

Organic Hemp Hearts



Product Variations & Prices:

Variation	Price
Green Skin: Green Skin <5%	\$8.00 \$7.20
Green Skin: Green Skin 5-10%	\$7.90 \$7.00
Green Skin: Green Skin 10-15%	\$7.60 \$6.80
Green Skin: Green Skin 15-20%	\$7.30 \$6.50

What are Organic Hemp Hearts?

Organic Hemp Seed Hearts are carefully processed to remove the outer shell, leaving behind the soft, creamy, and nutrient-dense inner kernel. These little powerhouses are a complete plant-based protein, containing all nine essential amino acids, as well as a balanced ratio of Omega-6 and Omega-3 fatty acids. We offer four distinct grades of our **Organic Hemp Seed Hearts**, categorized by the percentage of remaining green skin, allowing you to select the product that best suits your taste and visual preferences.

Specifications

Attribute	<5% Green Skin	5-10% Green Skin	10-15% Green Skin	15-20% Green Skin
Green Coverage	<5%	5-10%	10-15%	15-20%
Particle Size (Diameter)	Fine	Fine	Fine	Fine
Color	Creamy White to Light Beige	Creamy White to Light Beige	Creamy White to Light Beige	Creamy White to Light Beige
Moisture Content	Low (<6%)	Low (<6%)	Low (<6%)	Low (<6%)
Protein Content	33% ± 2%	33% ± 2%	33% ± 2%	33% ± 2%
Fat Content	35% ± 2%	35% ± 2%	35% ± 2%	35% ± 2%
Shelf Life	12 months	12 months	12 months	12 months

Attribute	<5% Green Skin	5-10% Green Skin	10-15% Green Skin	15-20% Green Skin
Packaging Options	- Standard: 5kg, 20kg, 25kg bags (food-grade) - Bulk and customized packaging available	Same as left	Same as left	Same as left
Certifications	EU Organic, USDA Organic, Kosher, BRC	Same as left	Same as left	Same as left

Key Features

- **Complete Plant-Based Protein:** Provides all nine essential amino acids necessary for muscle building and repair.
- **Rich in Essential Fatty Acids:** Contains an ideal 3:1 ratio of Omega-6 to Omega-3, supporting heart health and reducing inflammation.
- **High in Dietary Fiber:** Promotes digestive health, aids in maintaining stable blood sugar levels, and increases satiety (in grades with higher green skin).
- **Excellent Source of Magnesium:** Essential for muscle and nerve function, blood sugar control, and blood pressure regulation.
- **Good Source of Iron:** Important for oxygen transport and energy production.
- **Versatile and Easy to Use:** Can be eaten raw, sprinkled on food, or incorporated into various recipes without cooking.
- **Sustainable and Organic:** Sourced from organically grown hemp, ensuring a product that is both nutritious and environmentally friendly.

Application

Our **Organic Hemp Seed Hearts** are incredibly versatile and can be easily incorporated into your daily meals and snacks:

- **Eat Straight from the Bag:** Enjoy as a quick and nutritious snack.
- **Sprinkle on:** Top yogurt, oatmeal, cereal, salads, and soups for added protein and nutrients.
- **Blend into Smoothies:** Enhance the protein and healthy fat content of your shakes.
- **Baking:** Add to muffins, breads, cookies, and energy bars for a nutritional boost and subtle texture.
- **Make Hemp Milk:** Blend with water for a creamy, dairy-free milk alternative.
- **Incorporate into Meals:** Add to pasta dishes, stir-fries, and grain bowls.

Why Choose Our Organic Hemp Seed Hearts?

When you choose our **Organic Hemp Seed Hearts**, you're opting for a premium, nutrient-dense superfood with numerous benefits:

- **Organic and Non-GMO:** Our hemp seeds are grown under strict organic standards, ensuring a pure and natural product.
- **Variety of Grades:** We offer four distinct grades based on green skin content, allowing you to choose the product that best aligns with your taste, texture preferences, and budget.
- **Exceptional Nutritional Profile:** Our **Organic Hemp Seed Hearts** are packed with complete protein, essential fatty acids, fiber, and vital minerals.
- **Convenient and Versatile:** Easily incorporate into your daily routine without any cooking required.
- **Sustainable Choice:** Hemp is a sustainable crop, requiring minimal water and pesticides, making it an environmentally friendly food choice.
- **Quality and Freshness:** We are committed to providing fresh and high-quality **Organic Hemp Seed Hearts**.

FAQs

Q: What is the "green skin" on hemp seed hearts?

A: The "green skin" is the thin, outer layer of the hemp seed that sometimes remains after the hulling process. It contains fiber and contributes to a more pronounced, slightly bitter, and "earthy" flavor.

Q: Are Organic Hemp Seed Hearts a complete protein?

A: Yes, **Organic Hemp Seed Hearts** are a complete protein source, containing all nine essential amino acids that the human body cannot produce on its own.

Q: How should I store Organic Hemp Seed Hearts?

A: To maintain freshness, store your **Organic Hemp Seed Hearts** in an airtight container in a cool, dry place. Refrigeration after opening can help extend their shelf life.

Q: What are the nutritional differences between the different green skin percentages?

A: The primary difference lies in the fiber content and flavor. Higher green skin percentages mean more fiber and a more pronounced, slightly bitter, natural hemp flavor. The core protein and essential fatty acid content remain largely consistent across the grades.

Q: Can people with nut allergies consume Organic Hemp Seed Hearts?

A: Yes, hemp seeds are technically seeds, not nuts. They are generally safe for people with nut allergies. However, if you have severe allergies, it's always best to consult with your allergist before trying new foods.

Packing

