

## Organic Pumpkin Seed Protein Powder



**Price:** ~~\$6.00~~ **\$5.60**

### What is Organic Pumpkin Seed Protein Powder?

**Organic Pumpkin Seed Protein Powder** is a premium, minimally processed protein derived from de-oiled organic pumpkin seeds. It's renowned for its impressive nutritional content, offering a complete amino acid profile, a wealth of vital minerals (especially magnesium, zinc, and iron), and beneficial antioxidants. With a distinct yet mild, earthy flavor, this protein powder is a versatile addition to a wide array of recipes, providing a significant protein boost without compromising taste.

### Specifications

Parameter	Details
Source	Organic pumpkin seeds ( <i>Cucurbita pepo</i> )
Processing	Cold-pressed, defatted, spray-dried

Parameter	Details
Protein Content	≥60% (dry basis)
Fat Content	8-12% (rich in linoleic acid)
Dietary Fiber	10-15%
Moisture	≤7%
Particle Size	80-120 mesh (adjustable to 200 mesh)
Solubility	Water-dispersible (shakes well)
Packaging	1kg/5kg resealable bags, 25kg bulk
Shelf Life	18 months (cool, dry storage)

## Key Features

- **Complete Plant-Based Protein:** Contains all nine essential amino acids crucial for muscle repair, growth, and various bodily functions.
- **Exceptionally Rich in Magnesium:** A vital mineral supporting muscle and nerve function, energy production, and bone health.
- **High in Zinc:** Essential for immune function, wound healing, and cell growth.
- **Good Source of Iron:** Contributes to oxygen transport and energy metabolism.
- **Abundant in Antioxidants:** Helps protect cells from oxidative stress and supports overall health.
- **High in Dietary Fiber:** Promotes digestive regularity, supports gut health, and contributes to satiety.
- **Easily Digestible:** Known for being gentle on the stomach, reducing potential for bloating or discomfort.
- **Natural & Organic:** Sourced from organically grown pumpkin seeds, ensuring purity and environmental responsibility.
- **Versatile Flavor:** Its mild, earthy taste makes it adaptable to both sweet and savory applications.

## Application

**Organic Pumpkin Seed Protein Powder** can be seamlessly integrated into your daily meals and snacks, adding a powerful nutritional punch:

- **Smoothies & Shakes:** Blend into your favorite fruit, vegetable, or green smoothies for a significant protein boost and a hint of earthy flavor.
- **Baking:** Incorporate into recipes for muffins, bread, cookies, and energy bars to increase their protein and mineral content.
- **Oatmeal & Cereals:** Stir into your morning oatmeal, granola, or cold cereal for sustained energy and added nutrients.
- **Savory Dishes:** Mix into soups, stews, sauces, dips (like hummus or guacamole), or even homemade veggie burgers for a nutritional upgrade.
- **Dressings & Sauces:** Use as a natural thickener and protein enhancer for salad dressings or savory sauces.
- **Protein Bars & Bites:** A fantastic ingredient for homemade protein bars and energy bites, offering both nutrition and a pleasant texture.

## Why Choose Our Organic Pumpkin Seed Protein Powder?

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Choosing our **Organic Pumpkin Seed Protein Powder** means investing in a high-quality, nutrient-dense supplement that supports your health goals:

- **Premium Organic Sourcing:** We use only the finest organic pumpkin seeds, ensuring a pure product free from synthetic pesticides, herbicides, and GMOs.
- **Optimal Nutrient Preservation:** Our cold-pressed method ensures that the delicate proteins, minerals, and beneficial compounds of the pumpkin seeds are retained.
- **Exceptional Mineral Profile:** Stand out with its impressive levels of magnesium, zinc, and iron, crucial for countless bodily functions.
- **Digestive Comfort:** Gentle on the stomach, making it a preferred choice for those who experience digestive upset with other protein sources.
- **Versatility in Flavor:** Its unique yet subtle flavor profile broadens its usability across a range of culinary applications.
- **Sustainable & Conscious Choice:** By opting for organic, you support environmentally friendly farming practices that are good for you and the planet.

## FAQs

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**Q: Is Organic Pumpkin Seed Protein Powder a complete protein?**

A: Yes, **Organic Pumpkin Seed Protein Powder** is considered a complete protein, containing all nine essential amino acids required by the human body.

**Q: What gives Organic Pumpkin Seed Protein Powder its green color?**

A: The characteristic light green color comes from naturally occurring chlorophyll found in pumpkin seeds.

**Q: Does Organic Pumpkin Seed Protein Powder contain common allergens?**

A: **Organic Pumpkin Seed Protein Powder** is naturally free from common allergens like dairy, soy, gluten, and nuts. It's an excellent alternative for those with sensitivities to other protein sources.

**Q: How should I store Organic Pumpkin Seed Protein Powder?**

A: For optimal freshness and to preserve its nutritional integrity, store your **Organic Pumpkin Seed Protein Powder** in a cool, dry place, away from direct sunlight. Ensure the package is tightly sealed after each use.

**Q: Can I use this protein powder in savory dishes?**

A: Absolutely! Its mild, earthy, and slightly nutty flavor profile makes **Organic Pumpkin Seed Protein Powder** particularly well-suited for savory applications like soups, sauces, dips, and even as a flour substitute in certain recipes.

**Packing**

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Want to learn more about this product or have any questions?

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