

5 Ways to Use Hemp Seeds & Hemp Oil

Manitoba Harvest Dietitian Kit

1

Sprinkle on salads & side dishes

Hemp seeds can be added to salads, popcorn, yogurt, avocado toast, eggs, roasted veggies, rice, chicken, fish and more. Simply sprinkle on a tablespoon or two to add more protein to things that would normally be low or lacking in protein. It's a great way for vegans and vegetarians to make sure they're getting the recommended amount of protein. Instantly transform a dish that offered little to no protein to one that will help satisfy your hunger and keep you fuller for longer. Using hemp seeds as a crunchy coating for chicken and fish is a high-nutrient, and gluten-free swap to marinades and bread-based coatings.

2

Add to baked goods, bites, and burgers

Take baked goods up a nutritional notch by adding hemp seeds to things like cookies, breads, pancakes, muffins, yogurt bowls, and oatmeal. You won't even know they're there and you can feel good knowing your delicious treat also has more protein, healthy fat, and iron than its regular counterpart.

3

Blend into drinks and dressings

Smoothies, dressing and hemp seed milk are all by-products of adding hemp seeds to your blender creations. Supercharge smoothies by incorporating a serving of hemp seeds along with greens, fruit, and your milk of choice. Better yet, make your own hemp seed milk by combining hemp seeds, water and dates in a blender.

4

Stir into soups & sauces

Sneak more nutrition into things like soups, dips, casseroles, pasta sauce, pesto and more by adding hemp seeds! They enhance the taste in a fun and nutritious way that complements the texture—bonus is that once mixed in it's hard to notice that they are there.

5

Drizzle hemp oil

Add nutty flavor and depth to any meal by using hemp oil as a finishing oil for pastas, grain bowls, salads or popcorn. Remember, hemp oil is heat sensitive so it's not ideal to use for sautéing or frying!

