



Hemp Paradox Recipes

**Special Hemp Recipes
Edition 1**

Hemp is one of the most useful plants in the world, and also highly misunderstood. Considered a super food for countless health benefits, it's time to bring the power of hemp into your diet.

Cooking with hemp seeds can make the soup healthy and tasty. Simply drizzle hemp oil over your next chilled soup and sprinkle hemp hearts on top for an extra boost of protein and omega-3.

Hemp Infused Protein Shakes

Hemp oil is an excellent addition to your protein shake combination, just as it is to smoothies

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Find Your Taste

Healthy Food

Hemp seed / Hemp Hearts

A true nutritional powerhouse.

Hemp seeds/ hearts are composed of over 30% healthy fats. This includes alpha linoleic acid(omega 3) and gamma-linoleic acid. This means great benefits for your heart,brain,skin and every other organ.

A high natural protein content that cab balance you diet,especially if you're a vegetarian and you're tired of tofu.

Vitamins and minerals,including vitamin E, phosphorous,potassium,magnesium,sulfur,calcium,zinc and iron.

A high fiber content that improves digestion

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HEMP:

The only plant that can feed you, house you, clothe you, and heal you.

Easy Breakfast

Hemp infused Breakfast Quinoa

57 grams uncooked quinoa
114 grams hemp milk
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
2 tsp honey
1 medium banana,sliced
6 strawberries sliced
114 grams blueberries
2tsp hemp seeds
Directions

- Add the hemp milk,vanilla and cinnamon to small pot and bring to a boil
 - Add the quinoa, slow down the heat and cook,covered,until all the liquid is absorbed,about 20mins.
 - Fluff the hot quinoa with a fork
 - Spoon the quinoa into two bowls,dizzle with honey and top with hemp seeds and sliced fruit.
- Enjoy



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Recipe Time.



Healthy Lunch

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Sautéed Spinach and Garlic Rotini

Serves 4 Prep time 20mins

Ingredients

1 tablespoon extra virgin olive oil
2 cloves garlic, pressed
Salt and pepper
1 pound kamut rotini
1/2 cup hulled hemp seeds
1 tablespoon hemp oil
2 bunches trimmed, washed spinach

Directions

Bring 2 liters of salted water to a boil. Add the rotini. Cook on medium heat, uncovered for 12-15 minutes. While the pasta is cooking, heat the olive oil in a pan on medium high heat. Sauté the garlic for 1-2 minutes. Before the garlic begins to brown, add spinach and cook until just wilted. Add a generous pinch of salt, then remove from heat. Drain the rotini. Transfer to a large pasta serving bowl. Toss with spinach and garlic, hulled hemp seeds, and hemp oil. Sprinkle with freshly ground pepper. Serve with slices of tomato or avocado.

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Find Your Taste

Hemp Tea

Hemp tea utilizes the wellness benefits of the active botanicals in the hemp plant to produce a broad wealth of wellness benefits that most people will enjoy.

Here are four reasons why you should brew up a cup of hemp tea when it's time to relax.

Why Should I Drink Hemp Tea?

There is no shortage of reasons to incorporate CBD or hemp products into your daily routine. If you're already a tea drinker, tying your CBD ritual to your tea ritual will make it easier to remember to use your CBD consistently.

You'll find that your breakfast tea, your midday tea and scone break, or your nighttime tea and book ritual is blissfully enhanced when you add a little hemp extract into the mix.

1. Hemp Tea Is Relaxing

CBD works as a mood booster. Many people find that CBD promotes a sense of calm clarity that they can use to focus on the task at hand. It's just as valuable for working and studying as it is for leisurely reading, painting, or practicing piano. Any task that requires you to pay attention and take your time may be made slightly easier due to the way CBD can help to modulate your mood.

2. Hemp Tea Can Ease Physical Tension

When you're relaxed, physical tension naturally dissipates from your body. Emotional tension and physical tension are closely intertwined. When you're stressed out, you might feel like your back, neck, and shoulders are tense. Since CBD helps to make you feel relaxed, a natural consequence of that relaxation may be the easing of physical tension. Many people use CBD as a workout recovery supplement because they enjoy this particular benefit. They're less likely to feel tense or sore the day after a long workout when they're able to rest, relax, and recover.

3. Hemp Tea May Help Promote Better Sleep

Better sleep is a natural consequence of the two benefits above. When both your mind and body are relaxed, it's easier to fall asleep. CBD does not work like a sedative. It won't make you groggy or sleepy, and it doesn't leave you with lingering effects after you wake up. CBD works by naturally supporting your body in its biological processes, including its circadian rhythm. If you find it tough to wind down at bedtime, hemp tea may be a gentle and valuable solution.

4. Hemp Tea Supports Regular Health

Your endocannabinoid system supports regular immune health, brain health, and gastrointestinal health. Stimulating your endocannabinoid system with CBD will support your body as it performs its natural processes to maintain regular health.



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Brownies with Hemp Hearts Recipe

Hemp Paradox Recipes

Brownies with Hemp Hearts

8 tbsp unsalted butter, melted and cooled (1 stick)
¼ cup cocoa powder (unsweetened)
2 tbsp heavy cream
1 tsp vanilla extract
2 large eggs
1 large egg yolk
⅓ granulated erythritol sweetener
⅔ cup almond flour
3 tbsp Hemp Hearts
¼ cup chopped nuts
¼ cup unsweetened coconut flakes or chips
½ tsp salt

1 Preheat the oven to 325°F.

2 Line an 8" square baking dish with parchment. Be sure to create an overhang on 2 sides.

3 Whisk together the butter, cocoa powder, heavy cream, and vanilla extract in a mixing bowl.

4 Add the 2 eggs and 1 yolk. Continue to whisk until combined.

5 Set aside a large pinch of the erythritol sweetener for the top.

6 Combine the almond flour, kosher salt, and remaining erythritol sweetener in a separate mixing bowl.

7 Add the almond flour bowl mixture to the butter-cocoa mixture and stir to combine.

8 Scrape the batter into the prepared baking dish and use a spatula to spread it until it's level.

9 Sprinkle with the hemp hearts, nuts, and coconut chips. Then sprinkle with the reserved erythritol sweetener.

10 Next place the dish into the oven. Bake for 18 to 20 minutes.

11 Cool approx. 10 minutes, then use the hanging edges of the parchment to move the brownies to the cooling rack. Cut into squares of the size you desire.

Enjoy!



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Hemp Fun Facts

The word "hemp" comes out of western Europe as a description of a number of varieties of the cannabis plant, particularly the varieties of industrial hemp, that were bred over time for specific uses including building material, fuel, fiber, rope, paper, canvas, seed, food, oil and so much more. A number of items stocked at the navy supply stores of prior centuries were made of hemp.



**A HEALTHY
OUTSIDE STARTS
FROM THE INSIDE.**

- ROBERT URICH

Help Us Grow

New to Hemp Paradox:

- Hemp Milk**
- Hemp Tea**
- Hemp Tea with mint**
- Hemp Protein**
- Hemp Seeds**
- Hemp Heart seeds**
- Hemp Cooking oil**

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LOOKING FORWARD TO THE NEXT ADDITION!***

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