



The Hemp Cookbook: From Seed to Shining Seed

Todd Dalotto

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- The first cookbook devoted to the use of super-nutritious hemp seed.
- Contains more than 50 low-fat, high-fiber, vegetarian recipes for both hempsters and mainstream cooks.
- Nature's best source of protein and EFAs--better even than soy.

Born from the flower of the cannabis plant is a seed bursting with vital energy that nourishes, heals, rebuilds, and refuels our bodies. Now this hallowed plant gets to shine in the world's first cookbook devoted exclusively to the delicious and nutritious dishes you can make using hemp seed. Packed with easily digestible proteins that contain the correct proportions of all eight essential amino acids necessary for good health, hemp seed surpasses even soy as the best vegetable protein available. High in dietary fiber but low in saturated fat, this miraculous and ancient food is also the planet's best source of essential fatty acids (EFAs), which a wealth of scientific research has shown help to prevent degenerative diseases, clean the arteries, improve brain function, and boost our immune systems.

In *The Hemp Cookbook*, Todd Dalotto serves up a tantalizing smorgasbord of recipes that combine the unique nutritional advantages of hemp seed with other vitamin- and mineral-rich foods, creating one of the healthiest and most original cookbooks ever offered. From hearty breakfasts of Hemp Pancakes to gourmet dinners of Vegan Cannabis Stuffed Shells and holiday toasts with rich and creamy Hemp Nog, Dalotto has produced a book that will be welcomed by hempsters and mainstream cooks alike. With chapters providing complete nutritional information on hemp seed, a culinary history of cannabis around the world, a listing of sources for hemp foods, and instructions for creating your own hemp oils, flours, milks, and butters, *The Hemp Cookbook* is the first and last word on cannabis cuisine.

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Information is provisions for people to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a problem. What people must be consider whenever those information which is inside former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you obtain the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take The Hemp Cookbook: From Seed to Shining Seed as the daily resource information.

David Russell:

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day every day to reading a reserve. The book The Hemp Cookbook: From Seed to Shining Seed it is rather good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore quickly to read this book from your smart phone. The price is not too expensive but this book provides high quality.

Julia Hanson:

The Hemp Cookbook: From Seed to Shining Seed can be one of your beginner books that are good idea. All of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into joy arrangement in writing The Hemp Cookbook: From Seed to Shining Seed but doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information could drawn you into brand new stage of crucial contemplating.

Janice Smith:

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