

LIVE FRUITFULLY RECIPES

Super Creamy Spirulina Hemp Oat Milk

Makes 500ml

Ingredients

- 5 tbs hulled hemp seeds
- 2 tbs rolled oats
- 500ml water
- 1 tsp spirulina powder / 20g frozen spirulina
- Pinch of sea salt
- Coconut palm sugar or dates, to taste (optional)

Instructions

Place in blender and blend on high till super smooth, or soak overnight and blend in the morning for extra creaminess.

Life hack:

1. Omit the spirulina and make hemp and oat milk for your coffees and teas
2. Include the spirulina and make a nutrition- packed matcha-spirulina latte



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