

Appetizers & Dips

Cheezy Hemp Spread*

½ cup Mum's Hempseed Oil
2 small organic red peppers
1 ½ cups cashews
½ cup Mum's Hulled Hemp
1/3 cup Nutritional Yeast
¼ cup lemon juice
1 tbsp. Braggs Liquid Aminos
Optional: 3 cloves garlic
Blend all ingredients in a food processor until smooth. This spread can be spread on crackers, bread, ect.

Pumkin Hempseed Spread*

1 cup pumpkin seeds
1 tsp. Salt
½ cup Mum's Hulled Hemp
1 tbsp. Mum's Hempseed Oil
3 garlic cloves
¼ onion
squeeze lemon juice
1 tbsp. Hemp Pro
Blend all ingredients in a food processor until smooth. Add more oil and lemon for texture. Spread on bread, crackers, ect.

*Many thanks for these recipes to Lisa Jordan Krasnow and Anahato Foods, Windermere, BC.

Hemp N Pumpkin Pizzazz

2 cups toasted pumpkinseeds
3 tbsp. Hempseed Oil
2 tbsp. Of your favourite dry seasoning mix such as celtic salt, gomasio, or nutritional yeast.

Toast the pumpkin seeds on low heat on the stove or at 200 for a half hour in the oven.

Once toasted put the pumpkinseeds in a bowl and pour the hempseed oil over the seeds. Mix well until all the seeds are coated with the oil.

Add your favourite dry seasoning and mix again. Can be used as a salad topping or just eat it as a snack!

Thanks to _____ from Goodness Me in Hamilton for this great recipe!!

Mum's Hummous

1 can chickpeas
4 cloves garlic
2 tbsp. Tahini
1 lime squeezed
3 tbsp. Mum's Hulled Hempseeds
2 tbsp. Mum's Hempseed Oil

Blend in a food processor or blender. Dip pita bread or crackers, or simply spread on toast.