

Salads

Mum's Zingy Mixed Greens

- ¼ cup Mum's Hempseed Oil
- 3 tbsp. Apple cider vinegar
- 2 tbsp. Light tme sqamari
- 1 tsp. Dijon mustard
- 4 large handfuls of mixed greens
- 2 tomatoes
- 1 handful of Mum's Hulled Hempseeds
- 1 handful of Hemp N Pumpkin Pizzazz recipe below (optional but delicious)

Mix Mum's Oil, vinegar, tamari and dijon in a jar or food processor. Wash the greens, and top with chopped tomatoes.

Mix dressing with greens and tomatoes and toss well. Sprinkle Mum's Hulled Hempseeds and Hemp N'Pumpkin Pizzazz and serve.

Mum's Spinach Salad

- 1 head organic spinach washed
- 1 orange cut in slices
- 5 arugula leaves
- 1 tomato
- 1 small red onion
- ¼ cup Mum's Hulled Hempseed

Wash spinach and arugula. Tear into bite size peices and put in a bowl. Add oranges, red onion and tomato.

Toss with the dressing and sprinkle Mum's Hulled Hempseed as a garnish.

DRESSING

- ½ cup Mum's Hempseed Oil
- 2 tbsp. Balsamic vinegar
- 2 tbsp. Bragg's Liquid Soy
- 1 lime juiced
- 2 garlic cloves
- 1 tsp dry mustard

Blend all ingredients in a food processor and pour over the spinach salad or any other mixed greens.

Caesar with a Twist

- ¼ cup Mum's Hempseed Oil
- 4 cloves garlic
- 1 tbsp. Balsamic Vinegar
- 1 dash Worchestershire Sauce
- 1 dash tabasco sauce
- 1 tsp. Dijon mustard
- 1 coddled egg
- 1 head romaine lettuce
- 3 tbsp. Grated cheese (optional) romano, parmigan, or asiago

Mix garlic, Mum's Hempseed Oil, balsamic vinegar, worchestershire, tabasco, dijon mustard and egg in a food processor or blender.

Pour over cleaned romaine leaves and toss well. Sprinkle the cheese and squeeze lemon over and serve.

Pompadero y Queso Ensalada

- 4 organic roma tomatoes
- 4 small boccocini rounds sliced
- 3 tbsp. Mum's Hempseed Oil
- 1 tbsp. Balsamic vinegar
- 2 tbsp. Chopped fresh basil
- 2 tbsp. Mum's Hulled Hempseeds

Place sliced tomatoes on a round dish, one next to the other...no overlapping. Place boccocini rounds on top of the tomatoes. Sprinkle fresh basil over the tomatoes and boccocini. Drizzle Mum' Oil and balsamic vinegar over the tomatoes and boccocini and sprinkle Mum's Hulled Hempseeds over the salad. Sprinkle salt and pepper to taste and serve. Serves 4 as an appetizer.