



ORGANIC SHELLED HEMP SEEDS

Hemp seeds have a pleasant, nutty taste which makes them easy to incorporate into recipes or enjoy as a snack. They are a natural source of protein and essential fatty acids and are suitable for vegans. Our hemp seeds receive minimal processing; following harvesting, their outer shell is removed before the seeds are packed in their raw state.

Super Made Simple

Superfoods are a natural way to add extra nutrients to your diet. We make them easy to use and understand. Our Superfoods are organically grown, sustainably sourced, and minimally processed, providing the best for you and for the planet.

Why not try Energy Balls?

- 2 tbsp hemp seeds
- 1 tbsp oats
- 2 tbsp peanut butter
- 8 pitted dates
- 1 tsp cinnamon



Soak the dates in warm water for 5 mins. Once softened, drain off the water.

Mix all of the ingredients in a food processor until it forms a dough, then roll into balls.

Store in the fridge in an airtight container.

Optional: Roll each ball in chopped nuts or hemp seeds for extra crunch.



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GB-ORG-05
EU/Non-EU Agriculture

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NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	2490kJ 601kcal	
Fat	50g	
of which saturates	6.2g	
of which polyunsaturates	31g	
Omega 3	9.9g	
Carbohydrate	6.0g	
of which sugars	2.1g	
Fibre	2.9g	
Protein	31g	
Salt	0g	
Magnesium	509mg	136%
Iron	10mg	74%

*Reference Intake of an average adult (8,400kJ/2,000kcal).

Ingredients: 100% Organic Shelled Hemp Seeds.

Suggested Use: Take 9-18g (1-2 tablespoons) per day.



Add to
salads



Add to homemade
snack bars



Stir into porridge
or yogurt

Storage: Store in a cool, dark and dry place. This pack contains approximately 5 servings. Shelled Hemp Seeds (*Cannabis Sativa*), packed in the UK for Green Origins.
GB: Unit 1, Campbell Way, Sheffield S25 3SF, UK.
EU: Block B, Crescent Building, Dublin, D09 C6X8, IRL.

High in Omega 3

Alpha-linolenic acid (Omega 3) contributes to the maintenance of normal blood cholesterol levels.

High in Magnesium

†Magnesium contributes to normal muscle function.

Best Before End: See below

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