

Blend in your favorite
smoothie recipe!



Strawberry Banana Vanilla Smoothie

Serves 2

- 1 cup organic strawberries
- 1 organic banana
- 1 cup of your favorite organic vanilla non-dairy beverage
- 1 serving of Manitoba Harvest Organic Vanilla Hemp Protein Powder
- 1 tbsp of organic vanilla extract
- 1/2 cup of ice

Combine and blend ingredients in blender. Serve. Enjoy!

..... Can also be stirred into
YOGURT or HOT CEREAL
and is great for baking.

For more recipes and info, go to manitobaharvest.com

Established in 1998, Manitoba Harvest* is the world's largest hemp food manufacturer to grow, make and sell its own line of hemp foods. As your hemp protein specialists, we are proud to offer a full line of delicious, convenient and easily digestible hemp protein powders. Packed with nutrients, each of our protein powders is rich in omegas and high in protein. Try one today!

REFRIGERATE AFTER OPENING

9 g PROTEIN* • 1.8 g OMEGA-3 & 6* • 10 g FIBER*

*per 30 g serving



..... ORGANIC HEMP PROTEIN

PLANT BASED PROTEIN SUPPLEMENT

Vanilla



NET WT. 1LB (454g)

15 SERVINGS

Supplement Facts

Serving Size 4 tablespoons (30g)
Servings Per Container about 15

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 2.5 g 4%

Saturated Fat 0 g 0%

Trans Fat 0 g †

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 16 g 5%

Dietary Fiber 10 g 40%

Sugars 6 g †

Protein 9 g

Vitamin A <1% Vitamin C 0%

Calcium 5% Iron 33%

Omega-3 (alpha-linolenic acid ALA) 400 mg †

Omega-6 (linolenic acid LA) 1400 mg †

Omega-9 (oleic acid OA) 200 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Typical Amino Acid Profile

mg per serving

Aspartic Acid	804 mg
Threonine	274 mg
Serine	366 mg
Glutamic Acid	1320 mg
Proline	309 mg
Glycine	345 mg
Alanine	342 mg
Valine	372 mg
Isoleucine	315 mg
Leucine	519 mg
Tyrosine	259 mg
Phenylalanine	360 mg
Lysine	272 mg
Histidine	194 mg
Arginine	930 mg
Cysteine	115 mg
Methionine	151 mg



31.05.2013

INGREDIENTS: RAW COLD MILLED ORGANIC HEMP PROTEIN POWDER, ORGANIC PALM SUGAR, ORGANIC VANILLA FLAVOR

MANUFACTURED BY:
MANITOBA HARVEST HEMP FOODS
WINNIPEG, MANITOBA, CANADA, R2R 1V4
1-800-665-HEMP(4367)
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Packaged On:

Freshest Before: