



HEMP & HEALTH

HOW EATING HEMP CAN SUPPORT YOUR HEALTH!

PLANT-BASED PROTEIN

HEMP PROTEIN IS ARGUABLY THE BEST PLANT-BASED PROTEIN WITH 20 AMINO ACIDS, INCLUDING THE NINE ESSENTIAL AMINO ACIDS THAT YOUR BODY IS UNABLE TO PRODUCE ON ITS OWN AND MUST OBTAIN FROM DIETARY SOURCES.

HEMP GREEN SMOOTHIE

ADD 1 FROZEN BANANA, 1 CUP OF SPINACH, 1 TBSP OF HEMP PROTEIN POWDER, 1 TBSP OF HEMP SEEDS, 1 TBSP OF VIRGIN COCONUT OIL, 1 CUP OF WATER AND 3 ICE CUBES TO A BLENDER AND BLEND UNTIL SMOOTH. ENJOY!



FATTY ACIDS

HEMP IS A GREAT SOURCE OF ESSENTIAL FATTY ACIDS. IT PROVIDES A BALANCED 3:1 RATIO OF OMEGA-6 TO OMEGA-3 FATTY ACIDS, WHICH IS KNOWN TO BE HELPFUL FOR LOWERING THE “BAD” CHOLESTEROL AND REDUCING INFLAMMATION IN THE BODY.

CREAMY HEMP AVOCADO SAUCE

BLEND 1/2 CUP OF HEMP SEEDS AND 1/2 CUP OF RAW CASHEWS UNTIL FINE. ADD 2 LARGE RIPE AVOCADOS, 1/2 TSP OF SEA SALT, 1 HANDFUL OF CILANTRO 4-5 MINT LEAVES AND THE JUICE OF 1 LIME AND BLEND UNTIL SMOOTH. GREAT ON TOAST, CRACKERS, OR WITH MEXICAN DISHES!



HEMP EXTRACT AND CANNABIDIOL (CBD) OIL

CBD, OR CANNABIDIOL, IS ONLY ONE OF OVER 80+ CANNABINOIDS THAT CAN BE EXTRACTED FROM HEMP. AN INCREASING BODY OF RESEARCH SHOWS THAT THESE COMPOUNDS CAN PROVIDE AN A WIDE ARRAY OF NATURAL HEALTH BENEFITS. BY INTERACTING WITH THE ENDOCANNABINOID RECEPTORS IN THE HUMAN BODY, THEY CAN HELP RELIEVE SEVERAL MEDICAL ISSUES SUCH AS STRESS, FEAR, ANXIETY, AND DIGESTIVE ISSUES.

ENERGIZING CBD CHOCOLATE LATTE

ADD 1 CUP OF PLANT-BASED MILK, 1 TBSP OF RAW CACAO POWDER, 1 TBSP OF MAPLE SYRUP, 1 TSP OF VANILLA EXTRACT, A PINCH OF SEA SALT, A PINCH OF CINNAMON AND CARDAMOM TO A SMALL POT. BRING TO A SIMMER OVER MEDIUM HEAT, WHISKING TO BREAK ANY CLUMPS. REMOVE FROM HEAT AND WHISK IN 1 DROPPERFUL OF CBD OIL. POUR INTO A MUG OVER ICE. ENJOY!



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