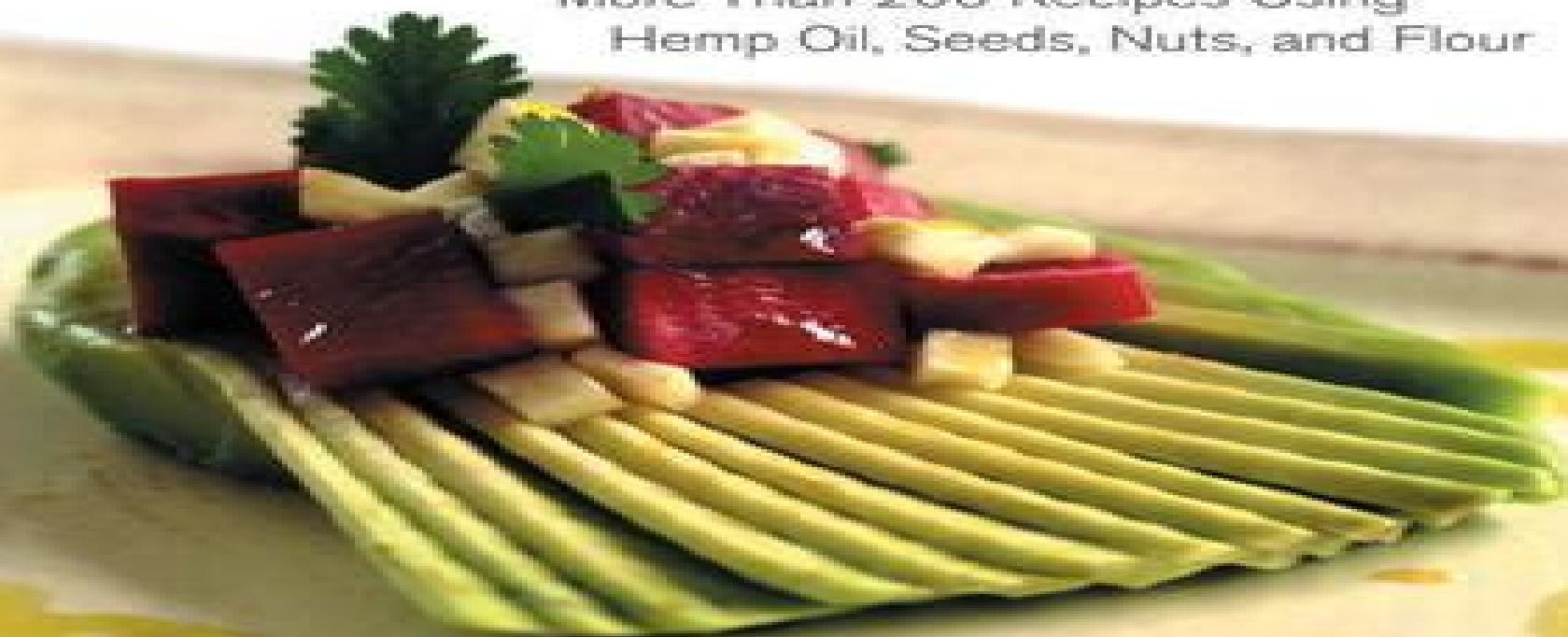


THE GALAXY GLOBAL EATERY

Hemp Cookbook



More Than 200 Recipes Using
Hemp Oil, Seeds, Nuts, and Flour



DENIS CICERO

with Chefs Kris Czarotorski, Suzanne Gruber & Michael Lipp

The Hemp Seed Cookbook

**Denis Cicero, Kris Czaratoryski, Suzanne
Gruber, Michael S. Lippe**



The Hemp Seed Cookbook:

The Hemp Seed Cookbook Carol Miller, Don Wirtshafter, 1992-03 **The Hemp Cookbook** Todd Dalotto, 1999-12-01

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 **The Galaxy Global Eatery Hemp Cookbook** Denis Cicero, Kris Czaratoryski, Suzanne Gruber, Michael S. Lippe, 2002 Today's science and culinary arts are finally catching on to what the ancients of China India Babylonia Persia Egypt and the Americas knew for centuries Hemp is one of the tastiest most powerful superfoods on the planet Deliciously nutty in flavor hemp is gluten free and naturally reduces inflammation throughout the body It contains all nine essential amino acids making it one of the few plant based complete sources of protein and is a great source of gamma linoleic acid GLA critical for detoxification and hormone balance Plus hemp quickly and noticeably improves the condition of skin hair and nails Each of the nearly 200 recipes in this innovative cookbook uses hempseeds hemp nuts hemp flour or hempseed oil Vegans vegetarians and omnivores alike are honored and there are many gluten free recipes as well The diversity of dish runs the gamut from comfort food such as Hempnut Burgers and Hempnut Fried Chicken to foreign inspired exotica such as Pumpkin Hempanadas Hemp Sp tzel and Green Papaya Spring Rolls with Spicy Hemp Dipping Sauce Also provided are substitutions for hemp ingredients as well as a list of resources to help readers find top quality hemp ingredients *The Galaxy Global Eatery Hemp Cookbook* is the result of restaurateur Denis Cicero's lifelong dream of making hempseed a household ingredient In the book he dispels hemp myths it is not psychoactive and eating it won't cause you to fail a drug test provides fast facts did you know the Declaration of

Independence was written on hemp paper and offers all kinds of fascinating insight into the amazing virtues of hemp Best of all with the simple step by step instructions provided for each recipe any home cook can impress friends and family by re creating some of the most innovative and scrumptious hemp dishes ever invented Globetrotting recipes feature African Californian Caribbean French German Indian Italian Japanese Korean Laotian Mediterranean Mexican North American South American and Thai cuisines Simple instructions on making hemp milk butter and cheese help vegan and vegan curious readers try these delicious dairy alternatives at home Beautiful four color photographs throughout will inspire home cooks to re create these unique dishes for their friends and family

Galaxy Global Eatery Hemp Cookbook, The: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, and Flour Denis Cicero, 2013-01-01 Hemp has been used for decades for clothing rope and plastics but it also has serious food value As hemp becomes more accessible and public awareness of its health benefits grows demand for the inexpensive plant in its variety of culinary forms as flour oil and seeds is expected to increase At the forefront of this trend is Denis Cicero owner of one of New York s trendiest restaurants Hemp which tastes like a cross between a hazelnut and a walnut is incorporated into every recipe in this cookbook Hemp waffles a fusilli salad made with hemp seed oil and even a scrumptious chocolate banana dessert all based on the restaurant s menu are only a few of the innovative nutritious and socially responsible recipes featured Also included is a list of sources where readers can buy hemp products for cooking

The Hemp Cookbook Todd Dalotto, 1999-12 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

Recipes for Hemp Seeds Ryder Management Inc., 2015-02-03 Recipes for Hemp

Seeds Recipes for the 1 Super Food on the Planet contains creative and very delicious recipes using hemp seeds and or hemp seed oil Hemp seeds are also known as hemp hearts Hemp seed is nature s super food and a complete protein Per gram hemp has more digestible protein than soy more digestible omega s than flax and more digestible fiber than kale Hemp is ideal for improving brain function reducing inflammation improving skin health weight loss improving immune function plus it reduces the risk of cancer stroke Alzheimer s disease heart disease and so much more By including only 5 tablespoons of hemp into your daily diet your health will improve dramatically This book helps you in this regard by providing you with so many delicious recipes recipes that are sure to become your favorite The Galaxy Global Eatery Hemp Cookbook Denis Cicero,2013-03-12 Today s science and culinary arts are finally catching on to what the ancients of China India Babylonia Persia Egypt and the Americas knew for centuries Hemp is one of the tastiest most powerful superfoods on the planet Deliciously nutty in flavor hemp is gluten free and naturally reduces inflammation throughout the body It contains all nine essential amino acids making it one of the few plant based complete sources of protein and is a great source of gamma linoleic acid GLA critical for detoxification and hormone balance Plus hemp quickly and noticeably improves the condition of skin hair and nails Each of the nearly 200 recipes in this innovative cookbook uses hempseeds hemp nuts hemp flour or hempseed oil Vegans vegetarians and omnivores alike are honored and there are many gluten free recipes as well The diversity of dish runs the gamut from comfort food such as Hempnut Burgers and Hempnut Fried Chicken to foreign inspired exotica such as Pumpkin Hempanadas Hemp Sp tzel and Green Papaya Spring Rolls with Spicy Hemp Dipping Sauce Also provided are substitutions for hemp ingredients as well as a list of resources to help readers find top quality hemp ingredients The Galaxy Global Eatery Hemp Cookbook is the result of restaurateur Denis Cicero s lifelong dream of making hempseed a household ingredient In the book he dispels hemp myths it is not psychoactive and eating it won t cause you to fail a drug test provides fast facts did you know the Declaration of Independence was written on hemp paper and offers all kinds of fascinating insight into the amazing virtues of hemp Best of all with the simple step by step instructions provided for each recipe any home cook can impress friends and family by re creating some of the most innovative and scrumptious hemp dishes ever invented Globetrotting recipes feature African Californian Caribbean French German Indian Italian Japanese Korean Laotian Mediterranean Mexican North American South American and Thai cuisines Simple instructions on making hemp milk butter and cheese help vegan and vegan curious readers try these delicious dairy alternatives at home Beautiful four color photographs throughout will inspire home cooks to re create these unique dishes for their friends and family

Marijuana Herbal Cookbook Tom Flowers,1995 Written by a medical user for other patients Contains detailed information on cooking with cannabis as well as instruction for making extract and concentrates The Hemp Cookbook Ralf Hiener,Bettina Mack,1999 Hemp is currently enjoying e renaissance as a medication fabric paper moisturizer and cooking ingredient But hemp in the kitchen no longer means mealy brownies full Of twigs and seeds In The Hemp Cookbook

cooking with America's favorite weed goes upscale with over 40 recipes including Hemp Saffron Risotto Hemp Quiche and Hemp Gnocchi

Plant Academy: The Cookbook Lauren Lovatt, 2025-01-16 PLANT ACADEMY THE COOKBOOK is the inspirational cookery manual for tasty and beautiful vegan food teaching the essential ingredients and key techniques you need to create delicious and stunning plant-based dishes. Lauren Lovatt, visionary founder of pioneering culinary school Plant Academy and author of *Mind Food*, shares her unique teaching expertise demonstrating that whole food plant-based cooking is not only rich in textures and flavour profiles but also refined and appetising on the plate. Focusing on over 50 techniques including how to make nut milks and cheeses, how to handle ferments, and how to create intriguing flavour and texture profiles, this contemporary handbook is a must-have for anyone who wants to elevate their plant-based cooking. Starting with the staple ingredients that should be in every vegan's pantry, the book moves on to explain all the elements of building a successful plant-based dish, from curating creative combinations to refining the way in which you plate up. Featuring over 40 recipes including Seasonal poke bowl, Massaged kale, Fermented ginger cheesecake, Wild Rosti, Adaptogen adobo, Courgette cannelloni. With contributions from Plant Academy experts such as celebrated Michelin green-starred chef Richard Buckley, plant-based food consultant Carolina Chinea, and award-winning author Rachel De Thamples alongside striking photography from Sara Kiyo Popowa, this delicious and delightful book includes illustrations from Sophie Dunster. Gung_ho_london. This innovative inspiring cookbook is sure to get you fired up for plant-based living.

The Peach Truck Cookbook Stephen K. Rose, Jessica N. Rose, 2019-06-25 THE INSTANT NATIONAL BESTSELLER A warm and stylish Southern cookbook from the owners of the beloved Nashville-based The Peach Truck, celebrating all things peach in 100 fresh and flavorful recipes. When Stephen and Jessica Rose settled in Nashville, they fell in love with their new city. Their only reservation? Where were the luscious peaches that Stephen remembered from his childhood in Georgia? Amid Nashville's burgeoning food scene, the couple partnered with his hometown peach orchard to bring just off the tree Georgia peaches to their adopted city, selling them out of the back of their 1964 Jeep Gladiator in Nashville's farmer's markets. Since starting their company in 2012, Stephen and Jessica have attracted a quarter of a million followers on social media and have delivered more than 4.5 million peaches to tens of thousands of customers in 48 states. With *The Peach Truck Cookbook*, the couple brings the lusciousness of the Georgia peach and the savory and sweet charms of Southern cooking, as well as the story behind their success and an insider's guide to the Nashville food scene, to readers everywhere. From first bites to easy lunches to mouth-watering dinner dishes and sumptuous desserts, *The Peach Truck Cookbook* captures the Southern cooking renaissance with fresh, delectable farm-to-table recipes that are easy to follow and feature peaches in every form. Whether you're craving peach-pecan sticky buns, peach jalapeno cornbread, white pizza with peach pancetta and chile, or minty peach lemonade, or have always wanted to try your hand at making a classic peach pie, Stephen and Jessica have you covered. Many of Nashville's most celebrated hotspots and chefs, including Sean Brock, Lisa Donovan, and Tandy Wilson, have contributed recipes, so you'll also get a how-to on cult menu items.

such as Sean Brock's Double Cheeseburger with Peach Ketchup Mas Tacos Peach Tamales and Burger Up's Peach Truck Margarita Also included are beautiful photographs illustrating each recipe and a pocket peach education as Jessica and Stephen take you through peach varieties best harvesting practices and everything you need to know to have a peach stocked pantry Full of character and charm The Peach Truck Cookbook is not only an essential addition to the peach lover's kitchen it will bring the beauty of summer to your table all year round

The Easy 5-Ingredient Vegan Cookbook Nancy Montuori, 2020-03-10 Maximum flavor Minimum effort Totally vegan You don't need to spend hours in the kitchen or buy expensive ingredients to create delicious creative plant based meals The Easy 5 Ingredient Vegan Cookbook is dedicated to providing you with nutritious recipes from the 5 main food groups essential for a healthy vegan diet The most common barriers to eating plant based foods are a learning curve and time so each of these 5 ingredient cookbook recipes includes no more than five components supplemented with simple staples you can keep on hand olive oil vegetable broth onions garlic salt and pepper Recipes like Stuffed Dates with Cashew Cream Chickpea and Sweet Potato Burgers and Easy Corn Chowder couldn't be easier to prepare Hit the ground running with a 5 ingredient cookbook designed for maximum health and wellness and convenience This 5 ingredient cookbook includes Make it your own Recipes include tips to make the meal even tastier or easier or offer a different spin Nutritious blueprint Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients from healthy fats to protein replacements No fuss These simple 5 ingredient cookbook recipes help you conveniently integrate more plants into your diet Let this 5 ingredient cookbook be your guide to a simple healthy vegan lifestyle

The Complete Vegan Cookbook Natural Gourmet, 2019-04-02 From the leading health focused culinary school comes a comprehensive natural foods bible that shares forty years worth of tools and techniques for more than 150 health supportive recipes In its forty year history Natural Gourmet has trained many natural food chefs in the art of healthy cooking Their curriculum emphasizes local ingredients and the philosophy of using food as medicine Now in their very first cookbook Natural Gourmet reveals how to utilize whole seasonal ingredients in creative and delicious ways You'll learn about methods for sourcing sustainable ingredients principles of nutrition and much more Every recipe is perfect for anybody wanting to eat a little healthier whether to adhere to a specific diet to do better for the earth or just to feel better

The First Mess Cookbook Laura Wright, 2017-03-07 The blogger behind the Saveur award winning blog The First Mess shares more than 125 beautifully prepared seasonal whole food recipes This plant based collection of recipes is full of color good ideas clever tricks you'll want to know Deborah Madison author of Vegetable Literacy and The New Vegetarian Cooking for Everyone Home cooks head to The First Mess for Laura Wright's simple to prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling In her debut cookbook Wright presents a visually stunning collection of heirloom quality recipes highlighting the beauty of the seasons Her 125 produce forward recipes showcase the best each season has to offer and as a whole demonstrate that plant based wellness is both accessible and delicious Wright grew up

working at her family's local food market and vegetable patch in southern Ontario where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy seasonal meals she grew up eating, and she quickly attracted a large international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole food recipes and Wright's signature transporting magical photography. With recipes for every meal of the day such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

The Plant Protein Revolution Cookbook Robin Robertson, 2020-08-11 In this sumptuous and authoritative cookbook full of delectable protein-packed recipes, best-selling vegan author Robin Robertson shatters the stubborn myth that it's hard to get enough protein on a plant-based diet. Robin serves up more than 85 fantastic recipes that deliver ample amounts of entirely plant-based protein along with a host of other nutrients and a whole lot of big, bold, substantial flavors that anyone, vegan or not, can enjoy. From snacks and appetizers like Roasted Smoky Chickpeas in which tamari and chickpeas are the main protein sources, and Baked Tofu with Peanut Sauce where peanuts and tofu deliver a big protein punch, through delicious soups, stews, salads, and sides, and on to dozens of robust main courses like Jambalaya, Red Beans, and Rice, Indonesian Noodles with Tempeh, and White Bean Cassoulet, *The Plant Protein Revolution Cookbook* packs loads of tasty nutrients onto every page. Chapters on plant protein-rich breakfasts, sandwiches, and sweets and treats make this a book you can use all day, any day. Whether you are a vegan wondering where your protein will come from or an omnivore who wants to eat meatless on occasion but needs to know you're getting plenty of protein, this enticing book deliciously delivers all the recipes you need.

Grow a New Body Cookbook Dr. Alberto Villoldo, Conny Andersson, 2023-12-26 A cookbook rooted in shamanic wisdom of 90 plant-based recipes that will help you grow stronger, healthier, and younger and reverse the loss of vitality associated with aging. Growing older is inevitable; aging is preventable. In *Grow a New Body Cookbook*, 90 delicious, nutrient-dense plant-based recipes will help you go back to an ancient way of eating that promises to help you on the road to lifelong health. Shamanic practitioner Alberto Villoldo will show you how to turn your kitchen into a shaman's laboratory so that you can grow potent probiotics to upgrade the health of your biome. Alberto dives deep into the science of why how we eat now is wreaking such havoc on us and how we can reverse the damage. Finally, eating the foods recommended in this book will allow you to grow a new brain that supports you in forging a profound connection with Nature and experiencing a renewed sense of purpose in life. The delicious recipes, beautifully photographed by James Beard nominee Paul Brissman and developed by celebrated chef Conny Andersson, feature superfoods that will begin to repair your body and brain from years of wear and tear. The plant-based, nutrient-dense, antioxidant-rich broth

beverage mezze and main dish recipes include silky white bean soup with tomato basil relish chlorophyll moringa broth matcha energy tonic activated charcoal latte chickpea crepe with spicy tomato chutney and coconut yogurt tasted sorghum risotto and mushrooms grilled zucchini vindaloo with kachumber salad [The Fiber Fueled Cookbook](#) Will Bulsiewicz, MD, 2022-05-17 The instant New York Times Wall Street Journal and USA Today bestseller New York Times bestselling author Dr Will Bulsiewicz offers a groundbreaking cookbook packed with delicious plant based recipes as well as a targeted plan for overcoming food sensitivities Leading gastroenterologist Dr Will Bulsiewicz or Dr B introduced readers to the wonders of fiber with the New York Times bestseller Fiber Fueled a guide to optimizing the gut microbiome sharpening immunity lowering cholesterol and promoting weight loss through a diet rich in diverse fruits vegetables nuts seeds and legumes Rather than restriction Dr B's solution is abundance and variety Now he applies all the principles of the Fiber Fueled diet in a cookbook that's as beautiful as it is practical This must have cookbook will inspire you with deeply flavorful satisfying plant based recipes that make the Fiber Fueled lifestyle delicious and inviting But The Fiber Fueled Cookbook is also a revolutionary treatment program for food sensitivity sufferers who have struggled to get a handle on their symptoms In it you will learn the GROWTH strategy a groundbreaking approach that helps readers break down what's causing their GI problems and discover real solutions that are personalized to their individual needs Whether you are well on your plant based path or excited to get started the 100 irresistible recipes in this book including Lemon Lentil Salad Cheesy Broccoli Potato Soup Maple Peanut Granola and Chocolate Cookie Milk will get you ready to embrace the power of being Fiber Fueled

The Oh She Glows Cookbook Angela Liddon, 2014-03-04 The New York Times bestseller from the founder of Oh She Glows Angela Liddon knows that great cooks depend on fresh ingredients You'll crave every recipe in this awesome cookbook Isa Chandra Moskowitz author of Isa Does It So many things I want to make This is a book you'll want on the shelf Sara Forte author of The Sprouted Kitchen A self trained chef and food photographer Angela Liddon has spent years perfecting the art of plant based cooking creating inventive and delicious recipes that have brought her devoted fans from all over the world After struggling with an eating disorder for a decade Angela vowed to change her diet and her life once and for all She traded the low calorie processed food she'd been living on for whole nutrient packed vegetables fruits nuts whole grains and more The result Her energy soared she healed her relationship with food and she got her glow back both inside and out Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day Angela started a blog ohsheglows.com which is now an Internet sensation and one of the most popular vegan recipe blogs on the web This is Angela's long awaited debut cookbook with a treasure trove of more than 100 mouthwatering wholesome recipes from revamped classics that even meat eaters will love to fresh and inventive dishes all packed with flavor The Oh She Glows Cookbook also includes many allergy friendly recipes with more than 90 gluten free recipes and many recipes free of soy nuts sugar and grains too Whether you are a vegan vegan curious or you simply want to eat delicious food that just

happens to be healthy too this cookbook is a must have for anyone who longs to eat well feel great and simply glow *The Migraine Relief Plan Cookbook* Stephanie Weaver,2022-07-12 Following the publication of her first book *The Migraine Relief Plan* a step by step plan to achieve a healthier lifestyle for those who suffer severe migraines and chronic illnesses and those who care for them Stephanie Weaver received a flood of requests from readers seeking more recipes She spent the next few years expanding her research meticulously testing new recipes and interviewing a wide range of health professionals advocates patients and caregivers The result is *The Migraine Relief Plan Cookbook* an essential guide to healthier eating and mindful living which aims to help readers mitigate the symptoms of severe migraines headaches and other chronic illnesses It also features a foreword by nutrition scholar Margaret Slavin PhD RDN and neurology professor Dawn C Buse PhD The 100 delicious plan friendly recipes of *The Migraine Relief Plan Cookbook* include foods for every meal of the day plus snacks drinks sauces and condiments as well as serving suggestions and a chapter on preparing healthy wholesome meals from leftovers This robust selection of recipes enhanced with Weaver s favorite preparation tips and personal insights empowers readers to create beautiful meals that support their health Her insightful interviews with health professionals advocates and patients provide tips for ongoing self care pain management and building resilience This book will help readers benefit from a holistic approach to battling migraines and chronic pain *The Migraine Relief Plan Cookbook* arms readers with the recipes research professional insight and lifestyle tips necessary to face their symptoms head on **The Plant-Based Cookbook** Ashley Madden,2021-03-02 An essential resource for your health if we are what we eat let s make every delicious bite count This cookbook will no doubt transform your kitchen bringing new plant based whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners Ashley Madden is a pharmacist turned plant based chef certified holistic nutritional consultant and devoted health foodie A diagnosis of multiple sclerosis changed her whole life and approach to food eventually shaping a new food philosophy and inspiring this book *The Plant Based Cookbook* is especially helpful for those with dietary requirements or food allergies as all recipes are vegan dairy free gluten free and oil free without compromising on taste or relying on packaged and processed ingredients All natural recipes include One pot creamy pasta Vibrant nourish bowls Decadent no bake cinnamon rolls A show stopping cheese ball Life changing carrot cake And so much more Whether you consider yourself an amateur home cook or a Michelin Star chef this collection of recipes will inspire you to turn whole foods into magical mouthwatering meals and give you confidence to prepare plants in creative and health supportive ways

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **The Hemp Seed Cookbook** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

https://archive.kdd.org/data/detail/Documents/Spiritual_Thoughts_And_Prayers.pdf

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The Hemp Seed Cookbook Introduction

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