

## Chocolate Hemp Squares

1/3 cup	hemp seed nut butter
1/4 cup	almond or cashew butter
1/3 cup	pure maple syrup
1/4 tsp	sea salt
1 tsp	pure vanilla extract
1 cup	cereal crumbs (see note)
1/4 - 1/3 cup	vanilla other non-dairy milk
3/4 cup	non-dairy chocolate chips (see note)

In a medium saucepan over medium-low heat, combine the hemp seed nut butter, almond or cashew butter, maple syrup, and sea salt and stir through until warm (don't let it boil) and well combined. Remove from heat. Add the vanilla and cereal crumbs and stir through until well incorporated, then pour the mixture evenly into a lightly oiled 8" x 8" cake pan (use a small piece of parchment paper to press it down without sticking). In a bowl over simmering water (not boiling), combine the soy milk and chocolate chips and stir until melted and smooth. Let cool a little, then pour evenly over the mixture in the cake pan. Refrigerate until completely cooled, then cut into squares.

Makes 16 squares

### Cooking Notes:

I use cereal crumbs as an alternative to cookie crumbs to give these cookies some texture in the nut butter layer. The cereal makes them healthier and less sweet, and you can use whatever cereal you have on hand; simply purée it in a food processor. I like to use cereals that are whole-grain but also tasty, such as Oaty Bites or Multigrain Oat Flakes, both produced by Nature's Path.

For wheat-free squares, choose a cereal without wheat products.

### Time-saving tip:

Instead of melting the chocolate chips with the soy milk, you can omit the milk and fold in the chips when you add the cereal. Or, after you have the mixture in the pan, press the chips into it while it's still warm.

Recipe and photo courtesy of **Dreena Burton** from her book *Vive le Vegan!* published by Arsenal Pulp Press. Visit Dreena at <http://vivevegan.blogspot.com>



# HEMP HEMP HOORAY!

By Cynthia Love

It's true that hemp belongs to the same plant species as marijuana, however, the difference between the two is that marijuana contains 5-20% of tetrahydrocannabinol (the compound which gives it the psychoactive effect) while hemp contains less than 1% and has no intoxicating effects.

Hemp is not new, it dates back many thousands of years; it has a growth cycle of 120 days, and can be grown in most locations and climates with only moderate water, making it an efficient and economical crop for farmers. Not only is hemp safe, it is also one of the most productive plants known; it can be used to make food, medicine, paper, textiles and fuel.

Hemp has 3 unique nutritional qualities which makes it one of nature's superfoods:

- it has an ideal balance of Omega 3 and 6
- it contains all of the essential amino acids (including: arginine, histidine, leucine, and valine) meaning it is a complete protein
- it is abundant in trace minerals

Hemp oil also contains important vitamins such as vitamin E, carotene and is abundant in minerals such as calcium, magnesium, potassium and phosphorus. Hemp is also an excellent source of chlorophyll and phytosterols. In cinemas throughout China, roasted hemp seeds are sold in the same way that you can buy popcorn in the west. It's not hard to see why including hemp into the diet will give you a healthy 'high' on life.

## HEMP AND THE ATHLETE

Athletes need slightly more protein than non-athletes. The requirements range from 1.4-2.0g/kg/day depending on weight and the type of sport. Consumption of hemp oil and hemp seed is ideal for athletes. It is of course particularly valuable to veggie/vegan athletes, who are always looking for complete protein sources. Whether you're an athlete who's vegetarian or not, hemp is a great source of gluten-free protein. Hempseed flour contains 41% protein, 32% carbohydrate, 18% dietary fibre, and is gluten free which makes it ideal for many healthy snacks. For athletes who are always looking for wholesome meals and snacks, hemp is a wonderful contribution to the diet. You can lather up a fresh pita with hemp seed nut butter; you can add hemp protein powder to your daily smoothie; and salad lovers can drizzle hemp seed oil and sprinkle hemp seed nuts on their greens. The Chocolate Hemp Squares recipe below is a delicious foray into this superfood. It is imperative that athletes prevent deficiencies and consume optimal amounts of nutrients that ensure a healthy immune system. Periods of heavy training can weaken the immune system. One way to boost immunity is to ensure that you consume the 'right' types of fats into the diet. Hemp oil contains a ratio of 3:1 omega-6 to omega-3 fatty acids as well as GLA (gamma-linolenic acid).

By incorporating hemp oil into the diet, athletes can elevate mood, decrease stress, become more focused and speed up recovery time.

"Today's top athletes are turning from drugs to the science of nutrition to boost strength, increase endurance, and lessen the pain of injury", says Dr. Udo Erasmus. He also tells us that "Superfats - known to the scientific community as the essential fatty acids Omega 3 and Omega 6 - can increase endurance better than steroids when taken in the correct ratio".

## HEMP UP YOUR PANTRY

So the next time you go food shopping, and you've got hemp on your list, stop by the natural foods section at your local grocery store, or visit a health food store. You will be amazed at the variety of hemp food products (oil, nut butter, flour, seeds, oil capsules) available. Some locations even stock hemp clothing (t-shirts, socks, yoga wear, baby diapers) and hemp body care products & cosmetics.

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