

Easy ways to enjoy Hempseeds for protein!

Shelled Hemp seeds (Hemp nuts): This superfood inner "nut meat" of the Industrial Hemp seed is **33% protein** by volume. Three tablespoons has 11 g protein, good omega fats, and minerals that fortify our immune system. On a big salad they rock as primary protein source. On cereal/waffles/oatmeal for they're ideal for breakfast because the protein is easy to digest. That's a good thing in the morning, to not shock our system with something heavy (and harder to digest). Energy efficient digestion saves our body energy to use for other purposes! Add shelled Hempseed to smoothies, or anywhere really, because they are so small. The nutty flavor is mild so it won't disrupt other tastes you're going for and usually compliments flavors! Pan toasting them can be wonderful (like in potato salad) but damages the good omega oils. **Keep refrigerated. \$9/lb from Plant Kingdom, or find at your healthier food stores and vitamins websites like Vitacost or Amazon!**

Hemp protein powder is great in smoothies so try instead of Whey or Soy!

Toasted whole Hemp seeds are a snappy crunchy sensation that knock out hunger! They're 23% protein by volume and cheaper than other Hemp foods (\$7.50/lb salted or \$6/lb unsalted through plantkingdombakery.com). They're great alone or add crunch to salsa or hummus. Many people love them on salads.

Astoundingly Impressive array of Recipes: www.manitobaharvest.com/recipes & suzieqhempfood.com. Post yours to **"plant kingdom" on Facebook!**

Abundant Youtube videos detail making delicious creations with Hemp seed.

Is this Sounding doable to you? Because IT IS! Jeremy Koosed, creator of Plant Kingdom's Hemp seed snacks and Ohio Rights Group Sponsor can testify: "The seeds have been a strengthening and satisfying part of a my vegetarian/vegan diet since 2000. But they are definitely for everyone, whatever other protein sources you like, because it's just a super functional food for light meals and sustained energy!" Hemp happens to be perfectly aligned with our nutritional needs and could be so abundant and cheap. At a time when we really need sustainable/renewable resources and cleaner/healthier foods to reduce public health threats, Hemp presents a solution. We invite you to find out what we mean. Take the initiative to see how you feel with Hemp as a proportion of protein in your diet. Afterall, it's the 2nd highest protein-dense plant food after soy! It's extremely likely that Hemp seeds will agree with you, as they do for the many happy-snackers who give Plant Kingdom positive feedback on our Energy bars.

So do yourself and our great nation a favor - enjoy the Hempseeds! It will also mean a lot to family farmers!

Best wishes, ORG & Plant Kingdom.

Plant Kingdom
SNACKERY & BAKERY

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