

Hemp Seed Yogurt

An easy nutritious raw vegan yogurt. Hemp seeds are very high in protein. Delicious with berries or granola.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Hemp seeds, hulled	1 cup
Water	2 cup
Lemon juice, fresh	0.5 cup
Dates, dried	8 each

Instructions

Pit dates if not already pitted and let soak in just enough water to cover them for 30 minutes.

Blend all ingredients together until smooth, in a blender, including dates but not their water. Blend until smooth and creamy.

Enjoy with fresh fruit, nuts and seeds or granola.