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## Easy Recipes with Hempseed Oil!!

It's great in dressings, sauces, and dips, on salads, pasta/potato/quinoa/pilaf/leftovers! Why Hempseed oil?

Whatever dressing you like becomes instantly more nutritionally-valuable by adding Hempseed Oil! The delicate nutty flavor is mild and doesn't usually interfere w/ desired flavors. Try a dressing from scratch or shake up Hemp Oil into a favorite store-bought dressing bottle to get healthier fat-intake overall. Enjoying the seed oil cold ensures the Essential Omega fats (including hard to find GLA + SDA fatty acids) maintain all their nutritional value in a raw state. This is best to fulfill their role in our bodies. So direct-heat/pan-frying w/ Hempseed oil is not advised. Omega-3, is a fascinating building block for cells, lipid layers, and a brain + heart supportive nutrient with anti-inflammatory affects! Hemp Oils' concentration of omegas aligns with our needs and recommendations by the World Health Org. (WHO) that a healthy Omega-3 to Omega-6 ratio is 1:4.

This is a #NuttyBaseline for fats ESSENTIAL to our bodily functions! Switching out any amount of junky fats (i.e. trans fats, saturated/cholesterol-rich animal fats, GMO fryer oils/grease) with Omega sources such as HEMP, flax, and chia seeds can support digestive harmony, healthy skin, mental clarity, and facilitate metabolic processes that can be useful in maintaining a healthy body weight. AND we're boosting the economy for landlocked family farms! Considering the depleted nature of fisheries and the myriad other threats to marine life, these recipes hold great promise for biodiversity and happen to be **TOTALLY TASTY.** enjoy! *Hemp Power!*

**HEMP'n Hummus:** Blend in a blender 1 1/2 oz can of chickpeas or garbanzo beans, 1/4 cup water, 3-5 tablespoons lemon juice (depending on taste), as much tahini as you like, 2 cloves garlic, 1/2 teaspoon salt, and equal parts hemp seed and olive oils to reach desired consistency.

**In Pesto:** Take Basil or green herbs at peak season (ramps, cilantro), blend in a blender with Hemp and olive oils, sea salt, lemon juice, roasted garlic, a little brown sugar or nutritional yeast are options. Hemp nuts, almonds, walnuts work nice for body. Spread on heavy in a tomato sandwich. Freeze, or eat within 3-4 days if kept in fridge.

**Squirt on waffles** instead of, or as a proportion of margarine/syrup. It sticks in the holes & makes a beautifully green snack.

You can find Hemp seed oil in natural food retailers or vitamin websites, Nutiva and Manitoba Harvest are great companies and Vitacost.com has organic 24fl oz Hemp oils for \$10.



Much needed  
nourishment