



HEMP HEARTS



Hemp Hearts are soft seeds that have a slightly nutty taste, similar to sunflower seeds or pine nuts. At 10 grams of protein per 30-gram serving, they contain twice the amount of protein compared to flax or chia, and they're lower in carbohydrates.

Hemp Hearts also contain a broader spectrum of omegas including the rare GLA. Plus they're so tasty, you can sprinkle them on your favourite dishes or eat them straight from the bag, no grinding required!

Shelling the hemp seed produces the most nutritious and tender part of the seed, the heart. Hemp Hearts taste great, are easy to use, and nutritious too! There's no need to grind or cook Hemp Hearts, they're ready to eat straight from the bag and are simple to incorporate into your diet. Try sprinkling them on salads, cereal, or yogurt or blend them into smoothies. The only limit is your imagination.

Hemp Hearts may look little, but they contain 10 grams of plant-based protein and 10 grams of omega-3 and omega-6 per 30-gram serving (more than a comparable serving of flax or chia).

COMPARISON CHART:



Hemp Hearts

Protein

10 g

Omegas

10 g

GLA

450 mg

SDA

150 mg

Carbs

3 g



Flax *

Protein

5 g

Omegas

9 g

GLA

0 mg

SDA

0 mg

Carbs

9 g



Chia *

Protein

5 g

Omegas

7 g

GLA

0 mg

SDA

0 mg

Carbs

13 g