**Hemp Tabbouleh**

**Ingredients:**

1 cup Hemp seeds or hearts

2-3 Tomatoes, cubed

1-2 Cucumbers, chopped

¼ cup Parsley, minced

1-2 tablespoons Mint, minced (dried or fresh)

Lemon juice and salt, to taste

**Directions:**

Mix all of the ingredients in a large bowl, adding lemon juice and salt last.