

Lachlan on Hemp Seeds



If you're like me and no two days of the week look the same, introducing hemp seeds into your diet has the power to ground you, giving you nutritional stability ensuring you have the energy and sustenance to get everything done and not feel like a total zombie by the end of it.

When I'm not in dispatch packing up your goodies for delivery, I'm either getting my hands dirty in my veggie garden with my two very goofy greyhounds, or working at the recording studio. I spend a lot of time recording music and playing live shows around my weekday work.

I rarely have a moment to think about how to nourish myself. Hemp seeds take the stress away immediately, never staying too long in the pantry.

I like to start my work mornings with a decent sprinkle of hemp seeds (roughly two tablespoons) on my cereal, so if my day takes a detour I know that I've set myself up for success. And when I fill my greyhounds breakfast bowls .. interestingly enough, hemp seeds and greek yoghurt are part of their staple diet too!

On the weekends when I have a bit more wiggle room in the AM, I usually make a cowboy scramble where I cook hemp seeds, garlic and onion into eggs, along with anything else in the fridge that needs to be used up (no food waste is always the goal).

When I finish dispatch work for the day, I like to fit in a workout before heading to the studio. Hemp seeds feature in my smoothie as a vital source of protein for recovery and a late afternoon energy boost.

Here is my basic recipe which anyone can tailor to suit their needs, budget and taste buds!

I like to add;

- **Hemp seeds** (blended with purified water first to make creamy seed milk)
- **Banana** – full of potassium and great for muscles and digestion
- **Tigernut milk** – made with olive oil so extra good for you
- **Cinnamon** – great for gut & brain health
- **Turmeric** – Antioxidant & Anti-inflammatory
- **Moringa** – loaded with essential nutrients
- **Honey** – natural sweetener and locally sourced honey helps with allergies

I've been enjoying experimenting with our new organic, fermented range too. A heaped tablespoon of fermented protein powder and a teaspoon of fermented hemp seed sprinkle have been in the mix, to give my gut something to mull over.

This is also my emergency meal for those days when all you get is 20 minutes of exhale between the madness.

If you haven't tried these tasty morsels as yet ... I highly recommend them.... So do my goofy greyhounds.

Lachlan X Morris

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