



Hemp Hearts Strawberry Shortcake Smoothie

Makes 4 servings

Ingredients:

1/3 cup Manitoba Harvest® Organic Hemp Hearts
3 cups frozen strawberries, whole
2 cups unsweetened vanilla almond milk
1/4 cup almond butter
6 medjool dates, pits removed
1 tsp cinnamon

Instructions:

Place all ingredients in a blender. Pulse until smooth and creamy. Serve immediately.

Tip: If your smoothie is too thick, add more milk.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**





Hemp Hearts Strawberry Spinach Salad

Makes 2 servings

Salad

Ingredients:

6 cups fresh baby spinach leaves
3 Tbsp Manitoba Harvest® Organic Hemp Hearts
1½ cups strawberries, hulled and quartered
Roasted pecans (See recipe below.)
3 Tbsp salad dressing (See recipe below.)

Instructions:

In a large bowl, combine spinach, hemp hearts, strawberries and pecans. Add 3 Tbsp dressing. Gently toss. Serve immediately.

Roasted Pecans

Ingredients:

½ cup pecan halves
1½ Tbsp extra virgin olive oil
1 Tbsp sugar
⅛ tsp salt
⅛ tsp cinnamon
⅛ tsp cayenne pepper

Instructions:

Preheat oven to 350 F. Place pecans on a foil-lined baking sheet. Bake for 8 minutes. In a small bowl, whisk olive oil, sugar, salt, cinnamon and cayenne pepper. Toss spice mixture with roasted pecans. Spread mixture on a baking sheet. Bake for 5 minutes. Set aside to cool.

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Continued:

Hemp Hearts Strawberry Spinach Salad

Makes 2 servings

Dressing

Ingredients:

3 Tbsp extra virgin olive oil, divided

2 small shallots, thinly sliced

1/3 cup balsamic vinegar

1 Tbsp agave nectar

1/8 tsp salt

1/8 tsp black pepper

Instructions:

Over medium, heat 1 Tbsp olive oil. Add shallots. Saute 3 to 4 minutes. Set aside to cool. In a blender, mix shallots, vinegar, agave, 2 Tbsp olive oil, and salt and pepper. Blend until completely pureed. Chill until ready to serve.

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Hemp Hearts Crusted Salmon

Makes 4 servings

Ingredients:

4 (5 to 6 oz) salmon fillets
2 tsp olive oil, divided
¼ cup Manitoba Harvest® Organic Hemp Hearts
½ cup grated Parmesan cheese
1 tsp dried parsley
1 tsp dried basil
1 Tbsp lemon juice
Salt and pepper to taste
Lemon slices, for serving

Instructions:

Preheat oven to 400 F. Line a baking sheet with foil. Place salmon skin side down. Rub 1 tsp olive oil over fillets. In a small bowl, combine hemp hearts, cheese, parsley, basil, 1 tsp olive oil and lemon juice. Top each fillet with hemp hearts mixture. Bake 10 to 12 minutes, or until internal temperature is 145 F. Add salt and pepper to taste. Add a slice of lemon. Serve.

Tip: To get a brown and crispy crust, broil the salmon the last 2 minutes.

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