

HEMP CHOCOLATE SPREAD



4.5 from 6 reviews

Author: **Meghan Telpner** Total Time: **5 mins** Yield: 1 cup 1x



A simple blender spread that is rich in brain-fueling fats and tastes awesome!

INGREDIENTS

- 1/4 cup hemp seeds
- 1/3 cup raw cacao
- 1/4 cup ghee or coconut oil
- 2 tbsp honey
- pinch of sea salt

INSTRUCTIONS

1. Process all ingredients together until smooth. Add more sweetener as desired to taste.

Find it online: <https://www.culinarynutrition.com/hemp-chocolate-spread-recipe/>