

Hemp Sour Cream

Our friend hemp is surprisingly versatile. With just a few additions, hemp seeds easily become a great sour cream substitute. For approx. 1 ½ cups, you'll need:

1 ½ C. hemp seeds

1 large lemon, zest and juice

1 clove garlic, chopped

1 tsp. salt

Water

This is wonderfully simple and makes a great spread or dip; you can adjust the amount of citrus and garlic to suit your taste.

Simply get the first 4 ingredients in your food processor or VitaMix and blend till smooth. As it's blending, add water bit by bit till it's the thickness you like.

Granted, this won't be the pure white of dairy sour cream, but you can use it in a ton of ways. Play around; serve it as a dip with toasted chopped walnuts mixed in, sprinkle hemp seeds on top... it's all good!

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