



The Galaxy Global Eatery Hemp Cookbook: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, and Flour

Denis Cicero

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Hemp has been used for decades for clothing, rope, and plastics, but it also has serious food value. As hemp becomes more accessible, and public awareness of its health benefits grows, demand for the inexpensive plant in its variety of culinary forms—as flour, oil, and seeds—is expected to increase. At the forefront of this trend is Denis Cicero, owner of one of New York's trendiest restaurants. Hemp, which tastes like a cross between a hazelnut and a walnut, is incorporated into every recipe in this cookbook. Hemp waffles, a fusilli salad made with hemp seed oil, and even a scrumptious chocolate banana dessert, all based on the restaurant's menu, are only a few of the innovative, nutritious, and socially responsible recipes featured. Also included is a list of sources where readers can buy hemp products for cooking.

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