulled hemp seeds

2 tbsp hemp oil

2 tbsp olive oil

3 cloves of garlic

1 tbsp fresh lemon juice

3 handfuls of basil leaves

salt and pepper

Method

- 1 Place all ingredients in a blender and blend to a smooth consistency
- 2 Season to taste



HEMP GOMASHIO

Use this revisited version of the famous Japanese condiment to season your dishes!



Ingredients

4 tbsp of hulled hemp seeds

A pinch of fleur de sel or coconut sugar

Method

- 1 Heat the oven to 70°
- 2 Place the hulled seeds in a pan and sprinkle with salt
- 3 Place in the oven for about 15 minutes.
The seeds should not turn brown
- 4 Remove the tray and put the seeds in a blender. Add salt or sugar.
- 5 Blend for a few seconds

HEMP HUMMUS



Method

- 1 In a blender, place the hulled hemp seeds, chickpeas, tahini, lemon juice and garlic.
- 2 Blend well for a few seconds and add just enough oil to create a creamy texture.
- 3 Add salt and pepper and mix again until the seasoning is to your liking.
- 4 Garnish with fresh parsley and serve with tortilla chips, crudité's or crackers



Method

Blend all ingredients until the mixture thickens up and gets a creamy texture.



Ingredients

- 1/4 cup hulled hemp seeds
- 1 tbsp hemp oil
- 1 tbsp olive oil
- 2 to 3 cups cooked or canned chickpeas
- 1/2 cup tahini (sesame paste)
- juice of one fresh lemon
- 1 garlic clove, crushed
- 2 to 3 sprigs of fresh parsley (minced)
- salt and pepper



HEMP MAYONNAISE

Ingredients

- 1 tbsp Hemp Seeds
- 1 tbsp Chia Seeds
- 100 ml of water
- Salt
- 1 tsp Mustard powder (black or yellow seeds, milled)
- 1/4 tsp Vinegar

by Tony Reeves,
EITFA Advisory Committee

Terpenes

PASTRY CREAM WITH LIMONENE

Ingredients

- 4 eggs
- 160 g sugar
- 140 g flour
- 1 lt milk
- [HEMPY limonene](#)

Method

- 1 Heat the milk. In a pot, put eggs, sugar and flour and mix all together until you will obtain a cream without lumps.
 - 2 Once the milk is warmed, add it into the pot and mix it with the compound created before.
 - 3 Then, put the pot on the fire and bring to the boil.
 - 4 When the cream thickens, remove from heat and transfer the cream in a dish to cool.
- ! **The secret:**
Once cold, add 6 drops of HEMPY LIMONENE which gives an energizing aroma to your cream and a light taste.



Terpenes must always be diluted or added to foods. We recommend adding 3-5 drops to optimise your diet for your well-being.



OXYMEL SAUERHONIG

Sour honey

Ingredients

100ml natural apple cider vinegar
300g honey
15g sage
15g rosemary
15g lavender
25g lemon verbena or lemon balm
[8 drops of CBD oil](#)

Method

- 1 Heat the apple cider vinegar over medium heat, add the herbs and allow to steep until the mixture has cooled to 50 degrees (122°F)
- 2 Strain the herbs and stir in the honey. It can be stored in small bottles for about six weeks.

Tip: The herbs can be chosen at will and varied as desired. To get the most out of the herbs, you may also let them steep for a few days as desired.

! In the morning, take 1 tablespoon on an empty stomach before breakfast or mixed with other foods.

”

Although sour honey is nowadays known only to a few, it has been around for centuries. In antiquity it was used to be an all-round herbal remedy. Here the disinfecting power of apple vinegar meets a package of fresh herbs and soothing honey.

Oxymel can be diluted with water as a beverage or used pure to flavor marinades and salad dressings. The fruity-sweet-sour herbal note also harmonizes well with dishes of game.

Trees





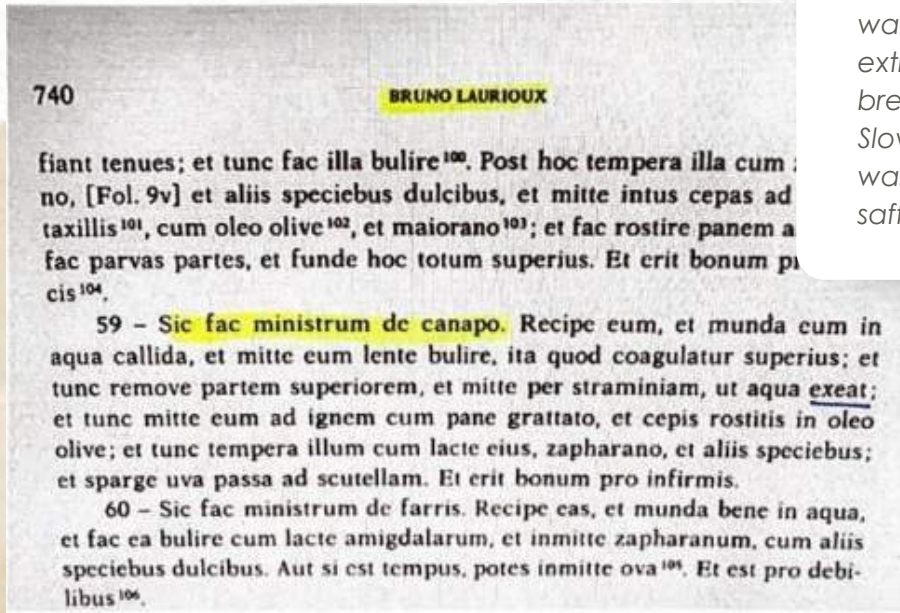
Traditional hemp recipes

Hemp has been a part of human beings' diet for centuries. EIHA has been gathering **evidences of traditional recipes around Europe that use hemp as an ingredient.**

Here are some examples!

SOUP FOR POPE MARTIN V

Registre de cuisine - Jean de Bockenheim.
Reference to Bruno Laurioux, chef of Pope
Martin V



”

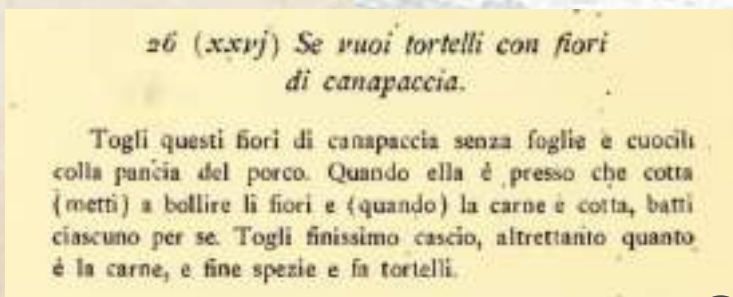
59 - On Ministrum de canapo.

"Boil **flowers and leaves** (canapo) in water. Once ready press them to extract water. Add the mixture with bread crumbs and cooked onion. Slowly add the water in which canapo was boiled to the mixture and add saffron and spices."

Italy 

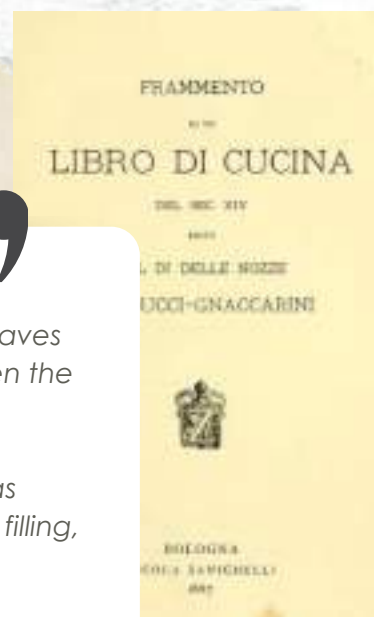
TORTELLI WITH HEMP FLOWERS

Frammento di un libro di cucina del
Sec. XIV : edito nel di delle nozze
Carducci-Gnaccharini



”

Take the **hemp flowers** without leaves and cook them with bacon. When the bacon is almost cooked add the flowers, finish cooking, chop everything, add grated cheese, as much as the mixture and with this filling, make the tortelli.





Germany

MONK RECIPE FOR HEMP SOUP

Regional Cuisines of Medieval Europe: A Book of Essays

nineteenth-century editor calls the dishes Lenten fare. However, a closer look at the material reveals that the Tegernsee monks marked feast days by indulging in little pleasures, among them eggs, milk, and dairy products, as well as the occasional luxury such as almonds, figs, rice, and saffron. At the time the meal plans were written, the monastery must have housed approximately forty monks, because the quantities mentioned in the cookbook section are usually for forty people.⁸⁸ Hemp soup for forty monks required six pounds of hemp, three quarts of wine, one white bread, mashed apples, vinegar, and spices.⁸⁹ By medieval standards, these recipes are quite unusual in that they provide the quantities for ingredients but no cooking instructions. Normally, medieval culinary recipes contain information on ingredients and their processing but no quantities, as the following analysis of the oldest German cookbooks will show.

”

Six pounds = 2.7 kgs hemp. / 40 monks = 67g per person RDI is 30g hemp seeds for western modern diet Monks lived subsistence life. This indicates that 67g/pp included green parts



Lithuania



CANNABIS SATIVA TEA

”
"Sick person with pneumonia, was given to drink hemp (Cannabis Sativa L.-cannabis) tea."

Serganciam plaucių uždegimui (zapalenija) duodavo gerti baltojo bezdo, šermukšnio (*Serbus aucuparia* L.— paprastasis šermukšnis), levų (*Padus avium* Mill.— paprastoji leva), žibučių (*Viola collina* Bess.— šlaitinė našlaitė) žiedų, morkų sėklų, kanapių (*Cannabis sativa* L.— sėjamoji kanapė), vingiarykštės (*Filipendula ulmaria* Maxim.— pelkinė vingiarykštė) arbatą, taip pat nasturtų



HEMP MILK

”
"Hemp is also suitable for treatment. Seedless hemp blossom tea have been given to children from measles, fright, cough and all sorts of pain. Adults used to drink this tea to help pneumonia. Hemp milk was also given to children to treat measles. It was known that hemp blossom tea helps with kidney diseases and bladder inflammation. Hemp compress helps with any kind of pain. Steamed seedless hemp blossoms were mixed with rye flour and applied to sore spot of the body. People in Kalnyčių village used such compress to treat ear inflammation. In some villages, such as Paragaudžio village people used to drink boiled milk mixed with seedless hemp blossoms (flowers) to release fright."

ais. Parėdavo daugiausia valstiečiai. kuriems pritrūkdavo sąsėklos kartais būdavo vaperkamos didesniais kiekiais aliejiniai žaliaviniai. Kanapės tinkai ir gydytos. Platanų žiedų arbatos duodavo vaikams nuo tyfų, ligučių, kasulio ir visokių skausmų, suaugę gerdavo šią arbatą nuo plaučių uždegimo. Pūves ir nupūkytą vieta padėdavo kanapių aliejumi. Nuo tyfų vaikams ir kanapių pienu. Sakydavo, kad kanapių žiedų nuovias.

... ir gūbėti nuo inkstų ligų ir pūslės uždegimo. Ant skaudulio ir pūslės dėdavo užpūkytą begrūdžių kanapių žiedų kompresus. Pa-... tės dėdavo užpūkytą begrūdžių kanapių žiedų kompresus. Šaltintus plaučių... valčio kaune nuo vadinamo arbatu turbančiu. Sultintus plaučių... žiedus sumalėdavo su rugintais miltais, kuryje dėdavo į šil... to ir dėdavo ant skaudulio. Kalnyčių kaimo tokį kompresą de... to ant skaudulio ausies, kai būdavo ausies uždegimas... rugaudžio kaime nuo ligučių buvo gertamas su platanų žie... ir virintus pienas. Jei listė apsintėdavo ausimirusis, ir... dėdavo į kanapių daržą, sakydavo, kad tai ji išsivonia, iš... nei, išsipaiguoja ir pareina sveika. Kanapių pienu supūdavo... didį gardo kumpė arba į odžių galy, kad aršlai nevirgtų pa... idoms. Kai kas nuo pažandžių gydė begrūdžių kanapių žiedais... Populiariausias žaliųjų kanapių valgis — apskutais (kama... Šis patiekalas... dar joksais valdijamas. Kanapių tabaka". Šis patiekalas...



HEMP SEED SOUP, SILESIAN

StryberR.2007. Polish Holiday Cookery.
HipocreneBooks. INC, NowyJork: 44.

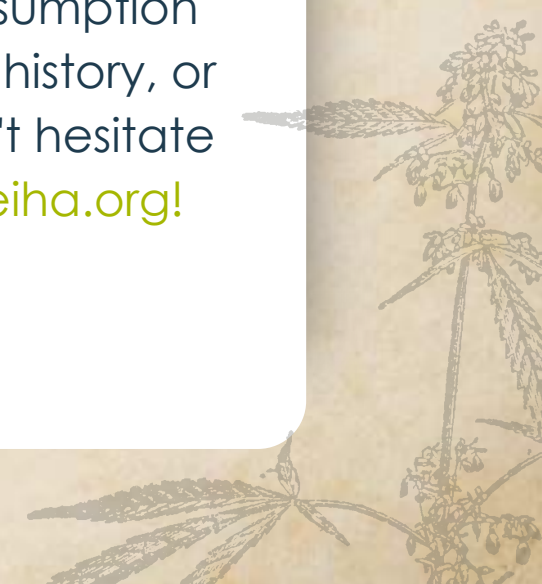


HEMPSEED SOUP, SILESIAN (*siemieniotka, siemianka*): Rinse 1½ c hempseeds in cold water and drain. Scald with boiling water, bring to boil and drain again. In pot combine hempseeds with 5 c warm water, bring to gentle boil, reduce heat and simmer until seeds begin to burst. Drain, reserving liquid. **Transfer hempseeds to sieve and with wooden spoon squeeze out their contents (hempseed milk).** Scald seeds in sieve with a little boiling water and continue squeezing out their milk. Transfer partially crushed seeds from sieve to another bowl add a little boiling water, mix well, drain and squeeze them some more. When no more juice can be extracted, discard seed husks left in sieve. Combine hempseed milk (squeezings) with 3 c milk and the reserved stock (in which the hempseeds were cooked). Thicken with 3 T flour dissolved in a little water, add 2 t salt, and 1–2 T sugar. Mix, bring to boil and simmer several min, stirring so it doesn't burn. Remove from heat, add 1 T butter and serve. This is a traditional Christmas Eve soup in Silesia (Śląsk).

Call to action!



If you have evidences of consumption of hemp leaves and flowers in history, or know where to find them, don't hesitate to drop us an email at info@eiha.org!



THANK YOU

to all EHA members who have participated!



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