



# The Hempnut Cookbook: Tasty, Omega-Rich Meals from Hempseed

*Brigitte Mars, Richard Rose*

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Over 200 recipes showcase the versatility of hempseed in everything from beverages to main dishes and desserts. The "original nutraceutical," hemp is high in essential fatty acids and is a complete protein . A comprehensive look at this amazing ancient food, its history, nutritional benefits, and uses.



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