

# THE MAGIC OF HEMP SEED OIL



## MY ORGANIC HEMP SEED OIL RECIPES

Hemp seed is without doubt one of nature's most nutritionally valuable seeds, and in recent years science has shown the amazing benefits of Hemp for human health. What makes hemp seed and hemp seed oil so valuable is that it is especially rich in polyunsaturated fatty acids (approx. 90%), and contains essential fatty acids Omega 3 & 6- linoleic acid (50-70%) and alpha linoleic acid (15-25 %), Vitamin E & A, and 9 essential amino acids! 15 to 20 grams of hemp oil is sufficient to meet the daily human nutrition requirements in essential fatty acids completely. As part of a daily supplement, hemp oil protects us from a variety of metabolic, arteriosclerotic, vascular and cardiovascular illnesses, that are partially caused by excessively high amounts of saturated and trans-saturated fatty acids in processed foods and cooking oils. . .And Hemp Seed oil has a lovely flavor, much better than fish oils, which were the "go to" for so many years for essential fatty acids to improve overall health.

Hemp seed oil should be used as a finishing oil, rather than a cooking or frying oil, since the delicate omega fatty acids can break down during the cooking process, stripping the oil of its nutritional benefits. It can be used in recipes where the "cooking" is for a short amount of time, or at a very low temperature. It is best used to make salad dressings & dips, or drizzle over pasta or grilled veggies.

## BRING ON THE RECIPES!

**This first one is my favourite recipe. I use this several times a week because it's easy and FAST!**

### Classic Vinaigrette

Whisk 2 tablespoons red wine vinegar or balsamic vinegar, 2 teaspoons Dijon mustard (or a coarse country mustard), 1/2 teaspoon salt, and pepper to taste. Gradually whisk in 1/3 to 1/2 cup hemp seed oil. Pour mixture into a clean glass jar or bottle and shake thoroughly before serving over your favourite salad.



### Roasted Garlic

Slice the top off 1 head garlic; drizzle with hemp seed oil, wrap in aluminum foil, or preferably put into a ceramic oven dish with a glass lid, and roast at 400 degrees F until tender-approx. 35 minutes. Cool, then squeeze out the cloves. Make Classic Vinaigrette in a blender, adding the roasted garlic...and a pinch of Parmesan cheese? Or perhaps some finely chopped fresh rosemary?

### Fresh Herb Vinaigrette

Make the classic vinaigrette, and add finely chopped fresh basil, rosemary, thyme, chives.... or some fresh tarragon & dill. This is best made a few hours ahead of time to allow the wonderful herb flavors to really set into the vinaigrette.

### **Zingy Honey-Mustard Lime Dressing**

Whisk 2 teaspoons each honey and dijon mustard, 2 tablespoons lime juice, and 1/2 teaspoon of lime zest, and a hefty pinch of sea salt. Whisk in 1/2 cup hemp seed oil, then add 2 teaspoons finely chopped thyme and 1/2 minced jalapeno.

### **Caesar Blend**

1 egg yolk, 1 garlic clove, the juice of 1 lemon, 1 teaspoon Dijon mustard and 4 anchovies (optional), and a teaspoon of finely chopped fresh basil in a blender. Gradually blend in 1/2 cup hemp seed oil and a tablespoon of white wine (optional). Stir in 1/2 cup grated Parmesan. Store in a clean jar in the fridge- best served the same day.



### **Creamy Italian Dressing**

Blend 1/4 cup mayonnaise, 3 tablespoons red wine vinegar or balsamic vinegar, 2 tablespoons of sour cream (or plain yogourt) and 2 tablespoons of hemp seed oil, 1 teaspoon dried Italian herbs mix (oregano, thyme, parsley, basil, rosemary), 1 garlic clove and 1/4 teaspoon salt in a blender. Stir in 1 tablespoon chopped fresh parsley.



## Hemp Mayo

2 large eggs, room temperature, 2 teaspoons freshly squeezed lemon juice, 1 teaspoon of cider vinegar, 1 teaspoon of Dijon mustard and approximately 1 cup organic hemp seed oil  
A few pinches sea salt, and a small pinch of raw cane sugar

- Separate the egg yolks into a large bowl- room temp eggs is a MUST for mayo.
- Add the lemon juice and vinegar to the blender, and mix on medium setting for 2-3 minutes.
- Continue mixing as you VERY slowly add the hemp seed oil, just a drizzle at a time, then as a thin steady stream until it becomes thick (note: humidity and altitude can effect the outcome, so occasionally you may not add all the oil, or have to add a tiny bit more)
- If the Mayo looks too thin, whisk another egg yolk with 1 teaspoon of lemon juice in clean bowl, then slowly add to the blender mixture, a small amount at a time.
- Store your homemade hemp mayonnaise in a clean glass jar, tightly sealed in the fridge for up to 3 days.



## Roasted Garlic & Basil Hemp Mayonnaise

Prepare the Hemp Mayo (above) and add two cloves of roasted garlic paste (see recipe under Vinaigrette), a 1/4 cup of finely chopped fresh basil, a pinch of black pepper and blend on a low setting for 1-2 minutes.

... also excellent with the addition of some Parmesan!!

## Hemp Seed Lemon Humus

250g cooked chickpeas (one cup), 75g hulled hemp seeds (hemp hearts), 2 large cloves garlic- minced, 2 organic lemons juiced, ¼ teaspoon organic lemon rind, 6 tablespoons tahini, 2 tablespoons hemp oil, 4 tablespoons water, 1 teaspoon salt, 1 teaspoon ground coriander

Add to the blender: the minced garlic, lemon juice and finely grated rind, toss in the rest of the ingredients, lol. Blend all ingredients together until creamy smooth. (a good hand blender also works well for this recipe.) Adjust to suit your taste: a bit more garlic and lemon (I like a high potency mix myself!), salt, pepper, a pinch of dried powdered cumin and turmeric ... have fun with this one and be creative!

## Hemp Salsa

A handful of fresh cilantro leaves minced, two large tomatoes finely chopped/diced, ½ red onion finely diced, 1 minced Jalapeno pepper (seeds removed), two garlic cloves finely minced, 1 tablespoon of lemon juice, 2 tbsp. of organic Hemp seed oil, pinch of salt and black pepper to taste

Combine all the ingredients in a bowl and mix together thoroughly...that's it. Serve with your favourite tacos, nacho chips, over grilled fish, or as a zesty side with chicken or pork! Store your freshly, homemade hemp salsa in a glass jar in the refrigerator for up to 3-4 days.



## Guacamole

1/4 cup finely minced onion, 3 ripe Haas avocados-coarsely mashed, 2-3 cloves of minced garlic, 1 1/2 tablespoons fresh lime juice, 1 Roma tomato- diced, 1/4 cup cilantro leaves and tender stems finely chopped, 3 teaspoons Hemp Seed Oil, 1 tablespoon Hemp hearts, pinch of ground cumin (optional), 1/2 teaspoon salt- to taste, 1 to 2 teaspoons minced jalapeño peppers with seeds and membrane removed (optional)

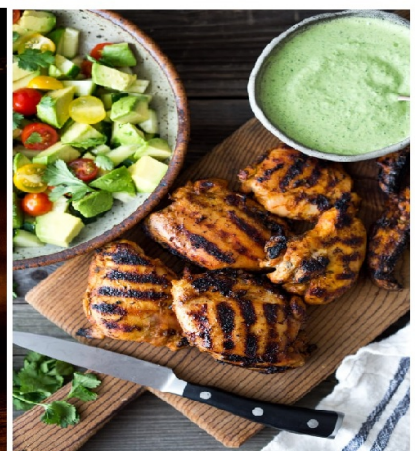
Easy peasy, just mix all the ingredients together thoroughly- adjust to your taste (more lime, or salt, or hot stuff!), and serve! Store in a jar in the fridge- but best eaten right away.

*\*a nice, slightly surprising addition: fresh pomegranate seeds!*

## Zippy Cilantro and Hemp Seed Marinade/Sauce

1 handful of cilantro, finely chopped, 2 tbsp whole hemp seeds, 2 small green onion roots trimmed off and cut into 4 parts, 1 jalapeno pepper chopped (seeds removed), 2 cloves of garlic minced, 2 tbsp hemp seed oil, 1-2 tbsp freshly squeezed lime juice, 1/2 tsp sea salt, 2 tbsp orange juice.

In a blender crush/pulse the hemp seeds. Place all of the ingredients in the blender and blend into a smooth sauce. Adjust to your taste. Place in the refrigerator for a few hours before using to set the flavours. Store in the fridge in a glass jar for up to 3 days. Spread over grilled steak, pork, chicken or fish, or use as a marinade for meats or vegetables.





## Hemp Pesto

2 cups packed basil leaves chopped, 3 cloves of garlic minced, 2/3 cup hemp seed oil, 1/3 cup Parmesan cheese (finely grated), 1/3 cup hemp hearts (roasted), 30ml Lemon or lime juice, Salt & pepper to taste

...and some good quality pasta of course!

- Toast the hemp hearts in a non-stick pan over medium heat, keeping them constantly moving so they don't burn. Do not add anything else to the pan, just heat the hemp hearts until golden brown.
- Remove from the heat, then transfer half of the toasted hearts into a blender, and the rest into a fresh bowl. Do not leave them in the pan, or they will burn.
- Add the basil leaves, garlic, hemp seed oil, lemon or lime juice, and half of the parmesan cheese to the blender. Blend for 2-3 minutes until well combined, scraping down the sides with a rubber spatula as needed.
- Remove from blender into glass bowl. Add the remaining Parmesan and hemp hearts a mix briefly together. Portion into jars, then drizzle a little extra hemp seed oil on top - a thin layer. Place in the fridge for up to 1 week.

Server over pasta, or with garlic toast, or with chicken or pork as a side dip.



### Bruchetta with a little twist

1/4 cup Organic Hemp Seed Oil, 1-2 fresh tomatoes, 1 – 2 cloves roast garlic, 3- 4 tbsp finely chopped fresh basil, 1 tbsp balsamic vinegar, fresh soft mozzarella bocconcini cut into 1/2 cm wide slices, salt & pepper, french bread- baguette- cut into slices 2 cm thick.

- Dice the tomatoes and add garlic, basil, salt and pepper in a bowl.
- Slice French bread and place on a baking sheet covered with parchment (baking) paper
- Pour 1/4 cup of Hemp Seed Oil into a shallow dish. Coat one side of French bread in Hemp Seed Oil using a pastry brush. Save remaining Hemp oil.
- Toast under the broiler for 2-3 minutes until slightly brown on top, then remove from broiler, spoon tomato mixture on top, and place back into the oven for 3-5 minutes.
- Add slices of Bocconcini mozzarella on top and a couple of leaves of fresh basil.
- Mix remaining Hemp oil with balsamic vinegar, drizzle drops of oil and vinegar on top of the bruchetta, add a sprinkle of freshly ground black pepper.

Serve immediately.

*\*added twist, add thin slices of Avacado on top of the tomato mixture, or pitted black olives... or dare I say it- crumbled crisp bacon?*



**My final note on creating delicious dishes with the added goodness of Hemp Seed Oil: pretty much any recipe that calls for Olive oil can be switched over to Hemp. Not so sure? Baby steps: take your regular recipe and add half Olive oil, and half Hemp seed oil.**



## HEMP SEED OIL ISN'T JUST FOR EATING!

Hemp Seed oil and all it's wonderful “goodness” is also great for your skin!! So here are a couple of recipes that are simple & easy to make, and will make your skin feel awesome.

### **Skin Conditioner**

50ml distilled water -or proper organic rose water (hydrosol)

20ml Apple cider vinegar(“ACV”-organic, like Braggs)

30ml Hemp Seed oil

Add up to 2% of essential oils- for a 100ml bottle, that equals 2ml TOTAL amount of essential oils. Have fun and create your own favorite scented healing skin conditioner

Pour ingredients into a 100ml spray bottle- shake well every few sprays to make sure the contents stay blended.

### **Mozzie Spray**

50ml distilled water

10ml ACV

20ml Hemp Seed oil

20ml Black Seed oil

add essential oils: 2ml/50 drops citronella, 1 ml/25 drops lavender, .5 ml/12 drops thyme, .5 ml/12 drops lemon eucalyptus

Pour ingredients in a clean 100ml spray bottle - shake well every few sprays to make sure the contents stay blended.



## *Hemp Seed Oil*

*Nature's most perfectly balanced oil*

- \* anti-aging properties
- \* repairs skin tissue & scarring
- \* reduces inflammation & itching
- \* soothes skin irritation, dermatitis
- \* increases blood circulation & healing
- \* omega 3 & 6, vit E & A, 9 essential amino acids





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### ***Gaea's Garden: 100% pure, organic, cold pressed Hemp Seed Oil!!***

We have sourced the highest grade of Pure Organic Hemp Seed oil in the European Union. The Hemp seeds used are fully certified organic, and the oil is very carefully cold pressed, using a system that makes sure that the temperature of the seeds and oil never reaches above 40C to insure that all the vitamins, minerals, fatty acids and proteins are fully intact.

For ease of shipping, our Hemp Seed Oil is packaged in 100ml & 250ml PET food grade plastic bottles: *We strongly suggest that you transfer your Hemp Seed Oil into a clean sterilized glass bottle or jar when you receive your order, and keep it stored in a cool, dark place.*

### **Our purest organic Hemp Seed Oil has been infused with C60 fullerenes! All of the incredible benefits of Hemp Seed Oil, with the amazing addition of C60 to take it to the next level!**

Our Process: 1 gram of 99.9% pure C60 fullerenes is added to 1 litre of pure organic Hemp Seed Oil, and placed on a magnetic spinner for 360 hours in a dark, dust free environment. The final mixture is then filtered through a 200 micron filter, and bottled immediately in glass bottles with a glass dropper.

Learn more about our Organic Oils and C60 Fullerenes by visiting our C60 Research page:

<https://gaeasgarden.com/c60>



Taking Skincare & Health to the Next Level