



Hemp Hearts Tomato Basil Toast

Makes 1 serving

Ingredients:

1 slice whole wheat bread, toasted
½ avocado, mashed
1 large tomato, sliced
1 to 2 basil leaves, thinly sliced
1 Tbsp feta, crumbled
1 Tbsp Manitoba Harvest® Organic Hemp Hearts
Salt and pepper to taste

Instructions:

Toast bread. Spread with avocado. Top with tomato, basil and feta. Sprinkle Hemp Hearts. Season with salt and pepper. Serve immediately.

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





Hemp Hearts Berry Bowl

Makes 1 serving

Ingredients:

$\frac{3}{4}$ cup plain greek yogurt
3 Tbsp Manitoba Harvest® Organic Hemp Hearts
 $\frac{1}{4}$ cup mixed fresh berries
1 Tbsp honey

Instructions:

Put yogurt in a serving bowl. Sprinkle with Hemp Hearts. Top with mixed berries. Drizzle honey. Serve immediately.

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





Hemp Hearts Super Green Smoothie

Makes 1 to 2 servings

Ingredients:

2 Tbsp Manitoba Harvest® Organic Hemp Hearts
1½ cups fresh baby spinach
1 cup unsweetened vanilla almond milk
1 ripe pear, chopped
½ cup frozen mango chunks
¼ avocado, chopped

Instructions:

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

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