

yaoh

ORGANIC DEHULLED
HEMP SEED

yaoh

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HEMP SEED

Storage
Store in a cool dark place.
Once open, use within 8 – 12 weeks



250g e
Yaoh Ltd,
Hebron House, Sion Road,
Bristol, BS3 3BD, UK
www.yaoh.co.uk



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Recipe suggestion
Dehulled Hemp Seed, Sunshine Smoothies

Ingredients
A handful of strawberries
Some chopped fresh
pineapple
1 banana
Handful of raspberries
125g Dehulled hemp seed
100g Sunflower seeds
100g Cashew nuts
One lump ginger
1 litre fresh apple
juice (unfiltered)

Method
Blend together in
a blender until
smooth and
then devour!
Makes 4 large
smoothies



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Yaoh organic dehulled hemp seeds
are best eaten raw to preserve the
full nutritional status, especially the
fats which are volatile and easily
damaged. Yaoh dehulled hemp seeds
can be added to cereals at breakfast,
smoothies for brunch, sprinkled on
salads for lunch, and added to pasta
and rice dishes for dinner – just
sprinkle them on to hot food once
removed from the heat.

Nutritional Information
Dehulled hemp seed is rich in protein
and essential fatty acids and can be
used on a regular basis. Best eaten raw
to preserve the full nutritional status.

Typical values per 30g serving

Energy	183kcal/ 761kJ
Protein	10.3g
Carbohydrate	1.4g
- of which sugar	0.5g
Fat	15.2g
- of which saturate	1.6g
of which Omega 6 LA	7.9g
of which Omega 3 ALA	3.2g
of which Omega 6 CLA	0.6g
of which Omega 3 SDA	0.3g
Fibre	2.3g
Sodium	1.5mg

Also contains Calcium, Copper, Vitamin E,
Iron, Zinc, Phosphorus, magnesium & other
minerals and trace minerals

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GB - ORG - 05
Non-EU Agriculture
Produce of China
Packed in the UK

OF&G
ORGANIC

CARTON
widely
recycled

BAG
not currently
recycled