



Hemp Dessert 9 Chocolate (for gas) with Sunflower Lecithin

INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Hemp cream (70%)	36.09	5.25	58.19
1	Hemp protein isolate (85%)	3.49	0.51	5.63
1	Water	325.97	47.38	525.62
2	Pectin	3.49	0.51	5.63
2	Sugar (caster)	17.46	2.54	28.16
2	Guar gum	1.41	0.21	2.28
2	Xanthan gum	1.41	0.21	2.28
2	Sunflower lecithin	1.41	0.21	2.28
3	Dark chocolate (85%)	36.79	5.35	59.32
3	Hemp milk	260.47	37.86	420.00
	TOTAL	688.00	100.00	1109.39

Suitable For

- Vegan diet
- Vegetarian diet
- Gluten intolerant
- Halal diet

Other Benefits

- From sustainable source
- Gluten free
- Nut free
- Soya free

Potential Health Claims

- Protein
- PUFA's

Method

1. Heat all stage 1 ingredients, hemp cream, hemp protein isolate and water above 85 °C and hold for an appropriate amount of time.
2. Combine sugar and other stage 2 ingredients (pectin, sunflower lecithin, guar gum and xanthan gum). Add these ingredients to the mix while continuously stirring under heat.
3. Add the hemp milk and dark chocolate to the mix and melt it thoroughly.
4. Chill over night and whip after a minimum of 12 hours.
5. Whip via planetary mixer or injecting nitrous oxide.