

This Formulation Contains:

- * Organic Hulled Hemp Seeds
- * Organic Buckwheat Groats
- * Organic Cornmeal
- * Tapioca
- * Cinnamon
- * Nutmeg
- * Ginger
- * Cardamon

Instructions:

Mix contents of package well to evenly distribute all ingredients before measuring.

Serving Size	Water	A.GO.GO	Yield
2	1 cup	1/3 cup	1 cup
4	2 cups	3/4 cup	2 cups
6	4 cups	1 1/2 cups	4 cups

Directions:

Bring water to a boil. Once boiling turn down heat a simmer and while stirring add measured amount of Hemp A.GO.GO dry ingredients. Simmer on low for 15 - 20 minutes stirring regularly to prevent sticking.

Remove from heat and let stand for 5 minutes.

Serve hot, warm or cold as is or with your choice of sweetner, the hemp milk, nut milk, milk or cream of your choice.

Enjoy!