



CREAMY HEMP HEART HOT CEREAL

By Dr. Cindy Tanzar
(Standard/Vegan/Vegetarian Plans)

This quick and hearty recipe is similar to our Grain-Free Hemp Heart Oatmeal, only it is creamier and similar to a hot cooked cream cereal. It has a nutty flavor and is packed with protein, so it is a great addition to any vegan or vegetarian diet; however, it fits perfectly into the regular Genesis plan, as well. Hemp hearts are one of the few plant-based foods that provides a complete protein of the nine essential amino acids. They are also a terrific source of various vitamins and minerals.

This recipe makes two servings and covers your protein and fat for one meal.



INGREDIENTS

- 1/2 cup hemp hearts
- 2 Tbsp ground flax seed (flax meal)
- 1 Tbsp chia seeds
- 1/2 tsp cinnamon, or to taste
- Dash of salt
- 3/4 tsp. pure vanilla or maple extract
- 6-8 drops liquid stevia/monkfruit (can use vanilla or plain)
- 1 cup and 1/2 cup unsweetened almond or coconut milk, divided
- 2 Tbsp organic heavy cream
- 1/4 cup almond flour



INSTRUCTIONS

In a small pan add the hemp hearts, flax meal, chia, cinnamon and salt. Mix until blended.

Add the vanilla/maple extract, stevia and 1 cup of the almond milk. Stir well over medium heat, just until it begins to boil. Turn heat to low and leave to cook with the cereal “bubbling” lightly for 1-2 minutes.

Remove cereal from heat and stir in almond flour, cream and 1/2 cup of almond milk. This recipe makes 2 servings, so pour 1/2 the mixture into a bowl and eat as is or topped with berries. You can even add a bit of Lakanto Maple “Syrup” for more of a maple flavor.

You can reheat the leftover serving for another meal, but may need to add a bit more almond milk to make it creamy.