




Ubuntu Wellness Clinic



Kickstart your Health
Hemp Recipe Book

churchofubuntu.org



"Let food be thy medicine
and
medicine be thy food"

Hippocrates

The Ubuntu Wellness Clinic

OPENING HOURS:

10.00am to 5.00pm

(Monday to Friday)

PHONE: 02 4926 1881

EMAIL: info@churchofubuntu.org

*For existing clients requiring to
place orders please email:
orders@churchofubuntu.org*

Hemp Honey

*Ask about our Hemp Honey or
Hemp Protein Bliss Balls to
enhance your healing
experience.*



Hemp Seeds

Hemp Seeds have exceptional nutritional value as they contain all nine essential amino acids and more usable protein per gram than almost all other food sources. **Hemp seeds are considered a complete protein source.**

They provide a perfect balance of omega-3 and omega-6 essential fatty acids, as well as vitamin E and minerals such as phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc.

Hemp seeds are rich in protein, fiber, amino acids. They have antioxidant effects and may reduce symptoms of numerous ailments, as well as improve the health of the heart, skin, and joints.

The human body needs 22 amino acids to function properly. Amino acids are used by the body to build protein. Hemp products contain all of the amino acids needed to help repair muscle cells, regulate the nervous system, and regulate brain function.

The body gets amino acids from food, typically from animal products like meat, milk, and eggs. This makes Hemp a great substitute for animal products, especially since your body cannot produce many of these acids by itself.

If you are not already an existing client at [Ubuntu Wellness Clinic](#) and you would like support to take your health back into your own hand simply follow the link to our [intake form](#) and our staff will call you to arrange a consultation.



HEMP SEEDS



HIGH FIBER
OMEGA'S
VITAMIN E
PHOSPHOROUS
MAGNESIUM
ANTIOXIDANTS
POTASSIUM
COMPLETE PROTEIN
MANGANESE
ANTI-INFLAMMATORY

HEMP, THE MOST NUTRITIONALLY COMPLETE
FOOD SOURCE IN THE WORLD.

Per gram, Hemp has

**MORE DIGESTABLE
PROTEIN THAN SOY**



**MORE DIGESTABLE
OMEGA'S THAN FLAX**



**MORE DIGESTABLE
FIBER THAN KALE**



Highs

CALCIUM

IRON

AMINO ACIDS

FATTY ACIDS

VITAMIN A

ENZYMES

Lows

SATURATED
FAT

CHOLESTEROL

CARBS

What is it good for?

**BRAIN
FUNCTION**

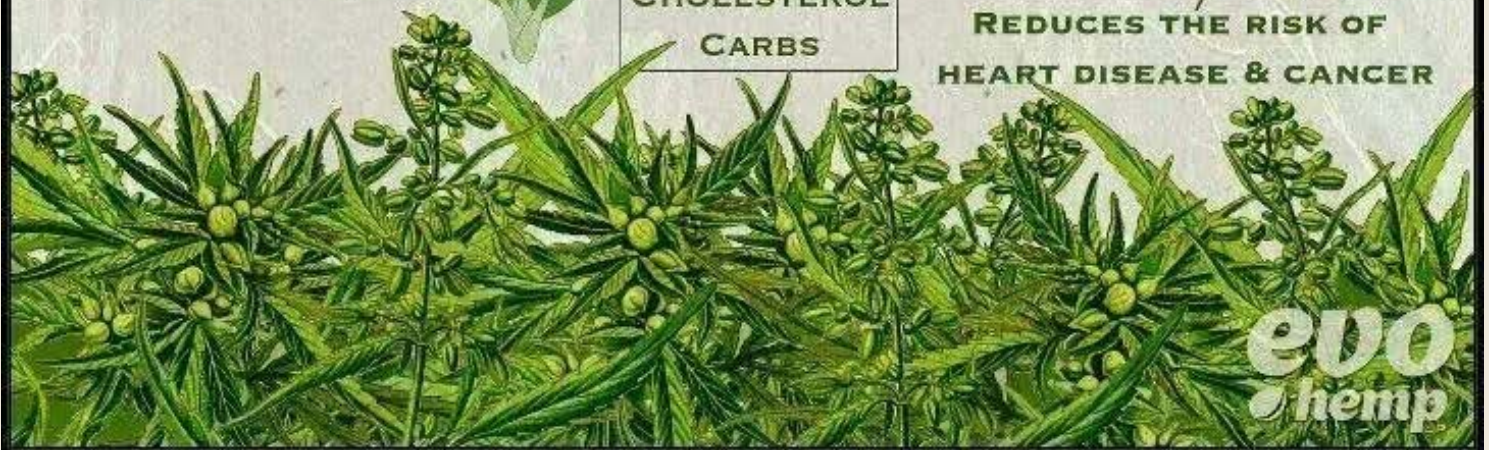
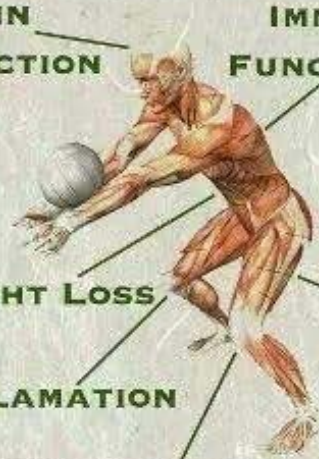
**IMMUNE
FUNCTION**

WEIGHT LOSS

SKIN

INFLAMMATION

**REDUCES THE RISK OF
HEART DISEASE & CANCER**



**evo
hemp**

Hemp Seed and Oil Recipes

The simplest way to introduce hemp seeds into your diet is to have them daily in a smoothie, salad/vegetable dressing, sprinkle them on top of your meals upon serving or add them to your favorite recipes. Eg: add 1/2 a cup of Hemp Seeds to your bliss ball recipes.

Taken regularly, and in adequate quantities, hemp seeds can replace many expensive supplements.

Daily recommendations for Children aged 2-9 years old is 15-30g/day. Teens 30-50g/day. Adults 50-75g/day and Elite Athletes as much as 140g/day.

Why Choose Hemp?

1. Hemp is a great source of PROTEIN!

2. Hemp aids in the production of vital enzymes!

3. Approximately 2/3 of Hemp Protein is made up of Edestin aiding in DNA repair!

4. The other 1/3 is ALUBMIN, a protein found in EGG WHITES!

5. Aids in repair and growth of LEAN body mass.

6. Hemp adds an "optimal balance" of essential fatty acids in your diet. which help to prevent heart disease, Diabetes, and Dementia!

7. Hemp seeds are non-GMO!

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Hemp Milk

Combine 2 tablespoons of hemp seeds with $\frac{3}{4}$ cups of good quality water or coconut water, add a couple dates if you prefer to sweeten it. Blend to make fluffy white milk.

Add to tea, smoothies or any recipe as a milk substitute.

Hemp Milk Smoothie

1 cup of hemp milk, 1 organic banana (preferably frozen) 1 tsp cinnamon, and $\frac{1}{2}$ tbsp honey (or create your own using any kind of fruit). Blend until smooth.

Serve with Ubuntu Protein Bliss Balls to enhance wellbeing.





Golden Milk

1 cup of hemp milk, 1 organic banana (preferably frozen,) 1/2 tbsp organic local honey, 1/2 tsp turmeric, 6 peppercorns and 1 tsp flaxseed. Blend until smooth.



Detox Smoothie

Use 1 cup chilled coconut water, 1 ripe pear, 2 tbsp hemp seeds, 1 tsp spirulina powder, a thumb-sized piece of fresh ginger, and 2 large handfuls of spinach or kale.

Blend coconut water and hemp seeds. Then add pear, spirulina powder, ginger, and leafy greens and blend again. Blend until smooth.



Caesar Salad

Salad: Mix kale (or other hardy green; rocket, chard, baby spinach) with dressing and add raw hemp seeds, lemon zest to taste.

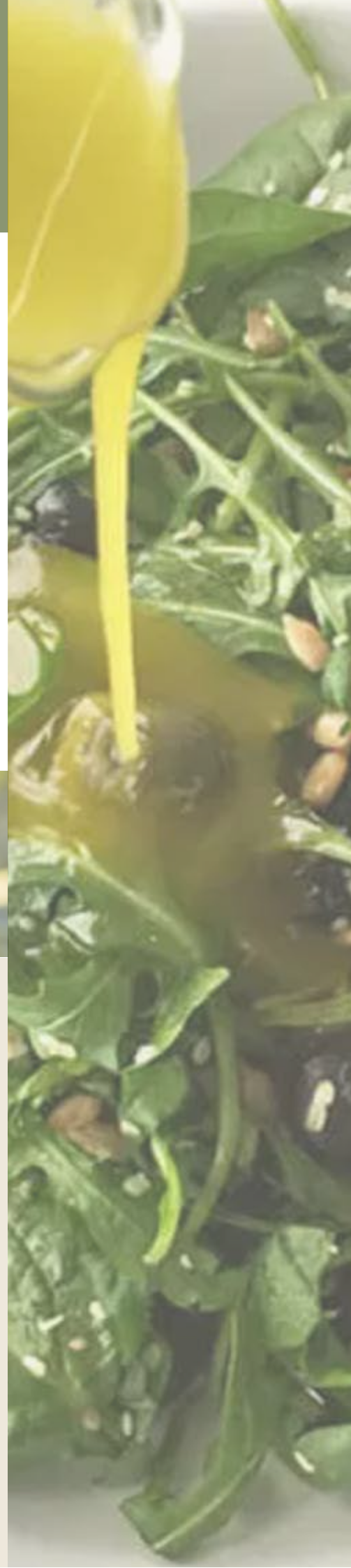
Serve raw or lightly steamed.

Dressing: ½ cup raw cashew nuts (soaked overnight) add 2 tbsp olive oil, 2 tbsp flaxseed oil (or more olive oil), 2 tbsp hemp seeds, juice from 1 lemon, 2 tbsp Dijon mustard, 1 garlic clove, ⅛ tsp salt, ⅛ tsp pepper, 2-3 tbsp water to thin. Blitz in blender or food processor until thin and smooth.

Salad Dressing

2 tbsp hemp seeds, 30mls flaxseed or olive oil, 1 cloves of garlic, juice of 1 lemon, blend and serve on salads or steamed vegetables.

Alternatively you can add hemp seeds to any of your favorite salad dressing recipes.





Garlic Hemp Oil Salad Dressing

¼ cup COU hemp seed oil
¼ cup white wine vinegar
4 cloves garlic - chopped/minced
⅛ tsp pepper

1 Whisk all ingredients together until fully incorporated.

2 Let sit for an hour so the flavor of the garlic comes through.

3 Shake well and drizzle onto a salad.

Ubuntu Dressing

1 tbsp Ubuntu Hemp Seed Oil
1 tbsp Peanut Butter
1 tsp Lemon Juice
1/4 tsp Salt

Whisk together all ingredients until evenly and well blended.

Vinaigrette Salad Dressing

3 tbsp hemp oil
1 tsp lemon juice
1 tbsp balsamic vinegar
1 tbsp Dijon mustard
2 cloves garlic, crushed/minced
Salt/freshly ground pepper, to taste

Whisk together all ingredients until evenly well blended.



Gravy

½ cup of water, 3 tbsp lemon juice, 2 tbsp miso, ⅓ cup hempseeds, 1tsp chopped ginger, 2 tbsp tahini, 2 tbsp olive oil.
Blend until smooth and creamy.



1 cup chickpeas
1.5 tbsp hemp oil
2 tsp sesame oil or tahini
1 large clove fresh garlic
Salt to taste

Hemp Hommus Dip

1. Blend together chickpeas, hemp oil, and sesame oil/tahini until smooth.

2. Blend together and add garlic and salt.

3. Use as a sandwich spread, in a wrap, as a dip for veggies, in a pita, in place of condiments on burgers, etc!

4. Store in the fridge.



Hemp & Rosemary Crackers

1 cup Ubuntu Hemp Seeds
 1/2 cup sesame seeds
 2 tbsp flax seeds
 1 tbsp chai seeds
 2 tbsp finely chopped fresh rosemary
 1 tsp garlic powder
 1 tsp salt
 1 ¼ cups warm water
 1 tbsp Ubuntu Hemp Seed Oil

1 Combine all ingredients. Let stand until water is absorbed (about 15min).

2 Line a baking tray with non-stick baking paper and spread the seed mixture out thinly.

3 Bake at 150C for about 45 min or until golden.

Pumpkin Hemp Pesto

Serves 8

4 packed cups of fresh basil, ½ cup pumpkin seeds, ½ cup hemp seeds, ¼ cup olive oil, 1 large garlic clove, 2 tsp lemon juice, ¼ tsp rock salt. Blend ingredients (except the basil) together in food processor until smooth. Keep the processor running and gradually add the basil leaves to the mix. Combine well. Serve with absolutely everything! Store in fridge.



Sugar Free Whole Orange & Hemp Cake



2 whole oranges
3 eggs
1/2 cup honey or maple syrup
1 tsp vanilla extract
1/4 cup Ubuntu Hemp Seeds
2 cups almond meal
1 tsp baking powder
1 tbs Ubuntu Hemp Seed Oil



Enjoy with a cup of tea!

1. Boil the oranges whole for around 1 hour (this is worth it as it takes away a lot of the bitterness of the skin)
2. Once cooled, process the oranges until smooth.
3. Add the eggs, honey or maple syrup, vanilla and oil. Mix to combine.
4. Whisk the baking powder through the almond meal and add the hemp seeds.
5. Add the dry ingredients to the orange mixture and stir to combine.
6. Pour into a cake loaf tin or 20cm round cake tin.
7. Bake at 160C for around 40 mins or until a skewer comes out clean.
8. Once cooled, top with caramelised oranges, or orange slices, fresh coconut yoghurt and a sprinkle of hemp seeds.

Chocolate Shell Overnight Oats

50g porridge oats
1/2 ripe organic banana
(mashed)
1 tbsp maple syrup
95ml Hemp Seed Milk
15g melted dark pana
hazelnut chocolate
1 tsp Hemp Oil
1/2 tsp Hemp Seeds



1 In a bowl combine the oats , mashed banana, maple syrup and Hemp Seed Milk.

2 Transfer to a glass observing bowl of choice and then place in the fridge overnight or for a minimum of 2 hours.

3 When ready to serve combine the melted chocolate with oil and drizzle it over the top of the oats. Carefully tilt the bowl so the chocolate covers the entire surface.

4 Place the oats into the freezer for 5 minutes to allow the chocolate shell to set.

5 Decorate with some hemp seeds, crack the shell and enjoy the oats.

Brownies

2 cups soft pitted dates
1 cup hemp seeds
1 cup raw walnuts
1/3 cup cocoa powder
1/2 tsp sea salt (to taste)

1 Add all ingredients to a food processor and mix until it forms a sticky dough.

2 Press the dough into a 7 to 8 inch square baking pan lined with parchment.

3 Place in the freezer for a couple hours to firm.

4 Lift out of the pan and cut into 16 squares and store in the fridge or freezer.



Hemp Oil

Nutrient-dense Hemp Seed Oil has essential fatty acids Omega 3 and Omega 6 in the perfect 3:1 ratio.

It contains magnesium, zinc, iron, and free-radical fighting antioxidants to help reduce inflammation, lower cholesterol, and stabilise blood sugar levels naturally. Take 1 tablespoon daily for health maintenance, use in salad dressings or apply topically as a skin moisturiser, lubricant or balm.

We look forward to
supporting you on your
journey to better health
and wellbeing.



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Order all your hemp
products online at:

www.churchofubuntu.org.au/shop