

Hemp Milk

Definitely the new "milk" on the block, Hemp Milk is typically made from hulled hemp seeds, filtered water, and a some sweetener (i.e. brown rice syrup).

Taste: Though there were only two brands on the market at the time of writing, the difference in taste was amazing. Overall, hemp milk has a taste all its own, that may be described as somewhat "nutty" but obviously different from your average nut milk. Check out our brand comparison or product reviews for more information on the product taste.

Uses: As some varieties of hemp milk have a rather strong flavor, they may tend to overpower more delicate foods and desserts. Cereal, smoothies, and heartier applications are quite suitable. Those hemp milk flavors which are not as sweetened would likely work well for savory dishes, particularly since hemp milk is higher in "healthy" fats than your average milk alternative. Just be sure not to heat the milk above 350 F, lest some of the Omega-3 benefits be lost. Hemp milk is an excellent option for those with multiple allergies, as it is typically free of dairy, soy, gluten, nuts, and all other top allergens.

To Purchase: Hemp milk is quickly making its way onto grocery shelves throughout the U.S. and Canada. Should you not be able to find it in your local area, brands such as Hemp Bliss are readily available online.

Storage Tips: Hemp milk will keep for 7 to 10 days; refrigerate after opening.

Making Your Own: Hemp milk could be made easily by purchasing hulled hemp seeds and following the directions on a soymilk maker. If you don't have a soymilk maker handy, try the simple recipe below.

Recipes:

Homemade Hemp Milk