

Eat with the SEEDsons

Manitoba Harvest Dietitian Kit



Spring

“Spring” into a new routine with these simple recipes that are a great way to add extra nutrition to weekly meals. Hemp seeds go way beyond the yogurt bowl with these creative ways to use them:

Hemp Crusted Salmon

Link to recipe: <https://manitobaharvest.com/recipes/hemp-crusted-salmon/>

Use hemp seeds as a gluten free, and high nutrition alternative to breadcrumbs for coating chicken or fish and get more protein per bite!

Caprese Hemp Pesto Pasta

Link to recipe: <https://karalydon.com/recipes/caprese-pasta-salad-with-hemp-pesto/>

Step up your pasta salad with hemp seeds to add a crunchy texture and nutty taste.



Social Media Starter: DYK you can use #hempseeds as a crunchy and nutritious coating for chicken and fish? Get more protein per bite with this recipe from @ManitobaHarvest that was super easy to whip up! I'm “springing” into adding more nutrition into my meals in fun ways, and this is definitely one I'll be making again!



#ManitobaHarvest



Summer

Perfect blended into smoothies, mixed into cold gazpachos, and sprinkled on top salads, hemp seeds offer extra protein per bite to everything you add them to.

Tropical Mango Super Smoothie

Link to recipe: <https://manitobaharvest.com/recipes/tropical-mango-super-smoothie/>

Cool off in the hot months with a refreshing and nourishing smoothie packed with protein from hemp seeds.

Hemp Veggie Burgers

Link to recipe: <https://manitobaharvest.com/recipes/hemp-veggie-burgers/>

Enjoy the taste of summer with extra plant-based protein in this recipe for veggie burgers that's sure to be a hit at your summertime cookout! Hemp seeds add 10 grams of protein to these veggie burgers!



Social Media Starter: Sipping on this refreshing & nutritious tropical mango super smoothie packed w/ protein from hemp seeds! Simply sprinkle in @manitobaharvest hemp hearts, blend & sip all summer long 4 a drink w/ satisfying protein & fiber! Link 2 recipe: <https://bit.ly/2yoXgU8> **#ManitobaHarvest**

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Fall

Enjoy all of your favorite fall foods elevated with the power of hemp seeds! Hemp seeds contain minerals like iron, zinc, and magnesium, which are important for many biological processes in the body.

Pumpkin Hemp Pancakes

Link to recipe: <https://manitobaharvest.com/recipes/pumpkin-hemp-pancakes/>

Stir hemp seeds into this recipe for pumpkin pancakes for the perfect taste of fall with protein, and more nutrition than regular flapjacks. It's a breakfast the whole family can enjoy during the season!

Hemp Seed Frittata

Link to recipe: <https://manitobaharvest.com/recipes/veggie-hemp-frittata/>

This hemp seed frittata is a great way to use leftover vegetables and eggs you have on hand for a delicious brunch dish that can be enjoyed anytime of day.



Social Media Starter: Using up the rest of my summer produce and some fall veggies in this easy and delicious hemp seed frittata! I simply sprinkled @ManitobaHarvest Hemp Hearts into the egg and veggie mixture for more protein per bite. P.S. who said frittatas are just for breakfast? This is great for enjoying on top of salad too!

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Winter

Have a healthy holiday season with extra nutrition from hemp! When the temperatures dip, create and bake with hemp seeds in dishes and desserts to add more protein, vitamins and minerals per bite!

Vegan Caesar Salad with Hemp Protein Croutons

Link to recipe: <https://manitobaharvest.com/recipes/vegan-caesar-salad-with-hemp-protein-cROUTONS/>

Hemp hearts add a nutty crunch paired with juicy in-season pomegranate arils for a festive and simple side dish perfect for holiday get togethers. The dressing is also made with hemp oil!

Gingerbread Oatmeal Cups

Link to recipe: <https://manitobaharvest.com/recipes/gingerbread-oatmeal-cups/>

Get the whole family in the kitchen this holiday season and add hemp seeds to baked goods to enhance the taste in a fun and nutritious way--once mixed in it's hard to notice that they are there.



Social Media Starter: DYK you can sprinkle hemp seeds into baked goods 4 more protein, healthy fat, & fiber?! I'm celebrating the season w/ this recipe 4 gingerbread oatmeal cups from @manitobaharvest! I love knowing I'm adding more nutrition to this treat the whole family will enjoy! **#ManitobaHarvest**