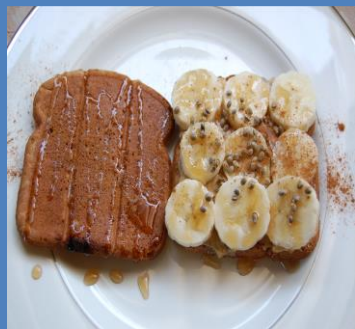


Boost Nutrient Content with Hemp Seeds

Hemp foods are rich in protein and have all 10 essential amino acids.

They also contain omega-3, omega-6, stearidonic acid (SDA), and the rare omega-6 Gamma Linolenic Acid (GLA). What's so great about GLA? Well, GLA has been shown to help with cholesterol, inflammation, skin and hair health, balancing hormones, and general heart health. Plus if that wasn't enough, hemp foods also contain magnesium, fiber, iron, zinc, and phosphorous.



Peanut Butter Banana Hemp Seed & Honey Toast

Ingredients:

- 1 Slice %100 whole wheat bread or bread of choice
- 2 Tbs Peanut Butter
- 6 Slices, Banana
- 1 Tbs Honey
- 1 tsp Hemp Seeds

Directions:

1. Place bread of choice in toaster to desired toast level.
2. Once toast is done immediately spread peanut butter on one side of your toast. The hot toast will melt the peanut butter slightly.
3. Add banana slices.
4. Drizzle with honey.
5. Sprinkle on the hemp seeds.
6. Enjoy immediately.

Nutrition Facts:

253 calories, 9g fat, 2 g Saturated fat, 38g Carb, 5 g fiber, 9g Protein

