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## MINT & CHOC-CHIP HEMP SMOOTHIE

As well as being incredibly tasty and energising, this mint, nut and cocoa nibs smoothie is bursting with goodness thanks to hemp, a new It ingredient.



**Makes:** about 1.5 litre

**Time:** 20 minutes (plus 1 hour optional milk chilling)



### INGREDIENTS

#### Hemp Macadamia Milk

- 100 grams (3.5 oz) hulled hemp seeds
- 100 grams (3.5 oz) Australian macadamia nuts
- 500 grams (17.6 oz) water (plus an additional 250 grams (8.8 oz) water)
- 1/2 tsp vanilla extract or paste
- pinch salt

#### Smoothie

- 750 grams (26.5 oz) hemp macadamia milk
- 400 grams (14 oz) banana pieces, frozen
- 50 grams (2 oz) macadamia nut or ABC butter (see Variations)
- 1 tsp vanilla
- 5 medjool dates, pitted (see Tips)
- 1 large bunch fresh mint, leaves only
- 50 grams (2 oz) cacao nibs



### METHOD

#### Hemp Macadamia Milk

1. Soak hemp seeds and macadamia nuts in 500 grams (17.6 oz) room temperature water for at least 1 hour (up to 24 hours).
2. Add soaked nuts together with soaking liquid plus an additional 250 grams (8.8 oz) room temperature water to TM bowl blend **10 sec/speed 10**
3. Add vanilla and sea salt and blend **10 sec/speed 10**
4. Filter through a nut milk bag (see Tips) into a clean bowl or container. (The residue can be dried and used as high protein flour in other recipes – see Tips)
5. Chill for at least one hour (if you can wait that long)

#### Smoothie

1. Place milk, banana, dates, nut butter and mint in mixing bowl. Blend **10 sec/speed 10**.
2. Add cacao nibs and blend for a further **10 sec/speed 10**.

#### Tips

- We use a nut milk bag to strain the nut milk. You could also use cheese cloth, muslin or a couple of layers of kitchen cloth placed in the steamer basket or a sieve, and let the milk drain through.
- Dry the nut pulp in a dehydrator or very low oven (as low as it goes), then use as a replacement (or partial replacement) for flour in baked goods.
- Medjool dates are large, soft and sweet with a caramel flavour; they are available in supermarkets, nut shops and delis.

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- Garnish with hemp seeds, cacao nibs and mint leaves.

#### **Variations**

- Use almonds, cashews or hazelnuts instead of macadamia nuts.
- ABC nut butter is made with almonds, brazil nuts and cashews; you can use any nut butter you like.
- Use almond, cashew or hazelnut milk instead of hemp macadamia milk.
- Add a handful of ice to chill your smoothie down, if desired.

# MINT & CHOC-CHIP HEMP SMOOTHIE

Makes: about 1.5 litre



## SHOPPING LIST:

- ☐ Hulled hemp seeds (100 grams / 3.5 oz)
- ☐ Australian macadamia nuts (100 grams / 3.5 oz)
- ☐ Vanilla extract or paste (1/2 tsp)
- ☐ Salt
- ☐ Banana pieces (400 grams / 14 oz)
- ☐ Macadamia, ABC Butter or other nut butter (50 grams / 2 oz)
- ☐ Vanilla (1 tsp)
- ☐ Medjool dates (5)
- ☐ Large bunch fresh mint (1)
- ☐ Cacao nibs (50 grams / 2 oz)



## NOTES & TIPS