



GRAIN-FREE HEMP HEART OATMEAL

By Dr. Cindy Tanzar

(Standard/Vegan/Vegetarian/Maintenance Plans)

While this very simple recipe packs a punch of protein for our GHS vegetarian & vegan clients, anyone can greatly benefit from it on the GHS weight loss plan. Most vegetarians are familiar with the ingredients in this recipe, but they are a fantastic nutrition source for anyone. Hemp seeds/hearts do not contain cannabinoids, which are found in cannabis. They have an earthy/nutty flavor and are a perfect/complete protein source. Flaxseeds are a great source of fiber and are high in omega-3's and antioxidants; and Chia seeds, a very popular superfood, are a powerful blend of fiber, protein, vitamins, minerals and micronutrients. This recipe is best eaten immediately after cooking.

Makes one serving, covering your protein and fat for one meal. Add 1 cups berries for a serving of fruit.



INGREDIENTS

- 1/4 cup hemp hearts (also called seeds)
- 1 Tbsp ground flaxseed/flaxmeal (golden or regular)
- 1 tsp Chia seeds
- 2 Tbsp shredded coconut
- 1/4 tsp ground cinnamon
- 1/2 cup unsweetened almond or coconut milk



1 tsp almond butter (if you have it)
1/2 tsp vanilla
Stevia drops to desired sweetness

Serving ideas:

1-2 tsp Lakanto maple syrup or maple extract to taste

1 cup berries – can eat whole on top or mixed in. Also, tasty to mash or puree the berries and mix it throughout the recipe after cooking.

INSTRUCTIONS

In a small saucepan, stir together the hemp hearts, ground flaxseed, chia seeds, coconut and cinnamon.

Whisk in the almond milk, vanilla and almond butter. If using maple extract instead of Lakanto maple syrup, add it here.

Bring saucepan to a low boil over medium heat, stirring constantly until it begins to thicken. Cook and stir for about 3 minutes, or to desired texture. The longer it cooks, the more liquid will evaporate.

Transfer to a bowl and let sit 2-3 minutes, then add any toppings. If you decide you want it less thick, just add a bit more unsweetened coconut milk.