



The Hemp Cookbook: From Seed to Shining Seed

Todd Dalotto

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- 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.

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John Bergeron:

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Robert Wilkes:

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