



# 10 JUICE RECIPES

SUPER DELICIOUS

FROM KATE'S KITCHEN

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## *Discovering Hemp Juice.*

I have been drinking hemp juice since 2013. Back then I was already a long time green juice drinker and well aware of the benefits of fresh green juice. At the same time my husband had been growing and processing hemp in Ireland since 2006 for the building industry and we were well informed of the many benefits of this versatile plant. So when information broke about hemp nutrition and the ECS (Endocannabinoid System, see below) I could not resist the challenge and decided to give it a go. After juicing for about 6 weeks I began to notice a difference in myself. My long term knee problems, a result of a bad break many years earlier, began to slowly improve. Gradually I no longer worried about invasive knee surgery and can now happily walk many miles without pain swelling or discomfort. I drink hemp juice every day and wouldn't be without this amazing functional food.

## *What's so special about hemp Juice?*

Hemp is a very special plant. It has a high level of nutrients along with naturally occurring cannabinoids that give a double benefit. Hemp juice is one of the most potent vegetarian sources of omega 3. One portion of juice will give you half of the your recommended daily amount (EU guidelines). The ratio of omega 3 to omega 6 is 4:1. This is important as omega 3 is anti inflammatory and omega 6 is pro-inflammatory. Our modern diet is high in omega 6 and low in omega 3. The main culprit is processed food. Hemp juice is a great way to increase your omega 3 naturally and help your body get back in balance. Hemp juice contains most of the vitamins and minerals needed for human health. The level of calcium in hemp juice is more than you'll find in a glass of milk!

The juice also has high levels of potassium - even more than banana's contain. Hemp juice also contains a healthy dose of zinc. Natural and raw hemp juice still contains all the flavonoids, terpenoids and plant alkaloids that get destroyed but heating and processing. Hemp juice is also a great source of chlorophyll.

CBD/Cannabidiol.

Nutrition is arguably the most important factor in the health of the ECS (Endocannabinoid System). Cannabis is especially powerful because its plant cannabinoids (phytocannabinoids) are structurally similar to the endogenous cannabinoids (endocannabinoids) used by the ECS. When we drink whole hemp juice taken directly from the plant, the plant cannabinoids assist the ECS by mimicking the actions of the endocannabinoids so the body can conserve its own precious limited resources. Other healthy practices like exercise, yoga and massage, that support your ECS, will also help the ECS to regulate itself and return you to a balanced state of being.

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### *How to Use Kama Hemp Juice.*

The following are just a few suggestions for recipes to enhance your appetite for hemp juice. It is important to use the hemp flavour to its advantage. Just as a lemon is rarely taken alone, is delicious in combination with other fruits and vegetables so is hemp. Hemp juice can be combined to make many many mouth-watering drinks and smoothies. Feel free to send us your own recipes as you experiment.

From personal experience you will soon find that your palate will not only appreciate the zingy hemp flavour but that it will become a daily highlight in your food experience as the hemp juice not only tastes good in combination with other foods but our body and brain will quickly begin to associate the taste with the increased energy levels, pain relief and an increased sense of well being.

Enjoy your own juice journey.



*Kate*

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*Table of Contents.*

1. The Reviver
2. Power Pack
3. Carrot Clamer
4. Tomato Twist
5. Breakfast Berry Smoothie
6. Pep-me-Up
7. Neat Hemp Juice
8. Going Green
9. Sweetness and Light
10. Hemp-Chocolate-Banana Shake

## 1. The Reviver



Hemp juice contains high concentrations of nutrients and helps replenish the body's vital stores. Beetroot is very rich in potassium, which is highly effective in keeping blood pressure low. Rich in vitamins and antioxidants, The Reviver protects against ageing free radicals and helps normal cell function. Ginger is a good wake-up, as it stimulates circulation and peps up the digestion.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice  
2 small beetroot  
1 carrot  
1 pear  
½ lime  
2.5cm piece of ginger

Juice the beetroot, carrot, pear and ginger. Squeeze the lime and add to the juice along with the frozen hemp juice. Blend until smooth, then pour into a glass.

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## 2. Power Pack



A super-smoothie, packed with antioxidants, vitamins and minerals, including B vitamins, which regulate brain and nerve function. Hemp juice contains high concentrations of nutrients. Along with hemp, avocados are high in Omega 3. So this juice is good to help balance the Omega 6 to Omega 3 ratio.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice

1 pear

40g young spinach

4 sprigs parsley

¼ cucumber

½ ripe avocado

Juice the pear spinach parsley and cucumber. Remove the skin and stone from the avocado and add to the juice along with the frozen hemp juice. Blend until smooth, then pour into a glass.

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### 3. Carrot Calmer



Carrots are a powerful antioxidant, which, among other vital uses, can be converted into vitamin A in the body to help maintain healthy skin. This juice is a good tonic for the digestive system, eyes and skin.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice  
2 large carrots  
1 large handful of parsley or coriander stems and leaves  
3 radishes, with leaves  
pepper

Juice together the carrots, parsley and radishes. Add the frozen hemp juice, sprinkle with pepper and add a sprig of coriander to serve.

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## 4. Tomato Twist



Tomato is a great source of beta-carotene and cancer-fighting lycopene. Basil calms the nerves and counteracts stress, and garlic is a good system cleanser and natural antibiotic.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice  
2 spring onions  
3 tomatoes  
25g fresh basil  
1 clove garlic

Juice the tomatoes spring onions and basil. Add the frozen hemp juice, sprinkle with shredded spring onion and serve.

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## 5. Breakfast Berry Smoothie



Breakfast in a glass packed with sustenance to keep up your energy levels all morning. Strawberries contain lignin, which helps reduce blood cholesterol and oats are among one of the most effective cholesterol-lowering foods.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice  
200g strawberries  
100g raspberries  
200ml nut milk  
40g unsweetened muesli

Place the frozen hemp, fruit and muesli in the blender and blend until smooth slowly add the nut milk with the blender running. Pour into glasses, top each smoothie with a strawberry and serve.

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## 6. Pep-me-Up



A drink to cleanse the intestines and clear the sinuses and a general pep-me-up.

Serves 1-2

2-4 cubes frozen Kama Hemp Juice

½ a small pineapple

180g a combination of any or all of the following berries

blackberries/blueberries/blackcurrants

Optional 1 small piece of horseradish 2.5cms (if you can get find it)

1 tsp goji berries, roughly chopped

Chop the pineapple and juice with the berries along with the horseradish. Pour into a glass add the frozen hemp juice, stir well and sprinkle with chopped goji berries to serve.

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## 7. Neat Hemp Juice



If you like to get it over and done with or haven't much time to prepare something else, just drink the hemp juice neat.

I take it every morning neat.

I put 2 cubes in a clean jam jar fill with drinking water replace the lid and shake well. Juice to go!  
You can try this with sparkling mineral water also but don't shake so hard.

## 8. Going Green



A lovely cooling summer drink, a cleansing juice good for liver and kidney function, helps lower cholesterol.

Serves 1-2

2 or more cubes frozen Kama Hemp Juice

½ Galia melon

1 or 2 sticks celery

85g spinach leaves

2 large sprigs of mint

Cut the skin off the melon and juice along with the spinach and mint leaves, hold back a few small mint leaves to garnish. Pour into a glass add the frozen hemp juice, stir well and garnish with mint leaves.

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## 9. Sweetness and Light



Everyone's favorite, and a classy juice with the added benefits of CBD

Serves 1-2

2-4 cubes frozen Kama Hemp Juice

2 apples

2 carrots

1 pear

½ lime

Take the hemp juice out of the freezer and add to your serving glasses just before you start to juice the other ingredients. Run the apples, carrots and the pear through the juicer squeeze in your lime juice stir well and pour into the glasses with the frozen hemp juice to serve.

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## 10. Hemp-Chocolate-Banana Shake



This is a rich thick shake. The addition of maca, hemp juice and powder, almonds and coconut make this an entire meal in itself.

Serves 1

1-2 cubes frozen Kama Hemp Juice  
1 or 2 bananas  
1 tablespoons hemp protein powder  
1 tablespoon maca  
30g cacao powder  
50g soaked almonds  
1 tablespoon coconut oil  
500ml freshly made hemp milk or 500ml water

Place all the ingredients in the blender except hemp milk and the ice. Blend until smooth slowly add the hemp milk with the blender running. Pour into glasses, add the ice and serve.

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