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1999

THE HEMP CO.®

DUBLIN

McDONALD'S HEMP FOODS INFORMATION & RECIPE BOOKLET



“Let food be thy medicine and medicine be thy food”
Hippocrates, (400BC)

Regular sustained use of organic quality, nutrient dense hemp foods in your diet will help transform positively your relationship to food with life-serving & maximum health benefits.



FOOD FOR THOUGHT

Understanding the connection between our gut and brain

is increasingly understood as the secret to long term good physical & mental health. **"You are what you eat"** has never been better understood and all of the good stuff, when absorbed through the body as food, is many times more bioavailable than can be expected from taking supplements. How much are you currently spending on food supplements? Making consciously informed decisions about your food choices can improve your health and save you money.

The Hemp Plant has been known by human beings for millennia to provide the most nutritious and easily digestible food on the planet. It was understood by our ancestors to be the only food which sustains human life without any other source of nutrition. It should come as no surprise with the current global Hemp renaissance, that food from this wonder plant is once again finding its way to our tables. These nutrient dense organic hemp foods are naturally high in essential fatty acids and boast a large complement of minerals, vitamins and amino acids, ensuring that your brain and body have the best possible base for your optimum wellbeing.

The Nutritious Benefits of Hemp Foods, being plant based, therefore not dairy, makes hemp protein easier for the human stomach to process while also being safe for vegan and vegetarian diets. Its digestibility rating is considered tops in the plant kingdom. Daily inclusion in the diet provides enough EFA's, (which cannot be made in the body), like oily fish, now pose concerns for human health due to pollution in our oceans.

Awaken your bodies CBD receptors with our Hemp Foods for even greater results from your CBD choices.





The Hemp Company Dublin are delighted to offer our range of Hemp Foods from EU organically grown hemp seed. Varieties of seed are specifically chosen and grown on local farms with generations of traditional hemp farming experience. The product is then carefully processed in an ISO facility with impeccable GMP credentials. We use our knowledge and experience to ensure the quality and taste of our hemp food range.

Organic Hemp Seed is one of the most nutritionally valuable foods on earth. It is termed brain food because it helps increase the brain's grey matter. It also boosts all 20 Amino Acids, including the 9 Essential Fatty Acids (EFA's) including Omega 3 & 6 with considerable vitamins and minerals to boot. The organic status and quality of the earth is essential to the purity of our hemp seeds, hearts, protein, porridge and cold-pressed oil.

Hemp Hearts: The raw seed with the hull removed. This decreases the fibre content but increases the available protein and also releases higher levels of Fatty Acids including the essential Omega's 3 & 6. As these are not produced in the body they must be replenished daily. They have a delicate nutty flavour and soft texture making them a perfect addition to smoothies, breakfast mix, yoghurt and salads. Also delicious in dips and spreads like hummus and pesto. Can be used as an addition to raw or uncooked dishes and any or all no bake recipes - get creative!

For further information see the blog on our website:
www.hempcompany.ie/plant-knowledge/





Hemp Protein Powder is produced by grinding & sifting the de-fatted cake created after cold-pressing hemp seeds. It is non-dairy, therefore a hypo-allergenic protein source and contains the ideal metabolic balance (1:3 ratio) between Omega 3 & 6. A protein breakdown of Edestin, 66%, and Albumin, 33%, ensure easy digestibility, free radical mop-up, and healthy immune & nervous systems. Our 100% Pure Protein Powder from organic seed is cholesterol free, rich in magnesium, It digests slowly for optimum impact after working out. Suitable for Lactose intolerant while also being VEGAN and VEGETARIAN. Contributes to recommended daily intake (RDI) of fibre. It is a good source of antioxidants and minerals.

Hemp Seed Oil enriches every diet. Consumed orally it promotes cardiovascular, hormonal, immune and nervous system function. It is naturally rich in polyunsaturated essential fatty acids and delivers sizable amounts of Vitamin E, antioxidants, and a powerful range of minerals. Used in conjunction with CBD, hemp seed oil can enhance the receptivity of the body's endocannabinoid system which is now regarded as the master regulator of all bodily systems. It can also be used as a moisturiser to regenerate and revitalise your skin's protective layer.

For more information on the benefits of hemp and the workings of the endocannabinoid system please visit our website where you can find links to up to date research on this wondrous health food.

There are many ways to integrate our organic hemp foods into your daily diet – HERE ARE SOME BASIC RECIPES TO GET YOU STARTED!



Vegan Chocolate & Hemp Bombs

A delicious healthy sweet alternative to sugary treats. Experiment with your own choices of fruit and toppings. If you are unable to enjoy sugary processed treats due to allergy or health concerns.

Dry Ingredients:

2 heaped tbsp of organic cacao powder,
1 heaped tbsp of organic Hemp protein powder,
2 heaped tbsp fresh finely milled mixed seeds (Sunflower, Sesame, Pumpkin, Flax or the hemp seed fibre leftover from making hemp milk)
1 tbsp organic Hemp Hearts and
2 tbsp roughly chopped pumpkin seeds.

Method:

Rinse the fruit, put it in a bowl and cover with boiling water – steep until ready to use. Thoroughly combine all the dry ingredients, except the chopped pumpkin seeds, in a bowl sifting the cacao and hemp protein powder to eliminate lumps. Mix the wet ingredients in a separate bowl until they have all liquified and blended well. Slowly add the dry mix to the wet mix, combining thoroughly. Add steeped fruit and rough chopped pumpkin seeds to the mix. Use some of the boiled water from the fruit soaking if the mixture is a little dry. If the mixture is a little wet, add some extra hemp hearts or milled seeds. Form mixture into bite sized bombs by rolling them between your palms. Cover bombs in your favourite topping and pop in the freezer. Ready to eat after 1 hour. Keeps in freezer for approx 2 weeks. We recommend using organic ingredients wherever possible.

Wet Ingredients:

1 tbsp virgin coconut oil,
4 dessert spoons agave syrup,
Good dollop of coconut cream and a spoon of the liquid,
¼ tsp almond essence (optional).

Fruit Ingredients:

1 heaped tbsp goji berries,
2 heaped tbsp organic sultanas or Medjool dates chopped small.

Toppings:

Desiccated Coconut.
Hemp Hearts.





STRAWBERRY HEMP MILK

Ingredients :

100 g of strawberries
0.5 cups of shelled hemp seeds
2 glasses of water
a pinch of salt
1.5-2 tbsp. sh. Maple syrup.

Method:

Cover the hemp seeds in cold water and keep for 6 hours. Wash and dry the seeds. Put in a blender with 2 glasses of water, grind for about 20 seconds, then strain the thick ones through a dense material . You will get fine hemp seed milk. Pour milk into a blender with strawberries and maple syrup. You can also add a few mint leaves. Enjoy cold.

1 glass - 250 ml
1 tbsp. Sh. - 15 ml

AVACADO TOAST WITH SHELLED HEMP SEEDS

ingredients:

1 well-ripened avocado
2 slices of your favorite bread
Lime or lemon juice
Salts
Chilli seasoning
(flakes or powder)
Hulled hemp seeds

Method:

1. Toast the bread in the oven until brown.
2. Cut the avocado in half, remove the stone and remove the pulp with the help of a spoon.
In a bowl, mix the avocado mass with lime or lemon juice.
3. Divide the mass into two parts, spread it on the bread and season with hot pepper and salt.



Why Hemp?

The re-introduction of hemp is not only essential for the well being of humans and the planet, but it's also tasty and enjoyable. The nutritious value of hemp is really amazing! It contains all essential amino-and fatty acids, free from cholesterol, BSE-,GMO...hormones and destructive antibiotics. It is paramount that we take a leaf out of our ancient ancestors book and rediscover the thousand year old human tradition of using hemp in our daily lives and lose the stigma of propaganda as cannabis by products being only used as a drug products. To clarify, hemp, also known as cannabis sativa L and its by products are non-intoxicating and should not be confused with 'drug type' cannabis. Hemp is an agricultural crop authorised under the Common Catalogue of Varieties of Agricultural Plant species and regulated in the EU.



Hempcrete: Already widely used in France Australia & Canada and easily grown in most climates. This material is not only good for the environment, but holds amazing properties such as being fire proof, trasmits humidity, resists mold, is an effiecient insulator and has great acoustic performance. When built,it's a carbon negative sink.

Hemp Seeds: High in protein and essential fatty acids (Omega-3 and Omega-6, in the perfect ratio 1 : 3) really good for your skin, hair & nails. Also an amazing source of fibre, vitamin E, vitamin B, and minerals including iron and magnesium.

Envoirmental Benefits: Hemp captures large amounts of CO2 in the atmosphere. It also improves the quality of our soil, reduces deforestation and saves water.

Hemp Clothing: In Japanese culture hemp has traditionally been used by by Shinto Priests, including the Japanese emporer himself who acts as a chief priest of Shintoism. As the Japanese & Chinese have known for centuries, hemp is an amazing fabric as its resists bacterial growth and breaths excellently preventing odors and is 4 times stronger than cotton.



Irish History in Hemp:

A little known fact is that in the 19th Century a Limerick Physician played a major role in the introduction of cannabis to Western Medicine. In a very brief summary after years of experimenting with cannabis as a medicine, **Willian O'Shaughnessy** was given the task of treating a severely epileptic 40 day old baby girl. Her fits had increased in frequency and intensity over 3 weeks in September 1839. Despite trying multiple different forms of treatment, the child was "emaciating rapidly". O'Shaughnessy had by this time "exhausted all the usual methods of treatment, and the child was apparently in a sinking state." Under these extreme circumstances, he "stated to the parents the results of the experiments [he] had made with the Hemp, and [his] conviction that it would relieve their infant." The baby's parents "gladly consented to the trial" and the cannabis tincture was placed on the child's tongue. As O'Shaughnessy subsequently reported "the infant fell asleep in a few minutes, and slept soundly till 4pm when she awoke, screamed for food, took the breast freely, and fell asleep again. At 9am, 1st October, I found the child fast asleep, but easily roused; the pulse, countenance and skin perfectly natural. In this drowsy state she continued for four days totally free from convulsive symptoms in any form." Later he reports "The child is now (23rd November) in the enjoyment of robust health, and has regained her natural plump and happy appearance." O'Shaughnessy reported "Of all powerful narcotics", he concluded, "it is the safest to use with boldness and decision.

A Modern Irish Case:

Ava Barry is the 7 year old daughter of **Vera Twomey**. Ava was diagnosed with Dravet Syndrome, suffering from up to 20 seizures a day. Since Ava was treated with medical cannabis, her seizures have decreased dramatically. Ava is now able to live a relatively normal life. Vera had a massive struggle with the Irish government to try and get Ava a medical cannabis license, but after two years of protesting and walking 260km from Cork to Dublin, she got her way.

RICE FLOUR PANCAKES WITHOUT EGGS



ingredients:

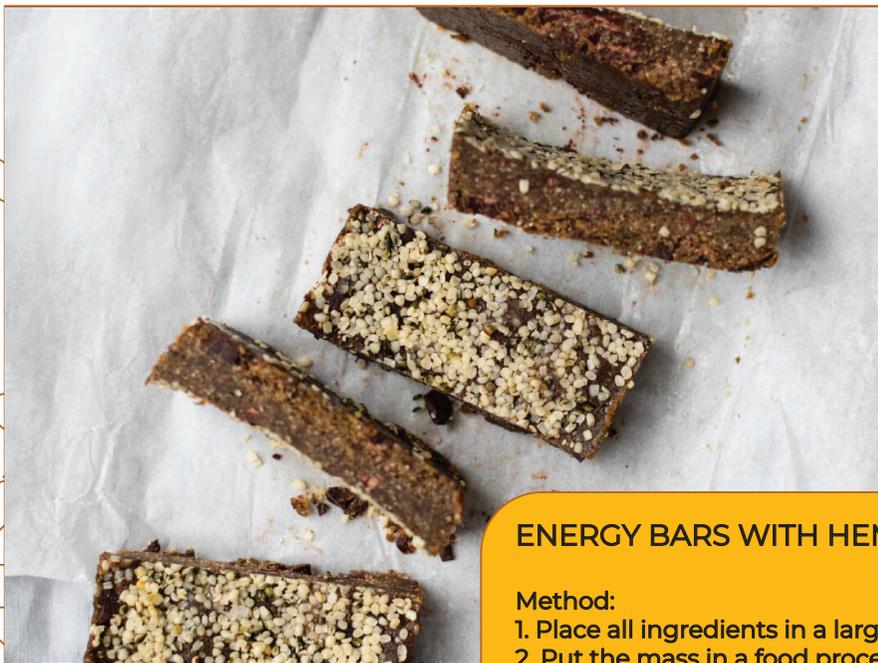
A bowl of coconut milk
3 tablespoons of flaxseed
or chia seeds
A spoonful of Hemp hemp oil
 $\frac{1}{2}$ teaspoon of vanilla extract
3 tablespoons of Hemp protein
 $\frac{2}{3}$ cup sorghum
or brown rice flour
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ teaspoon of salt
 $\frac{1}{4}$ teaspoon cinnamon

To season:

Greek yogurt
Maple syrup & Banana

Method:

Heat the pan while you prepare the mass. First mix the milk, flax or chia seeds, oil and vanilla extract, in another bowl mix the egg whites, flour, salt, baking powder and cinnamon. Add the liquid mass to the dry and mix well, then leave it to thicken for 2 minutes and bake.



ingredients:(12 bars):

80 g of amaranth popcorn
100 g oat flakes
100 g of sprouted buckwheat
80 g Hemp protein (protein)
120 g of dates
80 g of roasted almonds
60 g of dried cranberries
40 ml of maple syrup
60 g of coconut oil
100 ml of vegetable milk
60 g of dark chocolate

ENERGY BARS WITH HEMP PROTEIN

Method:

1. Place all ingredients in a large bowl and mix well.
2. Put the mass in a food processor or a blender (chop with pulsating mode) and mix until the ingredients are crushed into small particles (the mass should not become homogeneous).
3. Transfer the mass to a rectangular tray lined with baking paper and press well. All ingredients must adhere well.
4. Keep the tin in the fridge for at least one hour.
5. When the mass hardens, take the tin out of the refrigerator, cut it into strips of the desired size and sprinkle with dark chocolate, decorate with seeds.

"TRINITY OF HEMP" BREAD. (Makes 2 loaves, eat 1 & freeze 1)

This delicious and nutritious bread uses 3 hemp foods:

ROASTED SEEDS, HEARTS & PROTEIN POWDER.

Dry Ingredients:

375g strong baker's flour,
250g coarse wholemeal flour,
80g roasted hemp seeds,
80g hemp hearts,
80g hemp protein powder,
20g brown sugar,
10g salt and
30g of bread soda.

Wet Ingredients:

850ml buttermilk,
10g melted butter,
2 tsps treacle / molasses and
1 egg.

Method:

Prep: use buttermilk at room temperature.
Preheat Oven to: 200°C/180°(fan-assisted)400°F/ Gasmark 6.
Sieve White flour and bread soda into a large bowl.
Mix in the wholemeal flour, the trinity of hemp, sugar and salt.
Combine melted butter and treacle (or molasses) into the buttermilk.
Make a centre in your dry mix and pour in the wet ingredients.
Mix vigorously, the mixture will be quite wet.
Finally add the egg and mix through.
Leave to settle for about 5 mins. Grease 2 x 2lb loaf tins.
Bake in the centre of the pre-heated oven for approx 70mins.
Rest on a wire tray to cool before serving.
(Feeling brave – mix with your hand for light & fluffy bread)
This recipe can be easily adapted to suit your own allergy needs or food preferences including gluten free, sugar free and / or vegan!



HEMP MILK is a delicious alternative to dairy and considerably more nutritious.

Ingredients:

½ cup hemp hearts (or seeds),
steeped over night,
3 cups filtered water,
3 medjool dates,
½ tsp vanilla extract,
pinch of salt and
1 tsp coconut oil,
For chocolate flavour:
Add 2-3 tbspc cacao powder.

Method:

Combine all ingredients in a high speed blender for a few minutes until well blended. Strain the milk if using SEEDS, if using HEARTS we believe there is no need to do that, milk is delicious, smooth and naturally creamy. Will keep in the fridge for up to 4 days.



HEMP NUT BUTTER, this can form the basis for other recipes such as protein bombs.

Ingredients:

200g hemp hearts,
Pinch of salt and a
Splash of hemp oil (optional).

Method:

Blend the hearts at high speed until a smooth paste, this will take a few minutes. Stop every minute and scrape down the mixture for better blending and so the seeds don't overheat. Add some cacao powder or cinnamon and some maple syrup for delicious chocolate dip.

SAVOURY DISHES

HEMP PESTO - this is an easy and delicious way to integrate hemp into the diet.

Ingredients:

¾ cup hemp hearts,
3-4 tbsp olive oil or hemp oil,
3 cups of basil and
2 tbsp liquid aminos.

Method:

Combine all the ingredients in a food processor and blend until smooth. Serve with pasta.
Add grated parmesan & black pepper (optional).

HEMP BURGER - this recipe can be adapted to suit your family once you get the hang of it.

Ingredients:

80g hemp hearts,
170g pumpkin seeds,
1 small fresh beetroot,
1 tsp sea salt,
2 tsp onion powder,
1 tsp garlic powder,
1 tsp black pepper,
1 tsp dried basil,
1 tsp coriander,
1 tbsp hemp oil and
2 tbsp hemp protein powder.

Method:

Mill pumpkin seeds or buy them milled. Grate beetroot finely. Put all ingredients into a food processor and process just for a moment to combine everything together. Shape burger patties. Fry them on a pan using a little coconut oil or bake them in the oven for 15-20 min at 180 C.

Seasoning Tips:

Hemp Hearts can also be used to sprinkle on salads, pizza, or breakfast dishes.
Hemp Seed Oil makes a delicious Oil & Vinegar dressing.



TREATS

STRAWBERRY ICE CREAM this is a delicious way to get your daily dose of hemp protein.

Ingredients:

4 frozen bananas,
500g frozen strawberries,
½ cup plant based milk and
2 tbsp hemp protein powder.

Method:

Blend all ingredients into smooth paste,
transfer to bowls and enjoy!
Eat straight away or store in the freezer
till required

ROASTED HEMP SEEDS

Ingredients:

50g whole hemp seeds,
1 tbsp olive oil and
Salt,
*cinnamon – for a sweet twist.
*chilli – for a spicy kick.

can be eaten as a snack or used in bread recipes.

Method:

Heat the frying pan, toast seeds for 4-5 min,
add olive oil and salt, mix everything together
and turn off the heat, transfer to a bowl and
enjoy. Use *chilli or *cinnamon for additional
flavour.



HEMPTELLA (CHOCOLATE SPREAD)

this provides a healthy guilt free alternative to high sugar, palm oil based products.

Ingredients:

130g hemp hearts (or seeds),
60g filtered water,
60g hemp oil,
35g cacao powder,
40g date or maple syrup and a
Pinch of salt.

Method:

Put all ingredients into a food processor and
blend until a smooth thick paste. Try it with toast
or on its own with some fresh strawberries. Can be
used as a filling for sponge cakes and chocolate
cakes. Seeds will give a crunchier texture.



The Hemp Company

Offer a core range of hemp foods for the basis for **'cupboard staples'** that provide all the basic nutrition you and your family need to remain nourished and healthy in these days of food security concerns.

Available in a range of sizes to suit your needs:

HEMP SEEDS: 250g €4.95, 500g €7.95, 1kg €13.95.

HEMP HEARTS: 250g €9.50, 500g €16.95, 1kg €30.95

HEMP PROTEIN POWDER: 250g €7.50, 500g €13.95, 1kg €25.50.

McDONALD'S HEMP BREAKFAST: 500g €12.50.

HEMP SEED OIL: 250mls €10.50.

Hemp foods are mainstreaming in global food trends as they are king of the plant foods kingdom for digestability, nutrition, protein count and essential fatty acids.

The Hemp Company range is available both:

In Store: **167 Capel Street, Dublin 1.**

Online: **www.hempcompany.ie**

We also offer **wholesale customers** and food producers a unique opportunity for early entry into the global phenomenon.

For more information contact us at:

e-mail: **wholesale@hempcompany.ie** or phone: **01 8727201**

