



Make sure you know the difference between hemp and cannabis! Hemp is a plant that has been cultivated for over 10,000 years, and its fiber can be used both to make clothes and to insulate buildings!

BENEFITS

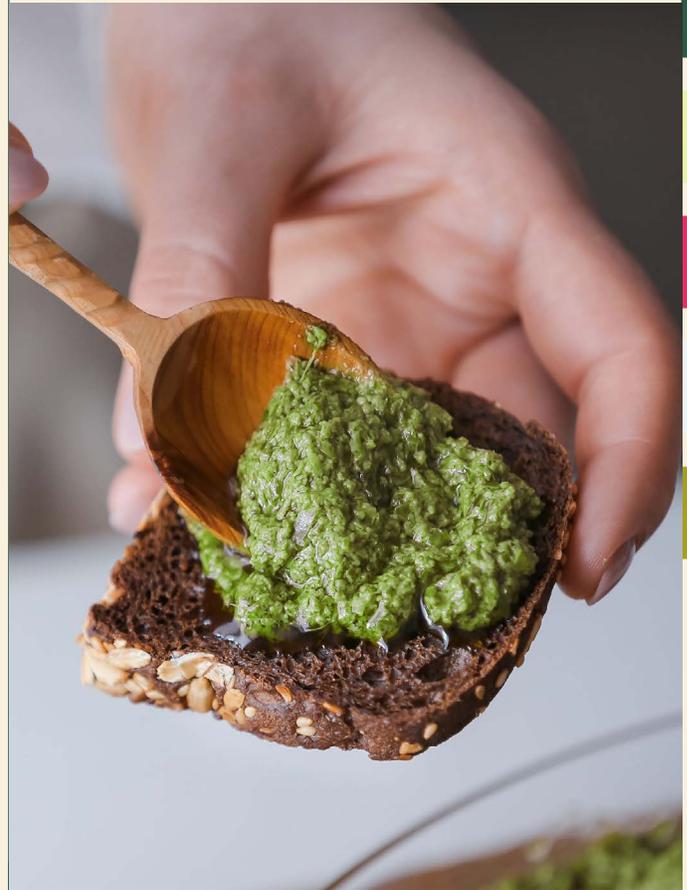
Hemp is a source of Omega-3 and other fats, and is excellent for brain and heart health. It is also rich in vitamins and minerals.¹

Growing hemp requires few, if any, pesticides or chemical fertilizers. And, the fact that 100% of the plant (stalks, grains, flowers and leaves) can be used makes it an attractive option.²

GOOD TO KNOW

- Water can be used in place of the olive oil.
- Consistency can be adjusted by adding more oil or water, as needed.
- This recipe can be made with whatever herbs you have at home!
- Enjoy in a sandwich, on croutons, in a bowl, over pasta, or even as a vegetable dip!

HEMP SEED PESTO



🕒 5 MINUTES

Servings: 4

INGREDIENTS

- 500 ml (2 cups) basil, generously stacked and packed
- 60 ml (¼ cup) hemp seeds
- 30 ml (2 tbsp) lemon juice
- 45-60 ml (3-4 tbsp) nutritional yeast
- 1 ml (¼ tsp) salt
- 45-60 ml (3-4 tbsp) olive oil

PREPARATION

1. Place all ingredients in food processor.
2. Blend until smooth.

Source: [original recipe](#) revisited by Amélie Parenteau, nutritionist for Équiterre

1. <https://observatoireprevention.org/2020/02/05/privilieger-les-sources-alimentaires-de-gras-insatures-procure-de-nombreux-avantages-pour-la-sante/>

2. Savignac, Roxanne. (2023). *Les opportunités de la filière de chanvre au Québec*, p.58.

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HEMP SEED FRUIT SALAD



🕒 5 MINUTES

Servings: 2 à 4

INGREDIENTS

- (2 cups) Quebec berries such as haskap (also known as Blue Honeysuckle) berries, blueberries, strawberries, raspberries), fresh or frozen

AND/OR

- 1 apple cut into small pieces
- 1 banana, peeled
- 125 ml (½ cup) hulled hemp seeds

PREPARATION

1. Mash the banana with a fork.
2. Add berries and apple.
3. Sprinkle with the hulled hemp seeds.

Source: Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- Of course, this recipe is one that lends itself to the “anything goes” rule—made with whatever type of fruit you happen to have in your fridge or freezer!
- If possible, go with bananas that are organic and fair-trade.

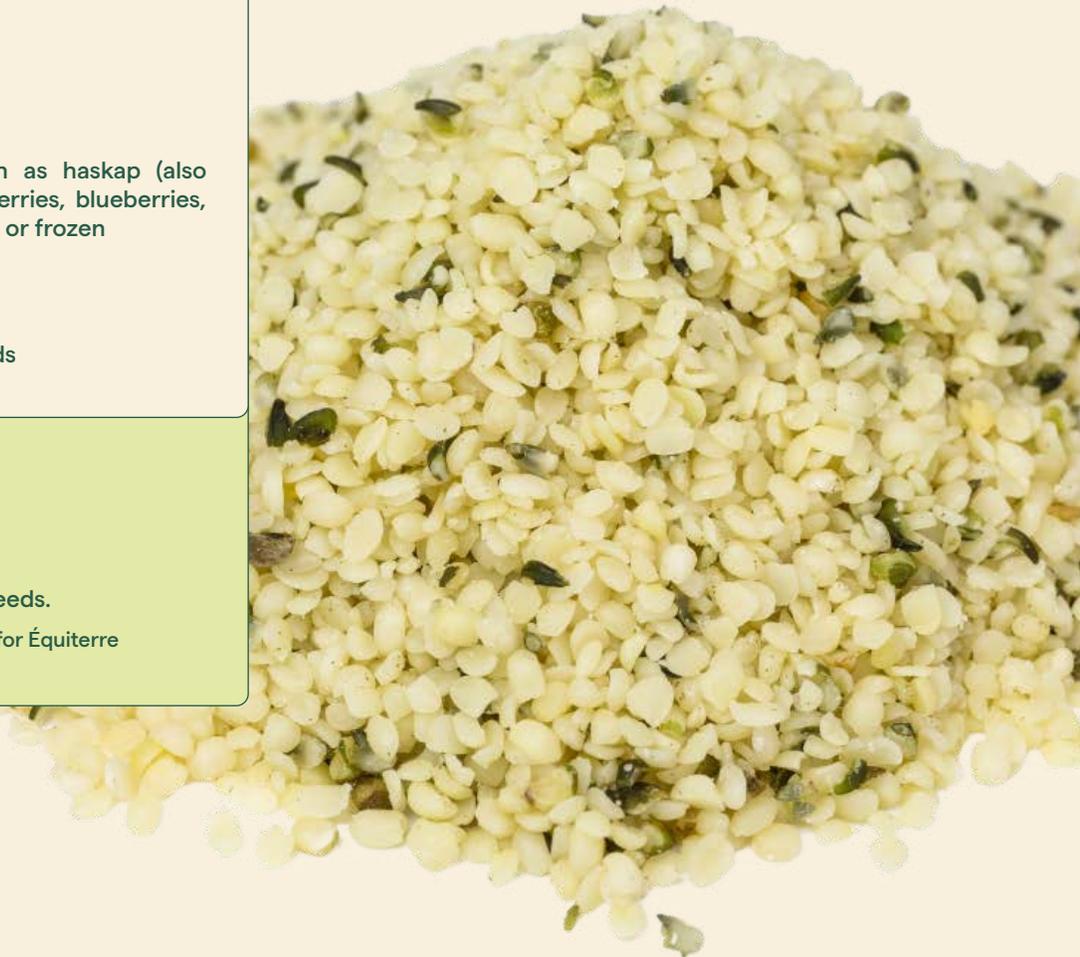
HOW IS IT USED IN THE KITCHEN?

Hemp seeds are packed with protein, omega-3 and omega-6. Add them to your granola, smoothies or even soups!

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

→ Read our [fact sheet](#) to find out more!



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