Nutiva® Vanilla Hemp Protein is an energypacked addition to shakes and smoothiesthe perfect meal replacement or snack. Each serving is full of organic raw protein. phytonutrients and fiber, and contains Og trans fat, and no dairy or lactose.

### HEMP YOURSELF

Hemp is a high-quality plant protein with essential amino acids that are vital for good health. Of the protein, 66% is edestin, a bioactive protein found in no other plant that's super easy to digest.

# SUPERFOOD FACTS

A single serving of this organic hemp protein has 10 grams of raw protein. 20% of the daily value of fiber and the bonus of good-for-you essential fatty acids (2g per serving). Add 3 Tbsp of Nutiva Hempseed for 10 more grams of protein and 3 more grams of Omega-3.

## **PEOPLE & PLANET**

Certified organic hemp is the Earth's premier renewable resource! Unlike most non-organic sov proteins, our hemp protein is not processed with hexane, a harsh solvent. It's also vegan and comes in a non-BPA container.

# RECIPE

**Tropical Dream Shake** 1-2 Tbsp Nutiva Hempseed 1 oz water 3-4 Tbsp Nutiva Vanilla Hemp Protein

8 oz rice milk or almond milk 1 Tbsp Nutiva Coconut Manna™ 1 cup fresh or frozen pineapple

Combine hempseed and water in a blender, process into a thick paste, and blend in the remaining ingredients.

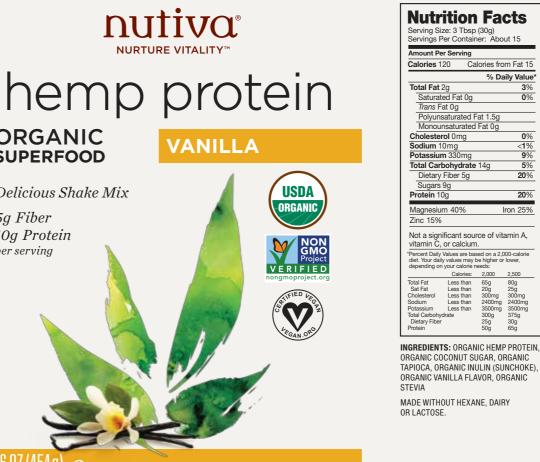
Also try our organic Hemp, Coconut and Red Palm Oils. Hempseed, Chia Seed and Coconut Manna For delicious recipes, visit nutiva.com.

# ORGANIC **SUPERFOOD**

Delicious Shake Mix

5g Fiber 10g Protein per serving

16 OZ (454



Vegan • Non-GMO Non-BPA Container No Hexane

#### DIRECTIONS

Blend 2-4 Tbsp Hemp Protein with 8 oz milk (almond milk is ideal) and a ripe banana, or try the recipe at right.

#### WANT MORE PROTEIN?

Try our great tasting Hemp Protein 15G containing 15 grams of protein per serving.

#### STORAGE

0%

Keep container cool. Refrigerate after opening.

#### MANUFACTURED FOR

Nutiva® 213 W. Cutting Blvd. Richmond CA 94804 (800) 993-4367 www.nutiva.com

#### CERTIFIED ORGANIC

by QAI and ECOCERT ICO (US-ORG-016)

Product of Canada

Corporation



Certified

**OF SALES GO TO** SUSTAINABLE AGRICULTURE \$4 MILLION+