



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

*Brigitte Mars, Richard Rose*

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**The Hempnut Cookbook: Tasty, Omega-Rich Meals from Hempseed** Brigitte Mars, Richard Rose

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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