

# Organic Hemp Seeds

Country of Origin: Canada

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>6 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 2 g	<b>1 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	25 %

## Factoid:

Hemp seeds are rich in essential fatty acids, dietary fibre, vitamins, and provide a complete source of protein. The seeds' valuable oil is used for medicinal, cosmetic, and culinary purposes.

## Ingredients:

Organic hemp seeds.



**Recipe:**

**left coast  
ORGANICS**

# Hemp Seed and Date Pasta

## Ingredients:

1/2 C hemp seeds  
1/3 C hemp seed oil  
1/2 C pitted California dates, chopped  
8 C spinach leaves  
1 C feta cheese  
2 Tbl lemon juice  
1/8 tsp black pepper  
1/2 lb Fettuccine noodles

## Instructions:

1. Wash and dry spinach leaves. Chop finely.
2. Toss dates and spinach with hemp seeds, hemp seed oil, feta cheese, lemon juice and black pepper.
3. Cook Fettuccine noodles in boiling water until they are a desired tenderness and texture.
4. Drain noodles and toss with the spinach mixture. Serves three.

