



HEMP

RECIPE BOOK

HEMP FOR CHAMPIONS



A RECIPE BOOK

FROM CHAMPIONS

FOR CHAMPIONS

FOR A VITAL LIFESTYLE
full of energy and in harmony with nature

With recipes by

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ACKNOWLEDGEMENTS

This book is dedicated to our loyal customers, supporters and partners in production and distribution.

Since the publication of the first recipe book edition, as part of our 2020 crowdfunding, we have been able to develop significantly.

We are particularly proud of our product innovations, which we have implemented with athletes, top chefs and other companions.

To make a positive difference in the world, we want to bring the meaningful and sustainable use of the hemp plant closer to as many people as possible. We are convinced that innovations can make a significant contribution to this.







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PREFACE

For the second edition of our recipe book "Hemp for Champions," we have refined some existing recipes and developed new creations. In addition, we have integrated knowledge about Cannabidiol (CBD) into this book. This edition is once again the result of collaboration between athletes, nutritionists, therapists and top chefs.

First and foremost, we want our ideas to facilitate healthy and sustainable living.

We focus on creating taste experiences from hemp and staying true to our principles.

DELICIOUS

HEALTHY

PRACTICAL

SUSTAINABLE

REGIONAL

Because we care about Mother Earth, we rarely use animal products in our recipes.

We also show you how you can easily and deliciously replace dairy products with hemp and, at the same time, get more and better quality nutrients. In addition, you will find most of the main ingredients for our creations from producers in your region.

However, some exceptions show that hemp also harmonises excellently with exotic ingredients.

We wish you lots of fun with our recipe book and numerous unforgettable experiences with hemp.

The Hempions Team





HEMPIONS HISTORY

In 2014, Ski World Cup professional Daniel Meier suffered from chronic back problems. The pain was so severe that Daniel could hardly move and almost gave up hope of a normal life.

Instead of ending his career, he looked for solutions and came across hemp. Hemp seeds provided Daniel's body with the proper nutrients to get fit and return to his former best form on the ski slopes.

Its impressive history and the sustainable potential of hemp ultimately inspired the founding of Hempions. Under the slogan "Hemp by and for champions," we started our journey together in spring 2018. Since the beginning, the Hempions team has been dedicated to the sustainable use of the hemp plant.

The Hempions founding team consists of four former and active competitive athletes:

Daniel Meier

SKI WORLD CUP PROFESSIONAL

Florian Braitsch

MULTIPLE STATE CHAMPION IN ARTISTIC GYMNASTICS

Lukas Bitschnau

INTERNATIONAL ACHIEVEMENTS IN SKI FREESTYLE

Fabian Braitsch

EUROPEAN CUP WINNER IN SKI FREESTYLE

We offer the most delicious hemp innovations for a vital life and higher performance in everyday life and sports. Our hemp foods provide the body with proper nutrients in a quick and delicious way. Furthermore, we want to show the potential of hemp in a sustainable cycle.

THE SUPERPLANT HEMP

Hemp is one of the oldest crops in the world. Therefore, the incredible plant has been involved in important events in the history of mankind:

- ✱ Gutenberg prints the first bible on hemp paper
- ✱ Columbus reaches America with hemp sails and ropes

Unfortunately, commercial hemp was wrongly categorised as a drug in the last century and banned. Fortunately, recent developments show that the use of the hemp plant is experiencing a revival, primarily due to legal relaxation, education, and the climate crisis. Hemp is not without reason the superplant of all time.

HEMP FOR HEALTHY SOIL AND AIR

Hemp grows almost everywhere in the world without the use of chemicals. The hemp plant knows no natural enemies and is exceptionally robust. Thanks to its dense root system, it loosens the soil, pulls pollutants out of it and even improves soil fertility. In addition, hemp contributes to climate protection and is an ideal fit for sustainable agriculture.

HEMP AS THE FOOD OF THE FUTURE

Hemp seeds are among the most valuable sources of nutrients in the world. The tiny seeds with the size of a peppercorn contain almost everything the human body needs:

- ✱ Valuable fats for a healthy brain, cells and immune system
- ✱ Easily digestible protein in an ideal composition as an essential building material for our cells
- ✱ Valuable dietary fiber for a healthy digestive system
- ✱ Vitamins and minerals for a variety of critical bodily functions as well as a strong immune system and good well-being

HEMP AS THE RAW MATERIAL OF THE FUTURE

Hemp fibers are the strongest industrial fibers. Clothing made from hemp needs less water in the production process, does not contain any toxins, is kind to the skin and is very light and comfortable to wear. In addition to fibers, hemp shives are being harvested from the stalks of the plant. Both components are the basis for bio-plastics, building and insulation material, packaging and a variety of other alternatives to petroleum.

HEMP AS MEDICINE

The use of hemp in medicine has a long history. Even the ancient Egyptians already produced medicine from hemp. The many cannabinoids in the hemp plant are mainly responsible for its medicinal properties. These can have a positive effect on communication in the nervous system and thus help with a variety of ailments.





HEALTHY EATING WITH HEMP

WHAT REALLY MATTERS

As a former World Cup professional skier, Daniel Meier has long relied on hemp in his diet. Since Daniel got his chronic back problems under control with the help of hemp seeds, they have been an integral part of his diet. For him, the following factors are most important:

FILL UP WITH THE PROPER FUEL

“My body is like my car: if I don't use the proper fuel, the engine will run poorly or even break down. To perform and feel good, I pay attention to what I feed my body.” A good nutritional plan mainly includes complex carbohydrates, high-quality protein sources, balanced fat sources (preferably with a good ratio of omega-3 to omega-6 fatty acids), vitamins and minerals. Daniel recommends using mainly plant-based foods, as these form fewer acids and calcifications in the body, allowing it to cope better with inflammation and stress.

HEMP FULFILS THE OPTIMAL REQUIREMENTS

“I am convinced of hemp because it offers me an ideal combination of nutrients”, Daniel says. The protein of hemp seeds contains all essential amino acids and is metabolised alkaline due to the high mineral content. In addition, the seeds have an optimal ratio of omega-3 and omega-6 fatty acids, ensuring high availability in the body.

TASTE IS AN ESSENTIAL FACTOR

For body-friendly nutrition to be fun, the food must also taste good, making it particularly easy to maintain healthy eating habits. Hemp offers many possibilities to create different dishes that are good for the body and taste delicious.

FINDING THE HEALTHY BALANCE

Every single body is different. Everyone has to find out what foods are good for them. Then the body will forgive an exception. Enjoy consciously.



Rebecca Gmeiner

CERTIFIED NUTRITION COACH

HEALTHY FOOD WITH HEMP

USE IN THE PROFESSIONAL KITCHEN

Rebecca Gmeiner is a certified nutrition coach. Hemp is an essential ingredient in her cuisine: It contains many valuable ingredients and can be deliciously incorporated into numerous dishes. According to Rebecca, the following properties of hemp are particularly worth mentioning:

THE HIGH OMEGA-3 CONTENT

Omega-3 fatty acids help the body regulate the lymphatic system, which is responsible for various essential body functions.

Our brain also consumes a lot of omega-3, which is why a sufficient supply positively influences brain performance. Furthermore, omega-3 fatty acids are anti-inflammatory and support the immune system.

THE SUBSTANTIAL DIETARY FIBER

The dietary fiber in hemp, especially in hemp seeds and hemp protein, support digestion, intestinal health, and the immune system. In addition, they contribute to a longer-lasting feeling of satiety.

THE VITAMIN E CONTENT

Also called natural "anti-aging agent", this vitamin supports our body in cell renewal and helps prevent inflammation in joints and organs through its antioxidant effect.

THE TARGETED USE

The nutrition coach specifically uses hemp in her creations. Hemp protein is an integral part of her porridge mixtures. The warm breakfast porridge activates the intestinal system and provides valuable proteins essential for building and renewing cells in the body. With hemp oil, her salads become a high-quality source of omega-3 and also get a delicious nutty note.

Even snacks such as crackers or biscuits with hemp protein and hemp seeds become a valuable source of fat, protein and fiber, which also considerably increase their health value.

CANNABIDIOL

GENERAL INFORMATION ON CBD

Cannabidiol, CBD for short, is one of over 100 known cannabinoids that occur naturally in the hemp plant. Cannabinoids are the active substances of the hemp plant, and they have been used for centuries, especially in the treatment of ailments. The flowers of the hemp plant usually have the highest concentration of cannabinoids, although all other parts of the plant that have hairs also produce cannabinoids. This includes leaves and stems, but not hemp seeds, which is why these only contain traces of cannabinoids due to harvesting. The best-known representatives of the group of cannabinoids are CBD and Tetrahydrocannabinol (THC). Unlike THC, CBD is legal and has little to no psychoactive effect. CBD can have a calming, analgesic and relaxing effect, which is why it is gaining importance as a natural alternative to conventional medicine.

THE ENDOCANNABINOID SYSTEM: ECS

CBD and other cannabinoids are similar to substances in the endocannabinoid system, ECS for short, which is a part of the human's nervous system. As part of our nervous system, the ECS is involved in smooth communication in the body and has receptors in the central and peripheral nervous systems. The ECS is of great importance for our organism and influences many control processes, including:



Sleep, mood, stress, memory

Pain, inflammation, reactions of the immune system

Appetite, digestion, metabolism

Reproduction and fertility

Cardiovascular system

Muscle and bone development

HOW DOES CANNABIDIOL WORK IN THE BODY?

The receptors in the ECS can bind externally supplied cannabinoids. This is particularly helpful because cannabinoids such as CBD can help the ECS regain balance. This can positively influence the processes in the body mentioned above and even alleviate symptoms.



WHO CAN CANNABIDIOL HELP?

On the one hand, CBD can help people with complaints, including pain, inflammation, stress, insomnia and psychological problems such as depression or anxiety. On the other hand, many, including athletes, use CBD to support concentration and regenerate after physical stress.



GET YOUR SUPPLY OF CBD OIL NOW



CBD PRODUCTS

CBD is usually extracted from the flowers of the hemp plant. The most popular CBD products are:



CBD FLOWERS

Dried hemp flowers which are smoked or vaporised for inhalation.



CBD TEA

Made from dried hemp flowers or leaves.



CBD COSMETICS

Cosmetic products are enriched with CBD extracts.



CBD OIL

For CBD oil production, extracts from hemp flowers are dissolved in a carrier oil. Mainly, hemp or MCT oils are used for this purpose.

In addition to CBD, full-spectrum oils also contain other cannabinoids, flavonoids and terpenes (flavours) of the hemp plant. In contrast, broad-spectrum oils have only a limited amount of different ingredients, and isolates contain only CBD. According to studies, full-spectrum oils are the most effective because all plant compounds work together to produce a better effect.

When choosing CBD products, the CBD content, dosage and application form are important factors. CBD oils are the most popular because they are easy to dose and, especially in full-spectrum oils, other cannabinoids, terpenes and flavonoids can have a supporting effect.

AREAS OF APPLICATION OF CBD




Many studies have proven the successful use of CBD for specific complaints and clinical pictures. According to the World Health Organisation (WHO), these include the following:

- ✿ Pain and inflammation
- ✿ Stress
- ✿ Sleep disorders
- ✿ Menstrual cramps
- ✿ Support for wound healing
- ✿ Osteoarthritis, arthritis and gout
- ✿ Cancer
- ✿ Epilepsy
- ✿ Multiple Sclerosis (MS)
- ✿ Alzheimer's



FORM OF APPLICATION, ONSET AND DURATION OF ACTION

CBD is a fat-soluble molecule, which is why fat, as a medium, assists in the distribution of CBD in the body. Therefore, CBD is often used in the form of oil and creams. The onset and duration of effect depend on the type of application, with variations resulting from the different individual conditions of each person:

	Intake	Start of effect	Duration of effect
 Cosmetics	topical/skin	15 minutes	2 to 4 hours
 Oil	oral/mouth	15 to 60 minutes	4 to 6 hours
 Inhalation	inhalation/ lungs	immediately	2 to 4 hours



In case of chronic complaints, it can take several days before the CBD intake leads to a noticeable difference.

TIME OF APPLICATION AND DOSAGE

Depending on the type of application and goal, the appropriate time of application can be determined. The following reference values for the application of CBD oil can be helpful at the beginning:

For chronic complaints, inflammations and sore muscles:

2 - 3x daily approx. 20 mg CBD

For occasional complaints, stress and insomnia:

1x daily or as needed approx. 20 mg CBD

20 mg CBD correspond to:

8 drops CBD oil 5%

4 drops CBD oil 10%

Self-monitoring is particularly useful regarding the time and amount of intake to find the optimal dosage. Since CBD oil can be absorbed directly through the oral mucosa, the drops should be drizzled directly under the tongue for a quick effect. The longer the oil remains in the mouth, the better the mucous membranes can absorb the CBD. About 30 seconds is usually sufficient.

Taking CBD oil with fatty foods can further support the effect, as CBD is a fat-soluble molecule. CBD can also be used directly as an ingredient in dishes. The recipe section of this book has many different ideas for you.

How do I feel after taking CBD?

CBD often causes a calming and balancing effect at first. It may also help improve your concentration.

What are the quality characteristics of CBD products?

Above all, the quality of the raw material is essential, whereby particular attention should be paid to residues of fertilisers and pesticides. Additionally, gentle processing of the raw material is crucial so that as many valuable ingredients as possible are retained in the end product. High-quality extracts are usually obtained by CO₂- or ethanol extraction. Therefore, when buying CBD oil, you should pay attention to the following: Organic or lab-tested quality with a full-spectrum extract from CO₂ extraction. In addition, a pleasant taste makes it easier to utilize.

Can I still drive after taking CBD?

Yes, because CBD does not impair the ability to drive. When taken correctly, the small amount of THC in CBD products cannot be reported. However, you should not get into a car immediately after the first use, as drowsiness is a possible side effect of CBD.

Can I develop an addiction to CBD?

No, the regular intake of CBD is not addictive, as confirmed in a report by the World Health Organisation (WHO), among others.

How are CBD products made?

The most common raw material for CBD products is the dried flowers or petals of the hemp plant. An extract is obtained from them through gentle extraction, which serves as the basis for CBD oils, cosmetics and other CBD products.

What is the difference between CBD oil and hemp oil?

Hemp oil is extracted from hemp seeds, which naturally contain no cannabinoids. CBD oil, on the other hand, includes an extract containing CBD, usually extracted from the flowers of the hemp plant. Since CBD is fat-soluble, this extract is dissolved in a carrier oil and can therefore be easily ingested.

Why is CBD good for my skin?

CBD can relieve pain, soothes and cares for the skin. In principle, CBD is suitable for all skin types, and CBD creams are absorbed more quickly and are less greasy than CBD oil, which can also be applied to the skin.





What are the known side effects of CBD?

The most common side effects of CBD products are fatigue and low blood pressure. In addition, interactions can occur when CBD is combined with other medications. If in doubt, always consult your doctor before using CBD. Furthermore, CBD preparations are natural products that do not have the same effect on every individual body.

Is it possible to overdose on CBD?

No, when used properly, an overdose of CBD is impossible. According to a study by the University of Toronto, there is no overdose even with an intake of 1500 mg daily over a longer period, which corresponds to 75 times the initial recommendation of 20 mg.

Among many others, our most popular CBD recipes are:

-  Hemp Energy Balls (p. 61)
-  Italian Hemp Dressing (p. 83)
-  Hemp Nice Cream (p. 119)
-  Hemp Marble Muffins (p. 151)

PRODUCT KNOWLEDGE

HEMP SEEDS

Hemp seeds are the fruits of the female hemp plant and are about the size of a peppercorn. The tiny seeds consist of a crunchy, green-brown shell and a white seed covered with a thin skin. Hemp seeds are a vital allrounder among superfoods. They contain almost all nutrients the human body needs: high-quality protein, healthy fats, fiber, vitamins, minerals and secondary plant substances.

The Hempions product range contains three different versions of hemp seeds:

WHOLE HEMP SEEDS: PURE NATURE

The freshly harvested hemp seeds are dried, carefully cleaned and sorted. The result is raw, whole hemp seeds of the highest quality. The most popular recipes with whole hemp seeds are Hemp Sprouts (p. 89), pastries, and our Hemp Protein Baguette (p. 133).



HULLED HEMP SEEDS: VITAL ALL-ROUNDER

Due to its versatile application possibilities, hulled hemp seeds are one of the most popular hemp products. To get 1 kg of hulled hemp seeds, a whole 3 kg of whole hemp seeds are required. The hulls are removed in a mechanical hulling process, resulting in raw hemp hearts with a mild, nutty flavour. Recipes using hulled hemp seeds include Hemp Milk (p. 65), Energy Balls (p. 61) and Hemp Granola (p. 41).



PREMIUM HEMP SEEDS: THE CROWNING GLORY OF TASTE

For Hemp Seeds Premium, hulled hemp seeds are gently roasted, developing a delicate, nutty aroma while preserving its valuable ingredients. Hemp Seeds Premium convince with their delicious taste and are the basis of our premium products. The soft, golden yellow seeds taste best on salads, cream soups, desserts and dips, such as our Hemp Cottage Cheese dip (p. 57).



HEMP HAMESAN

When Hempions founder Fabian had to give up eating dairy products, finding a substitute for the beloved pasta cheese was challenging. On his quest for an alternative and after a lot of development work, the Hemp Hamesan was born. With only four ingredients (hemp seeds, yeast flakes, rice flour and salt) Hemp Hamesan is suitable for people with milk allergies, vegans and anyone who wants to add a unique "Umami" flavour to their dishes. It harmonises particularly well with salads, risotto and pasta dishes.



HEMP OIL

Hemp oil is undoubtedly one of the most valuable edible oils. The reason for this is the high content of healthy fatty acids, in an optimal ratio between omega-3 and omega-6 fatty acids for humans. These are supplemented with other rare fats like GLA (gamma linolenic acid) and SDA (stearidonic acid), which support the body in absorbing these valuable nutrients. Unlike other high-quality vegetable oils, hemp oil can be stored in the refrigerator for up to six months after opening. This is due to the high content of the antioxidant vitamin E, which keeps the product and the human body itself young. Therefore, hemp oil is a popular ingredient in cosmetics for skin and hair care products.

To preserve its valuable ingredients, hemp oil should not be heated too high.

HEMP OIL CLASSIC: COLD PRESSED AND VIRGIN

Hemp Oil Classic is made of gently cold-pressed whole hemp seeds. The dark shell of the hemp seeds gives the oil its typical greenish-brown colour and a subtle nutty taste with slightly grassy and tart notes. The name Classic is derived from the classic production method of the oil, as almost all hemp oils on the market are pressed from whole hemp seeds. Hemp Oil Classic harmonises especially with herbs in dressings for salads or dips, with our Herbal Hemp Oil (p. 81) being particularly popular.



HEMP OIL PREMIUM: INTENSE NUTTY DELIGHT

The particularly nutty Hemp Oil Premium is pressed from hulled, gently roasted hemp seeds. The result is a golden yellow oil with an intense, nutty flavour and delicate roasted aromas. Due to the careful production, the valuable ingredients are preserved and the delicious taste remains on the palate for a long time. A hemp oil made for gourmets and especially suitable for salad dressings, dips and refining mueslis, smoothies, soups, vegetable dishes and desserts. The favourites with Hemp Oil Premium are Hemp Oil Mustard Dressing (p. 81), Hemp French Dressing (p. 85) and the Hemp Kohlrabi Carpaccio (p. 93).



HEMP BUTTER PREMIUM

As hemp seeds are the vital king of all nuts and seeds, the same applies to the Hemp Butter Premium. Only hulled, roasted hemp seeds of the highest quality are used to make the paste, refined with a pinch of salt. This creates a delicious, nutty taste and makes hemp butter a genuine allrounder in the kitchen that tastes delicious as a spread or just pure. The most popular recipes with Hemp Butter Premium are Hemp Hummus (p. 55), Hemp Carbonara (p. 97) and Apple-Pear-Hemp Crumble (p. 121).



HEMP PROTEIN

The unique composition of the proteins in hemp seems to be perfectly adapted to humans. Hemp protein contains all the essential amino acids, i.e. all the protein building blocks that our body needs to consume through food. The protein in hemp is also similar to that of the human body, making it easier to digest and absorb. Hemp protein powder is usually obtained from deoiled hemp seeds, which are gently ground and sieved to increase the protein content.

HEMP PROTEIN HIGH FIBER: RUSTIC FIBER POWER

The press cake from whole hemp seeds is gently ground and sieved to produce Hemp Protein High Fiber. The protein powder owes its typical dark green colour primarily to the hull of the whole hemp seeds. The hull content in the Hemp Protein High Fiber also ensures an increased fiber content of 42%. Combined with a protein content of about 33%, the protein helps satisfy you quickly. The most popular recipes with Hemp Protein High Fiber are snacks such as Hemp Crackers (p. 51) or baked goods such as hemp cake, hemp bread and Hemp Chocolate Biscuits (p. 145).



HEMP PROTEIN PREMIUM: NUTTY PROTEIN SUPPLIER

Like all our premium products, Hemp Protein Premium is also made from hulled, roasted hemp seeds, and these are gently de-oiled and finely ground after roasting. Hemp Protein Premium impresses with its nutty roasted aromas and good solubility in liquids. The ochre-coloured powder is characterised by a high protein content of 56% and many minerals such as iron, magnesium and zinc. It is particularly suitable for protein shakes (p. 71), porridge (p. 37) and as a flour substitute for baking, for example, in Hemp Banana Bread (p. 141).

HEMP SPELT PASTA

As a unique pasta speciality, Hemp Spelt Pasta is made with only three ingredients: spelt flour, hemp protein and spring water from the Alps. The Hemp Protein High Fiber ensures a higher fiber and protein content. The spelt flour is ground from grains of the old "Ebners Rotkorn" variety, which is considered particularly digestible and rich in nutrients. The combination results in pasta with a fine texture, a firm bite and a considerable content of dietary fiber and protein. As a result, Hemp Spelt Pasta satisfies faster and more sustainably than conventional pasta made from durum wheat.

HEMP SPELT TAGLIATELLE

are suitable as a side dish or combined with creamy sauces, tomato sauce or intense pesto.

HEMP SPELT FUSILLI

are suitable for classics such as pasta salad, main dishes with vegetables and all kinds of sauce variations.

The most popular Hemp Spelt Pasta creations are Hemp Carbonara (p. 97), Hemp Pasta All'Amatriciana (p. 103) and Hemp Pasta Salad (p. 105).

HEMP CRUNCHIES

For Hemp Crunchies, the highest quality whole organic hemp seeds are selected and gently roasted. The roasting process gives the hemp seeds a unique, slightly nutty aroma, which is somewhat reminiscent of popcorn. In addition, the roasting process makes the hemp seeds' shells crispier, giving them the typical crunch when eaten. The combination of beneficial fats, protein and fiber satiates quickly and provides the body and mind with essential nutrients. In addition, iron and magnesium help to reduce fatigue.

HEMP CRUNCHIES NATURE

are popular as a crunchy all-rounder as a topping for salads, muesli and desserts or pastries.



HEMP CRUNCHIES SALTED

taste especially good as a salty snack on salads or desserts with dark chocolate or caramel.



HEMP CRUNCHIES CHOCOLATE

are coated with dark chocolate and are perfect for snacking between meals or desserts.



HEMP CRUNCHIES VANILLA CINNAMON

are very suitable as a sweet snack and a topping for desserts.



HEMP CRUNCHIES WHITE ORANGE

are coated with white, vegan chocolate, refined with sweet orange oil to make an exotic treat.



HEMP TEA

Hemp Tea consists of the gently dried leaves of the hemp plant. The leaves are harvested when the content of secondary metabolite substances in the plant is highest, usually, two months before the seeds are harvested. Hemp Tea has a mild, grassy taste and can be combined with various herbs and fruits. Hemp Tea is said to have a calming effect, making it ideal for relaxation. The natural effect of Hemp Tea is based in particular on the cannabinoids and flavours in the tea. In addition, Hemp Tea is very suitable for cold summer drinks such as Hemp Iced Tea (p. 77).

CBD OIL

Cannabidiol, CBD for short, is a component of the hemp flower that is used primarily for well-being and against physical complaints. For the CBD Oil production, hemp flowers from controlled organic cultivation are gently processed into a full-spectrum extract dissolved in Hemp Oil Premium. Thanks to the CO₂ extraction method, there are no residues of solvents and the extract is of exceptionally high quality. One speaks of a full-spectrum CBD oil when other cannabinoids, terpenes (flavours) and secondary metabolites are contained in addition to CBD. Together, they ensure a better effect and give the oil a typical grassy note, complemented by the nutty taste of hemp oil premium.

CBD Oil in the dropper bottle is particularly easy to dose, whereby the CBD content is the decisive factor for the amount to be taken:

CBD oil 5% contains 500 mg - 4 drops ~ 10 mg CBD

CBD oil 10% contains 1000 mg - 4 drops ~ 20 mg CBD

CBD can be drizzled pure onto the mucous membranes under the tongue or mixed into high-fat food, as fats support the transport of CBD in the body. Some recipe ideas with CBD Oil are our dressings (from p. 80), Hemp Energy Balls (p. 61) and Hemp Marble Muffins (p. 151).

INFOS ON THE COOKBOOK

The creations in this book are the result of many ideas on the use of hemp in everyday life of the Hempions founders as well as inspired by customers and other athletes. The recipes of the Champions Kitchen are a little different from the norm:

When using sweeteners, especially refined sugar, the motto is: "Less is more". Those who like it sweet can increase the sugar in the recipes by up to 50%. In addition, honey, coconut blossom sugar, agave syrup, bananas, or dates can be used as high-quality sweeteners.

The nutritional values given are guide values and, depending on the recipe, refer to...

- ✱ the respective portion size.
- ✱ or 100 g / 100 ml of the ready-prepared dish.

The portion size serves as a meal guideline and can be adjusted depending on how hungry you feel.

ABBREVIATIONS

DF - Dietary fiber

CH - carbohydrates

tsp - teaspoon, corresponds to about 5 ml / 5 g

tbsp - tablespoon, corresponds to about 15 ml / 15 g

EXPLANATION ICONS



All ingredients are free from animal-derived substances.



Contains no ingredients from dead animals such as fish or meat



CBD can optionally be added to the recipe



All ingredients are gluten-free, making the recipe suitable for people with gluten intolerance



In the finished dish, proteins provide a significant proportion of the total calories, at least 12%



The time it takes to make the recipe

NOTE FOR BAKING

- ✻ The oven temperature is given for the use of top/bottom heat.
- ✻ Baking times refer to baking in a preheated oven.



BREAKFAST WITH HEMP

HEMP PROTEIN PORRIDGE

HEMP BIRCHER MUESLI

HEMP GRANOLA

HEMP SMOOTHIE BOWL

HEMP OMELETTE

HEMP PROTEIN PORRIDGE



The perfect breakfast to start the day full of power. This tasty breakfast provides long-lasting energy thanks to complex carbohydrates and is filling thanks to protein, dietary fiber and healthy fats. It also contains many vitamins and minerals. So body and mind are well supplied.

An airtight jar is ideal for storing the dry porridge mixture, which shortens the preparation time in the morning and gives you more time to enjoy it.

FOR 4 SERVINGS

150 g rolled oats or other cereal flakes

25 g Hemp Protein Premium or High Fiber

25 g Hulled or Whole Hemp Seeds

25 g raisins

pinch of salt

500 ml liquid, e.g. water or hemp milk (p.65)

optional: 8 drops CBD Oil 10% = 40 mg

possible toppings: Hemp Crunchies, Hemp Oil, fruits, nuts

1. Put all the dry ingredients in a blender and chop.
2. Heat the liquid in a pot to approx. 80 °C. Then stir in the porridge mixture with a whisk.
3. Leave on low heat for a few minutes and stir well again.
4. Depending on the desired consistency, add more liquid and optionally CBD Oil. Refine with Hemp Crunchies, Hemp Oil, fruits and nuts as desired and serve.

Calories	Fat	Protein
231 kcal	7,7 g	11 g
CH	Sugar	DF
29 g	5,0 g	5,5 g

NUTRITIONAL VALUES PER PORTION 250 G



Tip:

Add a special touch to the porridge with your favourite spices. Cinnamon, cocoa and ginger make for a great start to the day. You can add the spices directly to the blender or mix them in during preparation.

HEMP BIRCHER MUESLI



The Swiss breakfast classic tastes fantastic with hemp and gives you energy and vital substances for the whole day. It is named after doctor Maximilian Oskar Bircher-Benner (1867-1939), who classified muesli as a healing food. According to Bircher, it mobilises the body's self-healing powers and stimulates intestine function.

The additional proteins, fiber, vitamins and minerals in hemp protein support this effect even more.

FOR 2 SERVINGS

200 ml liquid, e.g. water or Hemp Milk (p. 65)

80 g rolled oats or other cereal flakes

1 apple

1 banana

50 g Hemp Protein Premium (approx. 3 heaped tbsp.)

optional: turmeric, cinnamon, ginger

optional: 4 drops CBD oil 10% = 20 mg

possible toppings: fruits, Hemp Crunchies, Hemp Granola, Hemp Oil Premium

1. Heat the liquid to approx. 80 °C and place it in a bowl with the oat flakes to soak.

2. Grate the apple, mash the banana and mix with the rolled oats. Add turmeric, ginger, cinnamon and CBD and mix in the hemp protein.

3. Serve with fruits such as berries and other toppings as desired and enjoy. Particularly suitable are the Hemp Granola (p. 41), Hemp Crunchies, Hemp Seeds Premium or Hemp Oil Premium.

Calories	Fat	Protein
CH	Sugar	DF
348 kcal	8,6 g	20 g
46 g	20 g	9,4 g

NUTRITIONAL VALUES PER PORTION 285 G



Tip:

Exotic toppings such as coconut flakes and cocoa nibs provide variety.

HEMP GRANOLA



The crunchy breakfast for champions: Hempion's Hemp Granola is irresistibly delicious and full of nutrients and vital substances:

- Healthy omega-3 and omega-6 fatty acids
- High-quality and easily digestible protein
- Complex carbohydrates and valuable dietary fiber
- Vitamins and minerals

Prepared in a nonstick pan, Hemp Granola is particularly quick and easy to make yourself.

FOR 4 SERVINGS

100 g rolled oats
25 g Whole Hemp Seeds
15 g Hemp Protein High Fiber
pinch of salt
20 g coconut oil
20 g honey or agave syrup

1. Lightly toast the rolled oats, Hemp Seeds, and Hemp Protein in a coated pan on medium heat for 5 minutes.
2. Make a hole in the centre of the pan, add coconut oil, honey and a pinch of salt and mix everything.
3. Toast for another 5 minutes on medium heat and allow to set.
4. Then place in a heatproof container and leave to cool.

Calories	Fat	Protein
CH	Sugar	DF
202 kcal	9,5 g	7,6 g
20 g	4,3 g	7,0 g

NUTRITIONAL VALUES PER PORTION (50 G)



Tip:

The granola can be combined with Hemp Protein Premium, other cereal flakes and seeds such as pumpkin or sunflower seeds. Cane sugar or maple syrup are suitable for sweetening too. Instead of coconut oil, sunflower or peanut oil are also a good choice.

HEMP SMOOTHIE BOWL



Smoothie bowls are pureed, thick smoothies usually eaten with a spoon. The vitamin bombs are served in bowls and often artfully decorated. There are no limits to the ingredients and toppings you can use.

FOR 2 SERVINGS

½ banana
1 apple
1 small carrot
30 g blueberries or raspberries, fresh or frozen
1 tbsp Hemp Protein High Fiber or Premium
1 tbsp Hemp Seeds Premium
optional: 4 drops CBD Oil 10% = 20 mg
optional: Hemp Granola (p.41)

- 1.** In the first step, put the banana, apples, carrots, half of the berries and optional CBD Oil in a blender and blend until you have a thick puree. Alternatively, you can add the hemp protein before blending.
- 2.** Then pour the puree into a bowl and garnish with the remaining berries, Hemp Protein and Hemp Seeds as a topping.
- 3.** Optionally, the bowl can also be decorated with Hemp Crunchies, Hemp Oil, coconut flakes, other seeds and other fruits. Hemp Granola is particularly suitable as a crunchy extra.

Calories	Fat	Protein
158 kcal	5,9 g	7,2 g
CH	Sugar	DF
18 g	16 g	4,9 g

NUTRITIONAL VALUES PER PORTION (145 G)



Tip:

Spices such as vanilla, cinnamon, orange zest and ginger give the smoothie bowl a special touch. For a nutritional kick, you can add sprouted hemp seeds or buckwheat to the blender with the fruit or use them as a nutritious topping.

HEMP OMELETTE



The fluffy Hemp Omelette is quick to prepare and provides an extra portion of protein for breakfast. The delicious creation also keeps you full for a long time. Hemp Seeds, herbs and Hemp Oil make this dish a healthy delight. With this breakfast, muscles, brain and cells are perfectly prepared for a power day.

FOR 1 SERVING

15 g Whole Hemp Seeds
2 large eggs
pinch of salt and pepper
splash of water
optional: spices to taste,
e.g. turmeric, curry, thyme
10 ml olive oil or 10 g butter
chives or parsley to garnish

1. Briefly toast the hemp seeds in a nonstick pan over medium heat without oil.
2. Blend the eggs with a splash of water, salt, pepper and spices in a smoothie blender on high speed or shake vigorously in a protein shaker. Add the olive oil to the seeds and mix well.
3. Then pour the egg mixture into the hot pan, reduce the heat to the lowest setting and place the lid on the pan.
4. Once the top is firm, turn the omelette over and leave it in the pan again with the cover on for a minute. Garnish the omelette with herbs and enjoy.

Calories	Fat	Protein
CH	Sugar	DF
246 kcal	18 g	20 g
1,4 g	1,0 g	3,8 g

NUTRITIONAL VALUES PER PORTION (140 G)



Tip:

To refine the omelette, Hemp Butter Premium, Hemp Hamesan, Hemp Oil and Hemp Seeds Premium are particularly suitable. In addition, the fluffy omelette, together with fresh salad, is also ideal as a light and delicious main meal.



HEMP SNACKS

HEMP PAN BREAD

HEMP CRACKER

HEMP NACHOS

HEMP HUMMUS

HEMP YOGHURT DIP

HEMP COTTAGE CHEESE DIP

HEMP OIL POPCORN

HEMP ENERGY BALLS

HEMP PAN BREAD



No bread at home? No problem! The delicious Hemp Pan Bread is simple and can be prepared in just a few minutes. In addition, the bread satisfies you quickly and for a long time. Protein and fiber from the Hemp Protein High Fiber are responsible for this.

Hemp Pan Bread tastes delicious filled with crunchy salads or with salty or sweet spreads. It is also ideal as a side dish for salads, soups and stews.

FOR 4 PIECES

100 g spelt flour
25 g Hemp Protein High Fiber
½ tsp salt
60 ml water

1. Put the spelt flour, Hemp Protein and salt in a bowl and mix. Add water and mix with a fork to form a dough. The drier the dough, the easier it is to process the Hemp Pan Bread. If necessary, add a little flour or a few drops of water.

2. Cut the mixture into four pieces and roll them out into patties on a floured work surface.

3. Heat a nonstick frying pan on the highest level. Bake the pan bread without oil on both sides until bubbles form and it turns into a light brown colour.

Calories	Fat	Protein
104 kcal	0,7 g	5,6 g
CH	Sugar	DF
17 g	0,4 g	3,9 g

NUTRITIONAL VALUES PER PIECE (40 G)



Tip:

Hemp Pan Bread is ideal as a tortilla substitute and a popular meal of the Hempions Team. It's best filled with fresh salads, Hemp Butter Premium, Hemp Hamesan and Hulled Hemp Seeds.

HEMP CRACKER



Hemp crackers are a healthy snack for on the go. Thanks to the many seeds and the nutty Hemp Protein, the crackers taste delicious and give you energy in everyday life and in your free time.

FOR 1 TRAY = 20 PIECES

40 g spelt flour
50 g rolled oats
30 g Hemp Protein High Fiber
100 g mixed seeds, e.g. Hulled and Whole Hemp Seeds, sunflower seeds and sesame seeds
½ tsp salt
250 ml cold water
1 tbsp olive oil

1. Preheat the oven to 170 °C. For the mixture, mix all the dry ingredients well in a bowl. Add the oil and water to the dry mixture and stir in evenly.
2. Pour the mixture onto a baking tray lined with baking paper and spread it thinly. After 10 minutes, remove the baking tray from the oven and cut cracker in squares of the same size.
3. Then return them to the oven for another 40 minutes. Depending on the thickness, the crackers may be ready sooner. Leave to cool briefly and enjoy.

Calories	Fat	Protein
217 kcal	13 g	9,7 g
CH	Sugar	DF
13 g	0,5 g	6,4 g

NUTRITIONAL VALUES PER
4 PIECES (70 G)



Tip:

If you like, add Hemp Crunchies, Hemp Protein Premium, linseed or pumpkin seeds, and various herbs to the mixture. There are virtually no limits to your creativity.

HEMP NACHOS



Hemp Protein High Fiber gives the Hemp Nachos a unique, nutty, rustic flavour and brings an extra portion of protein, fiber and vital substances to the Mexican snack.

FOR APPROX. 250 NACHOS

160 g spelt flour
160 g corn flour
40 g Hemp Protein High Fiber
2 tbsp olive oil
240 ml cold water
2 tbsp olive oil & salt to coat
1 tsp salt

1. Mix the spelt flour, corn flour and Hemp Protein well. Add 2 tbsp oil and the water, knead into a homogeneous dough and divide into 12 pieces.
2. If necessary, add a little more water. Roll out the dough pieces on a floured surface into thin patties. Then heat a nonstick frying pan and pre-heat the oven to 180 °C.
3. Heat the patties briefly in the hot pan without oil until tiny bubbles appear. Mix 2 tbsp oil with a pinch of salt in a small bowl and brush both sides of the patties with it.
4. Cut three patties each into nacho triangles, place on a baking tray lined with baking paper and bake for 6 to 8 minutes until lightly brown and crisp. Let the nachos cool briefly and enjoy them with your favourite dip.

Calories	Fat	Protein
169 kcal	6,6 g	4,6 g
CH	Sugar	DF
22 g	0,4 g	2,8 g

NUTRITIONAL VALUES PER PORTION (50 G)



Tip:

For more flavours, mix your favourite ground spices into the oil for brushing. Herbs such as rosemary, thyme or paprika powder are particularly suitable.

HEMP HUMMUS



FOR 5 SERVINGS

1 can chickpeas (drained weight 265 g)
juice of 1 lemon
1-2 garlic cloves
½ tsp salt
100 g Hemp Butter Premium
100 ml water (ice cold!)
½ tsp cumin, ground
optional: 1- 2 tbsp. Hemp Oil
optional: 8 drops CBD Oil 10% = 40 mg

1. Drain the chickpeas from the tin through a sieve. Reserve 50 ml of the chickpea water and keep a few chickpeas for decoration.
2. Put the lemon juice, garlic clove and ½ tsp salt in the blender and chop.
3. Add the Hemp Butter to the blender and blend thoroughly. Add the cold water and the chickpea water bit by bit.
4. In the last step, add the chickpeas, Hemp Oil and cumin and blend for at least 3 minutes until a creamy, smooth mixture is formed. Season with salt and lemon juice and optionally add CBD Oil.
5. If the hummus is too thick, add a little more cold water.

Calories	Fat	Protein
195 kcal	12 g	9,2 g
CH	Sugar	DF
12 g	4,5 g	3,0 g

NUTRITIONAL VALUES PER PORTION (100 G)



Tip:

To serve, drizzle the hemp hummus with Hemp Oil Premium and decorate with toppings (chickpeas, Hemp Seeds Premium, herbs). The hummus tastes excellent with Hemp Crackers (p.51), Hemp Pan Bread (p.49) or vegetable sticks.

HEMP YOGHURT DIP

HEMP COTTAGE CHEESE



The combination of fresh herbs and the nutty note of the hemp oil goes perfectly with burgers, nachos, hemp crackers and much more.

FOR 4 SERVINGS YOGHURT DIP

100 g crème fraîche
100 g yoghurt
½ tsp salt
3 tbsp Hemp Oil Premium
fresh herbs, such as chives, thyme, rosemary, basil
1 squeeze of lemon juice
salt, pepper
optional: 8 drops CBD Oil
10% = 40 mg

1. Mix the crème fraîche, yoghurt, ½ tsp salt, Hemp Oil and optional CBD Oil. Chop the herbs and stir them in with the lemon juice. Then season to taste with salt and pepper.

Calories	Fat	Protein
201 kcal	20 g	1,9 g
CH	Sugar	DF
2,9 g	2,9 g	0,3 g

NUTRITIONAL VALUES FOR 75G

FOR 4 SERVINGS COTTAGE CHEESE DIP

200 g cottage cheese
2 tbsp Hemp Seeds Premium
1 tbsp Hemp Oil Premium
optional: a pinch of salt, herbs, and Hemp Crunchies Nature as topping
optional: 8 drops CBD Oil
10% = 40 mg

1. Mix all ingredients in a small bowl - done.

Calories	Fat	Protein
161 kcal	12 g	11 g
CH	Sugar	DF
2,1 g	2,1 g	0,6 g

NUTRITIONAL VALUES FOR 75G



Tip:

If the yoghurt dip is too sour, stir in a bit of sugar or honey for a full-flavoured taste.

HEMP OIL POPCORN



Hemp Oil Popcorn provides a delicious kick of beneficial omega-3 fats on the next movie night. The nutty aroma of Hemp Oil, salt and popcorn is simply a perfect match.

FOR 2 SERVINGS

20 ml Hemp Oil Classic or Premium

½ tsp salt (approx. 3 g)

50 g popcorn corn

optional: 4 drops CBD Oil
10% = 20 mg

1. In a small bowl, mix the hemp oil with the salt.
2. Heat a large, tall saucepan over high heat. Once the pot is hot, place the corn in it (without oil). Shake the pot regularly so that the corn is heated on all sides and does not burn.
3. As soon as the corn starts popping, put the lid on the pot and keep shaking until no sound is heard.
4. Put the popcorn in a bowl. Mix the oil well again with the salt. Spread half of the oil over the popcorn. Put a lid on the bowl and shake everything vigorously. Then repeat with the second part of the oil.

Calories	Fat	Protein
170 kcal	11 g	2,6 g
CH	Sugar	DF
14 g	0,2 g	3,6 g

NUT. VALUE PER PORTION 35 G



Tip:

Feel free to add your favourite spices and herbs to the Hemp Oil.

HEMP ENERGY BALLS



These little balls provide you with energy for the body and mind. With only four ingredients, they are child's play to prepare. They are the perfect companion for everyday life and sports and provide the power to go full speed. Just 4-5 balls cover the daily requirement of omega-3 and omega-6 fatty acids, which are essential for the brain, immune system and cell health.

FOR 15-20 PIECES

100 g Hulled Hemp Seeds

100 g dried dates

2 tsp cocoa powder, unsweetened

2 tsp coconut oil

optional: Hulled Hemp Seeds or cocoa for coating

optional: 8 drops CBD Oil
10% = 40 mg

1. Put all the ingredients in a blender with a rotating blade. Blend until a firm, homogeneous mass develops.
2. Shape the mixture into equal-sized balls with a diameter of about 2 cm. Optionally, you can roll the balls in peeled hemp seeds or cocoa.
3. Then place the balls on a plate and refrigerate for 30 minutes.

Calories	Fat	Protein
233 kcal	15 g	8,1 g
CH	Sugar	DF
16 g	16 g	4,1 g

NUTRITIONAL VALUES PER 4 PIECES (50 G)



Tip:

The energy balls coated with Hemp Seeds are the better choice on the go because they don't stick together. If you want to recharge your energy as quickly as possible, you can skip the chilling process and enjoy the Hemp Energy Balls directly.



DRINKS WITH HEMP

HEMP MILK

HEMP APPLE STRUDEL SHAKE

BANANA HEMP MILK

HEMP ICED TEA

BERRY HEMP MILK

GOLDEN HEMP MILK

HEMP MILK COCOA

HEMP PROTEIN SHAKE BASIC

HEMP SHAKE CHOCOLATE

GOOD MORNING SMOOTHIE

HEMP MILK



Hemp Milk is the ideal plant-based milk alternative for champions. It is freshly prepared in just a few minutes and rich in high-quality, easily digestible protein, vitamins and minerals such as zinc, iron and magnesium. Several reasons speak in favor of homemade hemp milk. The milk is quick to prepare and a very well-tolerated alternative for intolerances such as cow's milk and soy allergies. In addition, essential omega-3 and omega-6 fatty acids in the ideal ratio ensure healthy cells and high performance of body and mind.

FOR 275 ML HEMP MILK

250 ml of water

25 g Hulled Hemp Seeds

pinch of salt

optional: dates or raw cane sugar for sweetening

optional: cinnamon, vanilla, turmeric for refinement

1. Place all ingredients in a blender and blend to a creamy liquid.
2. Fill the Hemp Milk into a bottle for storage or enjoy it fresh right away.
3. The ingredients of the milk can settle over time, which is why it is best to store the hemp drink in a well-sealed container and shake it again vigorously before consumption.

Calories	Fat	Protein
57 kcal	4,8 g	2,8 g
CH	Sugar	DF
0,2 g	0,2 g	0,5 g

NUT. VALUE PER 100 ML



Tip:

It's always best to prepare hemp milk fresh and use it pure and unfiltered or as an addition to your favourite recipes instead of regular milk. This way, you don't need an extra bottle or space in the fridge.

BANANA HEMP MILK

BERRY HEMP MILK



With this Hemp Milk, you cover your daily requirement of omega-3 and omega-6 fatty acids deliciously and simple. In addition, protein and minerals provide extra power.

FOR THE BANANA SHAKE

2 tbsp Hulled Hemp Seeds
200 ml of water
½ banana
pinch of cinnamon
optional: 4 drops CBD Oil
10% =20 mg

1. Put all the ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
244 kcal	16 g	9,9 g
CH	Sugar	DF
13 g	12 g	2,7 g

NUT. VALUE PER GLAS (290 ML)

In this delicious version of Hemp Milk, blueberries provide an extra dose of colour and antioxidants.

FOR THE BERRY SHAKE

2 tbsp Hulled Hemp Seeds
200 ml of water
50 g blueberries
¼ banana
optional: 4 drops CBD Oil
10% =20 mg

1. Put all the ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
236 kcal	16 g	10,1 g
CH	Sugar	DF
11 g	10 g	4,9 g

NUT. VALUE PER GLAS (310 ML)



Tip:

For variety, you can use other fruits such as raspberries, strawberries or apricots - be creative.

GOLDEN HEMP MILK

HEMP MILK COCOA



Golden Milk has its origins in the ancient Indian healing arts and is considered the perfect drink to strengthen the immune system. The combination of omega fatty acids with turmeric, ginger and cinnamon inhibits inflammation and activates the body and mind

FOR 1 GLASS GOLDEN HEMP MILK

200 ml of water
2 tbsp Hulled Hemp Seeds
1 tsp each of turmeric,
cinnamon and ginger (in
powder form)
15 g dates or raw cane
sugar to sweeten
optional: 4 drops CBD Oil
10% = 20 mg

1. Put all ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
276 kcal	17 g	11 g
CH	Sugar	DF
19 g	19 g	5 g

NUT. VALUE PER GLASS (260 ML)

Hemp Milk Cocoa is a delight, both warm and iced. The vegan version of the childhood classic comes with lots of protein, minerals and vitamins.

FOR 1 GLASS HEMP MILK COCOA

200 ml of water
2 tbsp Hulled Hemp Seeds
1 tbsp natural cocoa powder
15 g dates or raw cane
sugar to sweeten
optional: 4 drops CBD Oil
10% = 20 mg

1. Put all ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
258 kcal	17 g	12 g
CH	Sugar	DF
13 g	11 g	6 g

NUT. VALUE PER GLASS (255 ML)



Tip:

A cold version of the Hemp Milk Cocoa is particularly suitable for warm summer days. Replace a quarter of the water in the recipe with ice cubes and serve the cocoa iced.

HEMP PROTEIN SHAKE BASIC

HEMP SHAKE CHOCOLATE



Shakes are one of the most popular uses of Hemp Protein powder. Quick and easy to prepare, hemp shakes provide easily digestible protein and are filling.

FOR 1 BASIC SHAKE

250 ml water
1 tbsp Hulled Hemp Seeds
2 tbsp Hemp Protein Premium or High Fiber
optional: dates or raw cane sugar for sweetening

1. Put all the ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
CH	Sugar	DF
228 kcal	15 g	22 g
1,8 g	1,7 g	4,5 g

NUT. VALUE PER GLASS (295 ML)

The cocoa mixture harmonises particularly well with the nutty note of Hemp Protein Premium. The shake offers you an ideal alternative to conventional protein shake powders full of sugar and artificial flavours.

FOR 1 CHOCOLATE SHAKE

250 ml water
1 tbsp Hulled Hemp Seeds
2 tbsp Hemp Protein Premium or High Fiber
1 tsp natural cocoa powder
optional: dates or raw cane sugar for sweetening

1. Put all the ingredients in a blender, blend until creamy and enjoy.

Calories	Fat	Protein
CH	Sugar	DF
243 kcal	16 g	23 g
2,8 g	1,7 g	6,0 g

NUT. VALUE PER GLASS (300 ML)



Tip:

- A pinch of cinnamon adds a subtle touch and awakens happy hormones.
- A little salt rounds off the taste of the Hemp Protein Shake.
- Honey, bananas or agave syrup are great alternative sweeteners.

GOOD MORNING HEMP SMOOTHIE



The smoothie to start your perfect day. The creamy vitamin mix with fresh ginger awakens your inner fire and provides valuable nutrients.

FOR 1 SMOOTHIE

1 apple
1 carrot
small piece of fresh ginger
1 tbsp Hulled Hemp Seeds
100 ml water
splash of lemon juice
optional: 4 drops CBD Oil
10% = 20 mg

1. Quarter the apple and remove the seeds, wash the carrot, cut off the ends, and cut off the peel from the ginger.
2. Place fruit and ginger in a blender with water, Hemp Seeds, lemon juice and optional CBD Oil.
3. Blend until the fruit is completely chopped up.
4. Serve in a glass and enjoy.

Calories	Fat	Protein
169 kcal	8,0 g	4,7 g
CH	Sugar	DF
18 g	16 g	3,4 g

NUT. VALUE PER GLASS (240 ML)



Tip:

For an extra portion of protein, add a tablespoon of Hemp Protein to the smoothie, preferably with a dash of water.

HEMP APPLE STRUDEL SHAKE



This wonderful christmassy Apple Strudel Shake is ideal for an excellent start to the day or as a little power dispenser for in between.

Thanks to Hemp Butter Premium, Hemp Seeds, Hemp Protein powder and fresh fruits, the body is supplied with essential omega-3 and omega-6 fatty acids, proteins, vitamins and fiber in one fell swoop. Well preparing the brain and body for the tasks of the day

FOR 1 GLASS

- 1 big apple
- 1 tbsp Hemp Protein Premium
- 1 tbsp Hulled Hemp Seeds
- 2 tsp Hemp Butter Premium
- 1 banana
- 5 tbsp vegetable yoghurt
- 1 pinch of vanilla
- ½ tsp gingerbread spice

1. Cut the unpeeled apple into pieces and place it in the blender.
2. Add the remaining ingredients and blend well until it has a creamy, homogeneous consistency.
3. Pour into a glass, serve and enjoy.

Calories	Fat	Protein
342 kcal	12 g	9,7 g
CH	Sugar	DF
45 g	37 g	6,9 g

NUT. VALUE PER GLASS (325 ML)



Tip:

You can refine the shake with cinnamon or cocoa instead of vanilla and gingerbread spice.

HEMP ICED TEA



The ideal cold drink to enjoy on hot summer days. The relaxing and calming effect of Hemp Tea with cooling mint and lemon makes this iced tea the perfect choice to disconnect and simply enjoy. The ingredients harmonise particularly well in terms of taste and provide an extra portion of vitamin C.

FOR 1 LITER

1 liter of boiling water
4 tsp. of Hemp Tea
fresh mint
1 tsp honey
juice of one lemon

1. Put the Hemp Tea in boiling water, steep for at least 15 minutes and then remove the leaves. Allow the tea to cool to room temperature.
2. Wash the mint leaves and pluck them individually.
3. Add the juice of the lemon, the honey and the mint to the tea and mix everything well (shaking is best).
4. Put the tea in the fridge for at least two hours.
5. Strain before serving. Serve garnished with ice cubes and a mint leaf.

Calories	Fat	Protein
26 kcal	0 g	0,2 g
CH	Sugar	DF
5,4 g	5,4 g	0 g

NUT. VALUE FOR 250 ML



Tip:

Optionally, the mint leaves can be infused with hemp tea or other herbs. Lemon balm, in particular, is very suitable as a supplement or substitute for mint.



STARTERS WITH HEMP

HEMP OIL MUSTARD DRESSING

HERB HEMP OIL

ITALIAN HEMP OIL DRESSING

HEMP FRENCH DRESSING

CRUNCHY SALAD TOPPING

GROWING HEMP SPROUTS

ZUCCHINI CREAM SOUP

HEMP KOHLRABI CARPACCIO

HEMP OIL MUSTARD DRESSING

HERB HEMP OIL



The dressing has a delicious nutty flavour from the hemp oil and is suitable for both green and mixed salads.

FOR 2 SERVINGS MUSTARD DRESSING

2 tbsp Hemp Oil Premium
1 tbsp white balsamic vinegar
1 tsp honey
1 tsp mustard
½ tsp salt
splash of lemon juice
optional: 4 drops CBD Oil
10% = 20 mg

1. Put the hemp oil, balsamic vinegar, honey, mustard and salt in a bowl and mix well until the honey has dissolved.
2. Season with pepper and lemon juice, add CBD if desired and drizzle over the salad just before serving.

Calories	Fat	Protein
152 kcal	15 g	0,9 g
CH	Sugar	DF
2,6 g	2,4 g	0 g

NUT. VALUE FOR 30 ML DRESSING

This delicious oil composition harmonises wonderfully with raw vegetables, salad or Hemp Protein Baguette (p. 133)

FOR 2 SERVINGS HEMP OIL

3 tbsp Hemp Oil Classic
½ tsp salt
freshly chopped herbs,
such as thyme, rosemary
or basil
optional: 4 drops CBD Oil
10% = 20 mg

1. Mix all the ingredients well - and it's done.

Calories	Fat	Protein
199 kcal	22 g	0,2 g
CH	Sugar	DF
0,4 g	0,4 g	0,2 g

NUT. VALUE FOR 30 ML OIL



Tip:

To prepare the dressing, put all the ingredients in a small screw-top jar and shake vigorously. This is the best way to mix the ingredients and prepare the herb oil quickly.

ITALIAN HEMP OIL DRESSING



The Italian classic is prepared quickly and combines hemp power with typical Italian ingredients. Instead of olive oil, hemp oil provides a nutty note and essential omega fatty acids.

FOR 5 SERVINGS

2 bunches oregano
2 bunches basil
1 clove of garlic
5 tbsp Hemp Oil Classic or Premium
3 tbsp red wine vinegar
1 tsp mustard
½ tsp sugar
1 tsp salt
Optional: 4 drops CBD Oil
10% = 20 mg

With blender:

Wash the herbs, peel the garlic clove and optionally remove the core. Place all the ingredients in a small food processor and blend until the herbs and garlic are minced.

Without blender:

Wash the herbs, peel the garlic clove and chop everything very finely. Then place in a screw-top jar with the remaining ingredients and shake vigorously until all the ingredients are well combined.

Calories	Fat	Protein
142 kcal	15 g	1,2 g
CH	Sugar	DF
0,9 g	0,7 g	0,2 g

NUT. VALUE PER PORTION = 30 ML



Tip:

If you don't have fresh herbs available, you can alternatively use dried herbs for the recipe.

HEMP FRENCH DRESSING



The creamy Hemp French Dressing is a variation of the famous French salad dressing. Hemp Butter is responsible for the creamy, thick consistency and, together with Hemp Oil Premium, provides a nutty note in the dressing.

FOR 4 SERVINGS

½ clove of garlic
½ onion
1 tsp Hemp Butter Premium
3 tbsp Hemp Oil Premium
1 tbsp apple cider vinegar
or red wine vinegar
1 tsp mustard
½ tsp sugar
1 tsp salt
1 pinch pepper
optional: 4 drops CBD Oil
10% = 20 mg

With blender:

Peel and roughly chop the onion and garlic clove. Optionally, remove the core of the garlic clove. Put all ingredients in a small food processor and blend until the onion and garlic are minced.

Without blender:

Peel and very finely chop the onion and garlic clove. Then place in a screw-top jar with the remaining ingredients and shake vigorously until all the ingredients are well combined.

Calories	Fat	Protein
125 kcal	13 g	1,1 g
CH	Sugar	DF
1,2 g	1,1 g	0,2 g

NUT. VALUE PER PORTION = 30 ML



Tip:

Optionally, you can double the amount of dressing and store the rest in the fridge. The prepared dressing can be stored in a closed jar for up to one week.

CRUNCHY SALAD TOPPING



This sweet and salty mix of nuts and seeds brings enjoyable variety to your salads. In addition, the topping provides you with an extra portion of protein and valuable fats.

FOR APPROX. 300 G

80 g Hulled Hemp Seeds
40 g Whole Hemp Seeds
50 g pumpkin seeds
50 g sunflower seeds
50 g coarsely chopped walnuts or almonds
1 tbsp rapeseed oil
1 tsp honey
1 big pinch of salt

1. Preheat the oven to 180 °C bake air.
2. In a large bowl, combine Hemp Seeds, nuts, pumpkin and sunflower seeds and mix well with canola oil, honey and salt. All seeds and nuts should be covered with the honey-oil mixture.
3. Spread the mixture evenly on a baking tray lined with baking paper and bake for approx. 15 minutes. After 10 minutes mix everything well so that nothing burns.
4. Allow the salad topping to cool and then pour directly onto the salad or into an airtight jar for storage.

Calories	Fat	Protein
239 kcal	21 g	10,1 g
CH	Sugar	DF
2,6 g	1,4 g	3,5 g

NUT. VALUE PER PORTION = 40 G



GROWING HEMP SPROUTS



Hemp sprouts are suitable as a snack, to spice up salads and main dishes and are easy to grow from Whole Hemp Seeds with a bit of patience.

To grow Hemp Sprouts, you need a sprouting jar, a plate and whole, germinable hemp seeds. Please note that hemp germinates best when protected from light.

- In the first step, soak about 2-3 tablespoons of hemp seeds with plenty of water for six hours in the upright sprouting jar. To do this, either place the jar in a dark place or cover it with a cloth.
- Then pour away the soaking water, rinse the seeds with fresh water and let them germinate in the dark for 12 hours. To do this, tilt the germination jar sideways and place it on a plate.
- Rinse the hemp seeds again every 12 hours. To do this, pour out the water, add fresh water to the jar and swirl it until the sprouts become untangled. Let the sprouts steep in the fresh water for a few more minutes, then pour off the water and position the sprouting jar tilted sideways again.
- After three to four days, the first sprout seedlings are ready for harvesting. If you want the sprouts to keep growing, continue the regular rinsing process.
- As soon as the cotyledons of the sprouts are visible, the sprouting glass can be placed in a bright place without direct sunlight. Experience shows that the sprouts grow a little faster this way.

Calories	Fat	Protein
90 kcal	8,0 g	5,0 g
CH	Sugar	DF
1,0 g	0 g	0,5 g

NUT. VALUE PER PORTION = 50 G

Online recipe with picture description:





Tip:

If you don't want to eat the sprouts immediately in salads or other dishes, you can also store them in the sprout jar in the fridge for a few days.

ZUCCHINI CREAM SOUP



The Zucchini Cream Soup warms you from the inside and is especially good on cold days. It contains many minerals and, combined with Hemp Oil and Hemp Seeds, also provides omega-3, protein and fiber.

FOR 4 SERVINGS

1 small onion
3 large zucchini
¼ tsp whole cumin
1 ½ tbsp olive oil
500 ml water
1 tbsp vegetable stock
½ tsp salt
pinch of pepper
Hemp Oil Premium and
Hemp Crunchies Nature for
garnish

1. Cut the onion into large cubes. Wash and slice the zucchini.
2. Dry roast the cumin briefly in a soup pot. Then add the olive oil, onion and zucchini and fry them briefly.
3. Then add water and soup seasoning and cook on medium heat for about 20 minutes.
4. As soon as the vegetables are soft, let the soup cool down a bit and blend it in a blender until creamy
5. Reheat the soup and season with salt and pepper. To serve, divide into four bowls and garnish with Hemp Oil and Hemp Crunchies.

Calories	Fat	Protein
185 kcal	14 g	6,9 g
CH	Sugar	DF
6,7 g	5,6 g	4,5 g

NUT. VALUE FOR 350 G



Tip:

The soup can also be garnished with hemp sprouts for an extra portion of vital substances. If you like it a little creamier, add a dash of hemp milk. The recipe is suitable for many other vegetables and can be adapted according to the season.

HEMP KOHLRABI CARPACCIO



This carpaccio recipe is particularly suitable as a light and flavourful starter. The finely chopped, slightly sweet kohlrabi harmonises perfectly with the nutty note of the hemp oil.

FOR 4 SERVINGS

2 medium kohlrabi
4 tbsp Hemp Oil Premium
2 tbsp white balsamic vinegar
salt
pepper
6 tbsp Hemp Seeds Premium

1. Peel the kohlrabi and cut it in half. Cut thin slices from the kohlrabi using a sharp knife or a vegetable slicer, starting with the large side.
2. Place the slices on four large plates. Mix the hemp oil, balsamic vinegar, salt and pepper in a bowl and drizzle evenly over the kohlrabi.
3. Finally, sprinkle the Hemp Seeds over the carpaccio and serve.

Calories	Fat	Protein
192 kcal	16 g	3,8 g
CH	Sugar	DF
8,1 g	7,0 g	3,0 g

NUT. VALUE FOR 300 G



Tip:

An automatic bread or sausage slicer cuts the kohlrabi thinly and evenly. Other finely sliced vegetables such as radishes, beetroot or carrots work well for this carpaccio.



MAIN COURSES WITH HEMP

HEMP CARBONARA

HEMP RICE POKÉ BOWL

CHANTERELLE HEMP PASTA

ZUCCHINI TOMATO HEMP FUSILLI

HEMP PASTA ALL'AMATRICIANA

HEMP PASTA SALAD

HEMP CHEESE SPAETZLE

HEMP PROTEIN DUMPLINGS

HEMP BURGER PATTY

HEMP CARBONARA



From champions for champions: the favorite dish of professional skier Daniel Meier fulfills everything a top athlete needs. Besides the optimal nutrient mix of protein, essential omega fatty acids, complex carbohydrates, minerals and vitamins. It is also quick and easy to prepare in under 10 minutes.

FOR 2 SERVINGS

1 tsp salt
180 g Hemp Spelt
Tagliatelle or Fusill
50 g Hemp Seeds
Premium
½ bunch of fresh basil
½ bunch of fresh parsley
salt
pepper
Hemp Hamesan for
garnish

1. Bring plenty of water with one teaspoon salt to a boil in a pot. As soon as the water boils, add the pasta.
2. After 2-3 minutes, skim off a little pasta water and blend with herbs, seeds, salt and pepper until creamy.
3. Drain the pasta after 3 ½ minutes of cooking, mix with the sauce and garnish with Hemp Hamesan.
4. If the sauce is too firm, add some more pasta water.

Calories	Fat	Protein
CH	Sugar	DF
446 kcal	14 g	21 g
56 g	2,0 g	8,4 g

NUT. VALUE FOR 300 G



Tip:

Instead of basil and parsley, you can use your favorite herbs, spice mixes, or soy sauce. This way even professional skier Daniel doesn't get bored with the pasta, although serving it three times a week.

CHANTERELLE HEMP PASTA



A quick and vegan pasta recipe full of mushrooms and vegetables. The delicious chanterelles provide vegetable protein, fiber and essential minerals such as iron and potassium. The perfect power meal for lunch or dinner.

FOR 2 SERVINGS

½ onion
½ bell pepper
½ zucchini
100 g chanterelles
1 tsp salt
½ tbsp olive oil
¼ tsp smoked paprika powder
salt, pepper
180 g Hemp Spelt Tagliatelle
fresh herbs to garnish (parsley, basil)
Hemp Hamesan for garnish

1. Finely chop the onion. Cut the peppers and courgettes into about 5 mm cubes and the zucchini into bite-sized pieces. Meanwhile, bring the water with 1 tsp salt to a boil in a high pot.

2. Briefly fry the onions in olive oil in a frying pan over medium heat. Then add the peppers, courgettes, chanterelles and smoked paprika powder and cook for a few minutes until soft and season with salt and pepper.

3. Add the Tagliatelle to the water and cook for 3 ½ minutes "al dente". Drain the pasta but reserve one cup of pasta water.

4. Put the Tagliatelle to the pan with the mushroom vegetables. Add a little pasta water if needed, mix well and season to taste. Serve with chopped herbs and Hemp Hamesan.

Calories	Fat	Protein
367 kcal	6,1 g	17 g
CH	Sugar	DF
61 g	4,7 g	12 g

NUT. VALUE FOR 400 G



Tip:

Instead of chanterelles, you can also use other mushrooms such as champignons or porcini. As wine accompaniment, we recommend a white wine.

ZUCCHINI TOMATO HEMP FUSILLI



This delicious dish is quick and easy to prepare and brings Italian flair to the hemp kitchen with fresh tomatoes and olive oil.

FOR 2 SERVINGS

1 tsp salt
4 garlic cloves
4 egg tomatoes
½ large courgette
1 tbsp olive oil
180 g Organic Hemp Spelt Fusilli
salt
pepper
optional: chilli flakes, Hemp Hamesan, basil

1. Bring water with 1 tsp salt to a boil in a large pot. Meanwhile, finely chop the garlic cloves and dice the tomatoes and courgettes.
2. Heat the olive oil in a pan and sauté the garlic until golden. Optionally, add chilli flakes.
3. Add the pasta to the boiling water and cook "al dente" for 3 ½ minutes. After 2 minutes, skim off a small cup of pasta water.
4. Meanwhile, add the vegetables to the pan and simmer with a little of the skimmed pasta water. Strain the cooked pasta and add a little more pasta water to the vegetables.
6. Finally, season with salt and pepper and garnish with basil and Hemp Hamesan for that extra touch.

Calories	Fat	Protein
428 kcal	12 g	18 g
CH	Sugar	DF
62 g	5,8 g	9,4 g

NUT. VALUE FOR 450 G



Tip:

You can spice up the dish with other vegetables such as peppers or aubergines.

HEMP PASTA ALL'AMATRICIANA



Delicious, quick to prepare and full of energy, making this vegan recipe interpretation with organic Hemp Spelt Pasta an absolute Hempions favorite. The recipe for this delicious pasta variation comes from the small mountain village of Amatrice in the Italian province of Rieti. It is one of the classics of the Italian cuisine.

FOR 4 SERVINGS

1 tsp salt
2 garlic cloves
1 tbsp olive oil
250 g peeled tomatoes
salt
pepper
sugar to taste
175 g Hemp Spelt
Tagliatelle or Fusilli
½ onion
smoked paprika powder
Hemp Hamesan for
garnish

1. Bring water with 1 tsp salt to a boil in a high pot. Chop the garlic cloves and fry them in olive oil.
2. Then add the tomatoes and cook for approx. 10 minutes until a homogeneous mass is formed. Then season with salt, pepper and sugar.
3. Add the Hemp Pasta to the boiling water and cook for 3 ½ minutes until "al dente".
4. In the meantime, finely dice the onion and fry it with salt, smoked paprika and olive oil until it caramelises slightly.
5. Put the Hemp Pasta into the tomato sauce. Serve with caramelised onions and Hemp Hamesan.

Calories	Fat	Protein
507 kcal	11 g	16 g
CH	Sugar	DF
62 g	5,0 g	8,5 g

NUT. VALUE FOR 400 G



Tip:

If you remove the germ of the garlic clove, the infamous garlic smell will be much less after eating the dish.

HEMP PASTA SALAD



This pasta salad is not only a hit during the barbecue season, but tastes delicious all year round. Whether as a side dish or main course, the pasta salad combines the power of hemp with the valuable vital substances of the colorful vegetables.

FOR 2 SERVINGS

1 tsp salt
180 g Organic Hemp Spelt Fusilli
½ tsp salt
½ tbsp mustard
2 ½ tbsp Hemp Oil Classic or Premium
1-2 tbsp vinegar
½ paprika
½ cucumber
2 tomatoes
½ spring onion
pepper
optional: 4 drops CBD Oil
10% = 40 mg

1. Bring plenty of water with 1 tsp salt to a boil in a high saucepan. Add the pasta to the boiling water and cook "al dente" for 3 ½ minutes. When removing the cooking water, set aside a little of it.
2. Meanwhile, prepare the dressing with salt, mustard, Hemp Oil and vinegar.
3. Mix the pasta directly with the dressing and let it cool. Add a little pasta water regularly so the pasta does not clump together. Cut the vegetables into small pieces and mix with the cold pasta, optionally adding CBD Oil.
4. Then season the salad to taste, sprinkle herbs or sprouts on it and serve.

Calories	Fat	Protein
555 kcal	24 g	18 g
CH	Sugar	DF
65 g	6,8 g	10 g

NUT. VALUE FOR 500 G



Tip:

You can add other vegetables such as carrots or radishes to the pasta salad. Avocados, eggs, smoked fish, sheep's cheese, sautéed mushrooms, seeds or nuts also go very well in the pasta salad.

HEMP CHEESE SPAETZLE



With Hemp Protein, you can add more power, vital substances and a unique bite to the Austrian classic. Thanks to the Hemp Protein High Fiber, the hemp version has a greenish color. Hemp Spaetzle are also lower in calories and higher in fiber and protein than the original.

FOR 5 SERVINGS

400 g spaetzle flour or fine spelt semolina

100 g Hemp Protein High Fiber

3 eggs

1 tsp salt

125 ml water

125 ml milk or Hemp Milk (p.65)

1 tsp salt

500 g spaetzle cheese mix (or mixture of mountain cheese and Emmentaler)

1 onion

50 g butter

1. At first, mix the flour and Hemp Protein. Add eggs, salt, milk and water and mix until as smooth as possible.
2. Bring a large pot with water and 1 tsp salt to a boil.
3. Pass the dough through a "Spaetzle sieve" and bring it to a boil.
4. Skim the Spaetzle from the water as soon as they float. Place them in a bowl and add cheese in layers after each portion.
5. Cut the onions into rings, fry them in butter until golden brown and garnish the Spaetzle with them.

Calories	Fat	Protein
864 kcal	46 g	52 g
CH	Sugar	DF
56 g	2,3 g	13 g

NUT. VALUE FOR 300 G



Tip:

Without cheese, the Hemp Spaetzle are just as delicious as a side dish and harmonize very well with mushrooms, vegetables and herbs. You can also give the Spaetzle a vital omega kick with Hemp Hamesan instead of the cheese mixture .

HEMP PROTEIN DUMPLINGS



Hemp Protein Premium gives the dumplings a delicate nutty note and brings a lot of energy to the traditional dish. The easily digestible protein and minerals in the Hemp Protein also add value to the dumpling.

FOR 4 SERVINGS

20 g soft butter
300 g fine spelt semolina
or spaetzle flour
100 g Hemp Protein
Premium
120 ml milk or Hemp Milk
(p.65)
120 ml water
2 eggs
1 tsp salt
30 g butter

1. Mix the soft butter with the remaining ingredients except for the salt and 30 g of butter until a smooth dough is formed. For a better consistency, adding a little water may be necessary.
2. To loosen the dough, run a wooden spoon under the mixture and pull upwards with quick movements.
3. Bring a large pot of water and salt to a boil. Spread half of the dough on a board. Cut dumplings about 1 cm thick with a knife and push them off the board into the hot water.
4. After 6-8 minutes, skim them off and let them drain. Do the same with the second half of the dough.
5. Then heat 30 g butter in a pan. Toss the dumplings in it and fry them lightly.

Calories	Fat	Protein
519 kcal	21 g	29 g
CH	Sugar	DF
51 g	2,0 g	6,7 g

NUT. VALUE FOR 200 G



Tip:

Hemp Protein dumplings are suitable as a side dish accompanying colorful seasonal vegetables or mushroom dishes. Refined with a few herbs such as thyme or sage and a dash of hemp oil, they are also a treat on their own.

HEMP BURGER PATTY



In the vital hemp kitchen, you don't have to do without burgers at all. The Hemp Burger Patties are vegetarian and can be made vegan without much effort. Hemp Burger Patties taste best with salads and vegetables, with or without burger bread.

FOR 8-10 PATTIES

2 carrots
1 onion
100 g Hemp Protein High Fiber
100 g spelt semolina
100 g rolled oats
½ tsp vegetable stock
½ tsp salt
1 egg (or 1 tbsp linseed/
chia seeds for the vegan
version)
Whole or Hulled Hemp
Seeds for coating
vegetable frying oil

1. Finely grate the carrots and finely chop the onion. Mix the dry ingredients except for the Hemp Seeds in a bowl. Add the egg, onions and carrots and mix everything.
2. Add a little water, depending on the consistency. Then form evenly sized loaves from the mixture.
3. Spread the Hemp Seeds on a flat plate. Place each side of the burger in the Hemp Seeds and press down lightly.
4. Heat vegetable oil in a frying pan over medium heat. Fry the burgers on both sides for approx. 4 minutes, pat dry with kitchen paper and enjoy.

Calories	Fat	Protein
180 kcal	6,5 g	9,5 g
CH	Sugar	DF
17,7 g	1,8 g	7,9 g

NUT. VALUE PER PATTY = 75 G



Tip:

For the vegan version, mix 1 tbsp linseed or chia seeds with 4 tbsp water and soak for 20 minutes. By using this mixture the egg in the recipe can be replaced. The Hemp Burger Patties taste best in Hemp Spelt Buns (p. 135) with crisp lettuce and Hemp Butter Premium.

HEMP RICE POKÉ BOWL



The tasty and healthy creations called Poké Bowls have their roots in Hawaii. The original consists mainly of rice, crunchy vegetables and raw fish. The Hempion's version is vegan, glutenfree and added nutritious Hemp Seeds.

FOR 2 SERVINGS

50 g Hulled Hemp Seeds
120 g basmati or sushi rice
1 tbsp olive oil
1 small onion
150 g mushrooms, e.g. champignons or shiitake
Pinch of salt
250 g vegetables: e.g. tomatoes, cucumbers, peppers, radishes, carrots
½ avocado
4 tbsp Hemp Oil Mustard Dressing (p. 81)
1 tsp Hemp Seeds Premium

1. Roast the Hemp Seeds in a pan until lightly brown, then add the rice and cook according to the instructions.
2. Add olive oil to the pan. Fry the diced onion with the mushrooms and a pinch of salt.
3. Then remove from the heat and leave to cool. Cut the vegetables into cubes of no more than 1 cm. Slice the avocado.
4. Prepare the Hemp Oil Mustard Dressing according to the instructions on page 81.
5. To serve, first put the hemp rice in the bowl, then top with sliced vegetables, avocado and mushrooms.
6. Finally, pour the dressing over, sprinkle with Hemp Seeds and serve.

Calories	Fat	Protein
694 kcal	44g	18g
CH	Sugar	DF
56g	9,5g	12g

NUT. VALUE FOR 480 G



Tip:

Millet, buckwheat or quinoa are also suitable alternatives to rice. When it comes to choosing the toppings there are no limits to your creativity.



DESSERTS WITH HEMP

HEMP SCHMARRN

HEMP NICE CREAM

APPLE-PEAR-HEMP CRUMBLE

HEMP ICE CREAM

HEMP MUG CAKE

HEMP PROTEIN CRÊPE

HEMP CRUNCHIES
CHOCO BALLS

HEMP SCHMARRN



Hemp Schmarrn is the upgraded version of Kaiserschmarrn, the traditional Austrian dish named after Emperor Franz Josef I. Hemp Protein High Fiber adds an unusual green colour and extra protein and fiber to the dessert.

FOR 4 SERVINGS

6 eggs

400 ml milk or milk substitute, such as Hemp Milk

1 tsp salt

150 g plain spelt flour

50 g Hemp Protein High Fiber

Pinch of salt

50 g raisins (according to taste)

40 g butter or coconut oil
Icing sugar for dusting

1. First, separate the egg whites from the yolks and put them in separate bowls. Gradually add the milk, salt, flour and protein to the egg yolks and mix until smooth.

2. Add a small pinch of salt to the egg whites and beat until firm. Carefully add the beaten egg whites to the other batter and fold them in. Heat a large, nonstick frying pan over medium heat and melt 10 g of the butter. Pour a quarter of the batter into the pan and bake for 2-3 minutes until golden brown. Then quarter the dough, turn it over and bake for another 2-3 minutes.

3. Finally, tear the dough quarters into small pieces and add a quarter of the raisins. Keep the finished Schmarrn warm in the oven at 50 °C and repeat the process with the remaining dough. Sprinkle with icing sugar and serve.

Calories	Fat	Protein
CH	Sugar	DF
497 kcal	26 g	24 g
37 g	12 g	8,2 g

NUT. VALUE FOR 250 G



Tip:

The dish is also suitable as a sweet main course. Apple sauce or a berry sauce goes very well with Hemp Schmarren. In the imperial house of Habsburg, the dessert was usually served with "Zwetschkenröster", consisting of stewed plums.

HEMP NICE CREAM



Nice Cream is the perfect refreshing dessert for hot summer days. It is not only easy to prepare but also lower in calories than conventional ice cream and made from purely plant-based ingredients. Hemp Nice Cream has no added sugar and contains a lot of omega-3 and easily digestible protein.

FOR 4 SERVINGS

2 bananas, very ripe (cut into pieces and frozen)

2 tbsp Hemp Butter Premium

100 ml water

2 tsp Hemp Crunchies
Vanilla Cinnamon

optional: 4 drops CBD oil
10% = 20 mg

1. Cut the very ripe bananas into pieces and place in the freezer for a few hours.
2. For the Hemp Nice Cream, put the frozen banana pieces, Hemp Butter and milk in a blender and blend until you have a creamy ice cream. Do not blend too long or the ice cream will melt again.
3. If it is too soft, put the mixture back in the freezer for a short time.
4. Garnish the Hemp Nice Cream with Hemp Crunchies and enjoy.

Calories	Fat	Protein
136 kcal	6,2 g	5,0 g
CH	Sugar	DF
14 g	12 g	3,4 g

NUT. VALUE PER PORTION = 100 G



Tip:

In addition to the Hemp Crunchies, various berries or Hemp Granola (p. 41) are also suitable toppings for the Hemp Nice Cream.

APPLE-PEAR-HEMP CRUMBLE



A crumble consists of fruit topped with crumbly dough and tastes best fresh. The dessert is one of the classics in Great Britain. Hemp Protein and Hemp Butter Premium in the recipe provide a nutty note and an extra dose of power. The warm dessert is always in season, whether in winter with a cup of hot Hemp Milk Cocoa (p. 69) or in summer with a scoop of Hemp Nice Cream (p. 119).

FOR 4 SERVINGS

1 apple
1 pear
optional: 2 tsp amaretto
½ tsp cinnamon
optional: 1 tbsp raisins
20 g Hemp Butter Premium
2 tbsp water
100 g brown sugar
30 g Hemp Protein Premium
60 g spelt flour
1 tbsp Hulled Hemp Seeds

1. Cut the apple and pear into small pieces. Mix the fruit with amaretto, ½ tsp cinnamon and optional raisins and place in an ovenproof dish.
2. Mix the Hemp Butter with 2 tbsp water in a bowl and stir until smooth. Add the remaining ingredients and knead until smooth.
3. Spread the mixture over the fruit so that it is completely covered.
4. Bake in a preheated oven at 180 °C for approx. 35 minutes until the apples are soft and the crumble is crisp.
5. Serve warm and enjoy with optional Hemp Nice Cream (p. 119).

Calories	Fat	Protein
CH	Sugar	DF
267 kcal	6,3 g	9,0 g
42 g	32 g	3,8 g

NUT. VALUE PER PORTION = 100 G



Tip:

The crumble recipe is also great for using leftovers: in addition to apples or pears, you can use berries, plums and apricots.

HEMP ICE CREAM



With this creation, you can transform classic vanilla ice cream into a nutty taste spectacle. On top, the Hemp Butter Premium gives the ice cream an extra portion of protein and omega-3.

FOR 4 SERVINGS

200g vanilla ice cream
(vegan optional)

3 tbsp Hemp Butter
Premium

optional: 4 drops CBD Oil
10% = 20 mg

1. Place the vanilla ice cream in a bowl and let it defrost for a few minutes. Stir the Hemp Butter Premium into the vanilla ice cream with a spoon until it is evenly distributed.
2. Optionally, add the CBD oil and stir it in.
3. Put everything together in the freezer for another 15 minutes.
4. To serve, form small balls and decorate with a little Hemp Butter Premium as desired.

Calories	Fat	Protein
159 kcal	8,4 g	4,4 g
CH	Sugar	DF
16 g	14 g	0,7 g

NUT. VALUE PER PORTION = 60 G



Tip:

The sweet varieties of Hemp Crunchies are excellent as an additional topping for a ice cream sundae.

HEMP MUG CAKE



Ready in just a few minutes, this sweet mug cake with cocoa, Hemp Seeds and Hemp Protein not only tastes delicious but also satisfies cravings for sweets in a healthy way.

FOR 1 SERVING

2 tbsp neutral oil (corn oil)
20 g spelt flour
20 g Hemp Protein Premium
½ tsp baking powder (8 g)
2 tbsp raw cane sugar or honey
2 tsp cocoa powder
60 ml milk or milk substitute, e.g. Hemp Milk
optional: ½ tsp vanilla extract
optional: 4 drops CBD Oil
10% = 20 mg

For the topping:
1 tsp Hulled Hemp Seeds
1 tsp sugar
pinch of cinnamon

1. Put the coconut oil together with all the other ingredients in a mug and mix well.
2. Put on top the mix with the remaining sugar, cinnamon and Hemp Seeds and "bake" it in the microwave at 600 W for 1 ½ minute. Enjoy it warm straight from the mug.

Calories	Fat	Protein
622 kcal	40 g	17 g
CH	Sugar	DF
46 g	31 g	4,9 g

NUT. VALUE FOR 175 G



Tip:

If you like, add shelled hemp seeds, Hemp Crunchies, coconut flakes, nuts or other seeds to the mixture. Let your creativity run wild.

HEMP PROTEIN CRÊPE



The world-famous French version of a pancake becomes a unique taste experience together with the Hemp Protein Premium. In addition, hemp doesn't only add protein but also essential minerals to the delicious dessert.

FOR 8 CRÊPES

150 g plain spelt flour
50 g Hemp Protein Premium
½ tsp salt
4 eggs
300 ml milk or milk substitute, e.g. hemp milk
20 g coconut oil or butter

1. First, mix the dry ingredients well in a bowl. Then add the eggs and the liquid and mix until smooth.
2. Heat a nonstick frying pan on high heat and spread a little butter/oil in it. Pour a little batter into the centre of the pan and, by tilting, spread the batter evenly and thinly in the pan.
3. After 2-3 minutes, carefully release the crêpes from the bottom and turn them over with a spatula. Bake again briefly on the other side and then keep warm in the oven.
4. Do the same with the rest of the dough. To serve, spread the crêpes with a filling of your choice and roll them up. Serve garnished with fruit.

Calories	Fat	Protein
182 kcal	9,2 g	11 g
CH	Sugar	DF
13 g	0,7 g	1,9 g

NUT. VALUE PER CRÊPE = 90 G



Tip:

Our favorite for the filling are Hemp Butter Premium with banana or a sweet fruit jam. You can also fill the crêpes with savory fillings such as cheese, onions or even like a wrap with strong sauces and colorful salads.

HEMP CRUNCHIES CHOCO BALLS



Hemp Crunchies Choco Balls are the best choice when things have to go fast. The sweet crunchies are quick and easy to prepare with only two ingredients.

FOR CA. 25 PIECES

100 g chocolate (approx.
60% cocoa content)

100 g Hemp Crunchies
Nature

1. Coarsely chop the chocolate and place it in an oven-proof bowl. Place the bowl on a small pot filled with boiling water and let the chocolate melt slowly in the steam of the water. Stir frequently while doing this.
2. Once the chocolate has melted, remove the bowl from the pot and add the Hemp Crunchies.
3. Mix everything evenly. Using two teaspoons, form a thumb-sized amount of the mixture into balls and place in a small paper mold or on a baking tray lined with baking paper.
4. Leave to cool for 1½ - 2 hours until the balls are firm.

Calories	Fat	Protein
197 kcal	14 g	7,0 g
CH	Sugar	DF
9,2 g	8,0 g	6,6 g

NUT. VALUE PER 5 PIECES = 40 G



Tip:

For a sweet and salty kick, replace the Hemp Crunchies Nature with Salted Hemp Crunchies.



BAKING WITH HEMP

HEMP PROTEIN BAGUETTE

HEMP NUT BUNS

HEMP SPELT ROLL

HEMP MARBLE MUFFINS

HEMP APPLE PIE

HEMP LINZERSCHNITTEN

HEMP BANANA BREAD

COATED CHOCOLATE CAKE

HEMP CHOCOLATE BISCUITS

HEMP NUT RUSK

HEMP PROTEIN BAGUETTE



The valuable ingredients make the baguette something special. Rye and spelt are considered easier to digest and contain more nutrients than conventional wheat flour. Hemp Protein also provides an extra portion of protein, fiber and minerals.

FOR 2 BAGUETTES

400 g spelt flour
100 g Hemp Protein High Fiber
100 g rye flour
18 g salt
20 g fresh yeast, alternatively ½ tbsp dry yeast
6 g sugar
400 ml lukewarm water (approx. 420 ml for dry yeast)
3 tbsp Whole Hemp Seeds

1. Put the spelt flour, rye flour, Hemp Protein and salt in a bowl and mix together.
2. Dissolve the yeast and sugar in a little lukewarm water and leave it like this for 5 minutes. Mix the yeast and flour mixture into a dough and leave it to rest in a warm place for at least one hour.
3. Preheat the oven to 240 °C. Then divide the dough into two elongated pieces on a floured work surface sprinkled with Hemp Seeds. Roll each of these into a baguette.
4. Bake the loaves in the preheated oven at 240 °C for 15 minutes.
5. Then reduce the temperature to 220 °C and bake for another 10 minutes.

Calories	Fat	Protein
245 kcal	3,0 g	13 g
CH	Sugar	DF
38 g	1,5 g	9,9 g

NUT. VALUE FOR 100 G



Tip:

Optionally, Whole and Hulled Hemp Seeds can also be added directly to the bread dough. Both provide valuable omega fatty acids, while the Whole Hemp Seeds stay nice and crunchy in the dough and give the bread a special touch.

HEMP SPELT ROLL



The nutty, rustic Hemp Spelt Rolls taste best filled with Hemp Burger Patties (p. 111) or with a rich spread. The extra protein and fiber from the Hemp Protein also keeps you satisfied for a long time.

FOR 8 ROLLS

350 g spelt flour
85 g Hemp Protein High Fiber
20 g fresh yeast, alternatively ½ tbsp dry yeast
40 g butter
1 egg
40 g sugar
1 tsp salt
150 ml lukewarm water (approx. 170 ml with dry yeast)
1 egg white
2 tbsp Hulled Hemp Seeds

1. Put the flour, Hemp Protein, yeast, butter, egg, sugar and salt in a bowl. Slowly add the lukewarm water and knead. Cover the dough ball and let it rise in a warm place for at least one hour.
2. Then knead the dough on a floured work surface so that the air can escape and form eight equal-sized balls.
3. To prevent the balls from cracking during baking, they should have a smooth surface. Place the balls on a baking tray lined with baking paper and let them rise, covered, for another hour.
4. Mix the egg white with 1 tbsp water, brush the dough balls with it and sprinkle with Hemp Seeds. Bake the rolls at 185 °C for 12-17 minutes.

Calories	Fat	Protein
CH	Sugar	DF
278 kcal	8,2 g	12,7 g
35 g	5,8 g	7,0 g

NUT. VALUE PER BUN = 100 G



Tip:

Place the small balls of dough in a greased muffin tin so that they keep their shape and rise upwards during baking. If you use a small mold, you will get more than eight Hemp Spelt Rolls.

HEMP APPLE PIE



This unique apple pie doesn't just look good but also tastes fantastic. The Hemp Protein in the mixture adds a rustic touch and extra nutrients to the fruity taste sensation

FOR 1 PIE

150 g butter
150 g brown sugar
2 eggs
pinch of salt
150 g wholemeal spelt flour
50 g Hemp Protein High Fiber
120 g grated almonds
1 heaped tsp baking powder
80 g raisins
1 kg tart apples
1 tbsp lemon juice
3 tbsp Whole Hemp Seeds

- 1.** Beat the butter, sugar, eggs and salt until fluffy. Then mix the flour, Hemp Protein, almonds and baking powder separately and fold it in.
- 2.** Pour the mixture into a round cake tin and sprinkle with raisins. Peel the apples, cut them in half, slice them lengthwise and drizzle with lemon juice.
- 3.** Preheat the oven to 175 °C. Cover the pastry with apples and sprinkle with Hemp Seeds. Bake at 175 °C for 60-70 minutes, depending on how juicy the apples are.

Calories	Fat	Protein
256 kcal	14 g	6,2 g
CH	Sugar	DF
25 g	18,3 g	4,3 g

NUT. VALUE PER PORTION = 90 G



Tip:

You can easily increase the amount of healthy fats in Hemp Apple Pie. Replace the ground almonds in the recipe with a Hemp Seed-almond mixture. To do this, grind 60 g of almonds and Hulled Hemp Seeds together in a blender.

HEMP LINZERSCHNITTEN



Linzerschnitten are one of the classics among Austrian desserts, named after the Austrian city Linz. Hemp Protein High Fiber in the recipe provides a good texture, a unique colour and an extra portion of protein and fiber.

FOR 1 TRAY

200 g soft butter
180 g brown sugar
approx. 2 drops of vanilla extract (see concentration)
3 eggs
150 g spelt flour
50 g Hemp Protein High Fiber
200 g grated nuts
50 g breadcrumbs
zest of an organic lemon
pinch of cinnamon
pinch of ground cloves
150 g red currant jam
1 egg for glazing
3 tbsp Hulled Hemp Seeds for sprinkling

1. Beat the butter, sugar, vanilla extract and eggs in a bowl until fluffy.
2. Then mix the flour, Hemp Protein, ground nuts, breadcrumbs and lemon zest with a pinch of cinnamon and ground cloves and fold into the wet mixture.
3. Preheat the oven to 160 °C. Spread $\frac{2}{3}$ of the mix on a tray with baking paper and spread the jam on top of the dough. Place the remaining batter in a piping bag and pipe a lattice pattern over the jam layer.
4. Then brush with egg and sprinkle with Hemp Seeds.
5. Bake the cake in the oven for 45 minutes.

Calories	Fat	Protein
329 kcal	21 g	8,7 g
CH	Sugar	DF
27 g	18 g	2,7 g

NUT. VALUE PER PORTION = 80 G



Tip:

For an exceptionally crunchy experience, you can sprinkle Whole Hemp Seeds onto the Hemp Linzerschnitten, which lets them become nice and crunchy during baking. The grated nuts in the recipe can also be replaced with Hulled Hemp Seeds.

HEMP BANANA BREAD



As a snack, Hemp Banana Bread is the ideal energy supplier for your next adventure. Hempions prefer to enjoy the Hemp Banana Bread plain or with a little Hemp Oil on top for that extra omega-3 kick.

FOR 1 BREAD

4 ripe bananas (the riper, the better)
300 g spelt flour
50 g Hemp Protein Premium or High Fiber
1 package vanilla sugar (8 g)
1 pack. baking powder (16 g)
50 g Hulled Hemp Seeds
50 g Hemp Crunchies Nature
100 ml milk or milk substitute, such as Hemp Milk
1 egg
2 tbsp coconut or rapeseed oil, plus a little oil for glazing
pinch of salt
oil or butter for brushing the loaf tin
optional: 16 drops CBD oil
10% = 80 mg

1. Preheat the oven to 175 °C. Mash the bananas in a bowl.
2. Then add all the remaining ingredients and mix them.
3. Grease the loaf tin and pour in the mixture. Then bake for 45 minutes.

Calories	Fat	Protein
259 kcal	9,3 g	11 g
CH	Sugar	DF
31 g	9,9 g	4,4 g
NUT. VALUE PER PORTION = 100 G		



Tip:

For the vegan version, omit the egg and use an alternative such as Hemp Milk (p. 65) with chia seeds. For a special touch, you can add spices like cinnamon or cocoa to the banana bread.

COATED CHOCOLATE CAKE



This quick Chocolate Cake becomes a real eye-catcher with its coating of Hemp Seeds. In addition, the seeds give the cake a delicious taste and bring valuable nutrients to the sweet temptation.

FOR APPROX. 25 PIECES

150 g butter
150 g brown sugar
approx. 5 drops of vanilla extract (see concentration)
3 eggs
200 g spelt flour
50 g Hemp Protein High Fiber
2TL baking powder
3 tbsp milk / milk substitute
3 tbsp rum or brandy
200 g grated chocolate
3 tbsp Whole and Hulled Hemp Seeds

1. Beat the butter, sugar, vanilla extract and eggs until fluffy. Mix the flour, baking powder and hemp protein, add to the butter mixture and then stir in the remaining ingredients except for the hemp seeds.
2. Preheat the oven to 175 °C. Grease a loaf tin and sprinkle with $\frac{3}{4}$ of the hemp seeds.
3. Pour the mixture into the loaf tin, sprinkle with the remaining seeds and bake for approx. 60 minutes.

Calories	Fat	Protein
359 kcal	15 g	11 g
CH	Sugar	DF
40 g	24 g	6,2 g

NUT. VALUE PER PORTION = 100 G



Tip:

The Coated Chocolate Cake tastes particularly well with a scoop of Hemp Ice Cream (p. 123) or Hemp Nice Cream (p. 119).

HEMP CHOCOLATE BISCUITS



Thanks to the Hemp Protein High Fiber, the Hemp Chocolate Biscuits are ideal for health conscious gourmets, either as a healthy alternative to Christmas baking or as a snack all around the year. They provide valuable plant based protein and have a unique, nutty taste.

FOR 25 PIECES

100 g butter or margarine (chilled)
100 g brown sugar or coconut blossom sugar
2 eggs
220 g spelt flour
80 g Hemp Protein High Fiber
½ package baking powder (8 g)
3 tbsp unsweetened cocoa powder
Optional: 8 drops CBD oil
10% = 40 mg

1. Beat the butter, sugar and eggs in a bowl until fluffy. Mix the flour, Hemp Protein, baking powder, cocoa powder and optional CBD Oil and fold into the butter mixture. If the dough is not firm enough, add a little more flour.
2. Then cover the mixture and place it in the fridge for 30 minutes. After the resting time, preheat the oven to 180 °C. Roll out the dough thinly and cut out the biscuits.
3. Bake the Hemp Chocolate Biscuits in the preheated oven for about 10 minutes.

Calories	Fat	Protein
183 kcal	8,1 g	6,3 g
CH	Sugar	DF
20 g	7,8 g	4,3 g

NUT. VALUE PER PORTION = 50 G



Tip:

The Hemp Chocolate Biscuits become even crispier if you add Whole Hemp Seeds to the mixture. Use an additional 40 g of Hemp Seeds for the recipe.

HEMP NUT RUSK



Quick and easy to prepare, crunchy and ideal as a power supplier: Hemp Nut Rusks have it all. They are a great snack on the go and go well with coffee and tea.

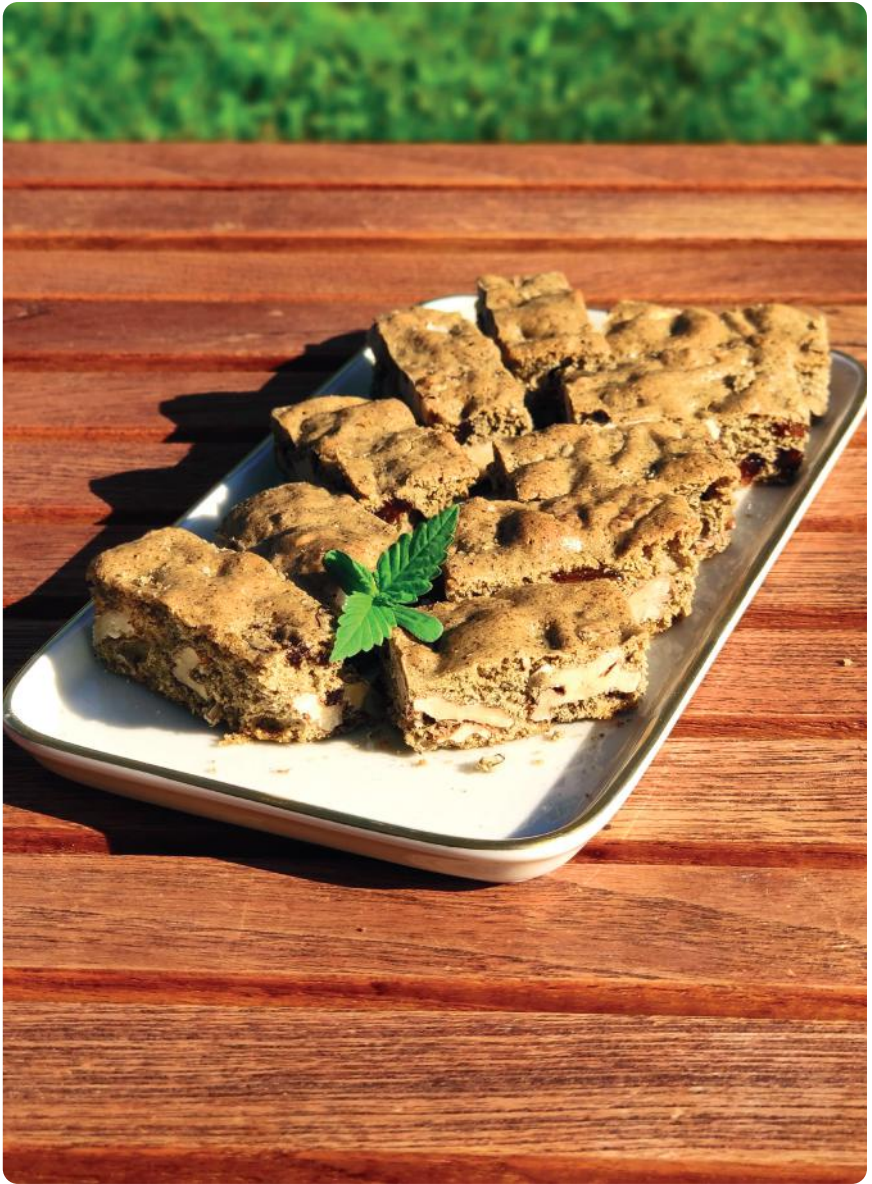
FOR 40 PIECES

140 g brown sugar
3 eggs
40 g Hemp Protein High Fiber
140 g spelt flour
250 g whole walnuts
50 g Whole Hemp Seeds
150 g raisins
2 tbsp coconut oil for glazing

1. Preheat the oven to 180 °C. Beat the sugar and eggs until frothy.
2. Mix the Hemp Protein and flour in a bowl and fold in. Loosely stir in the nuts, raisins and Hemp Seeds.
3. Spread the mixture on a greased baking tray and bake at 180 °C for 20 minutes.
4. Then take it out of the oven, cut into slices about 1 cm wide and 3 cm long and place on a second baking tray if necessary.
5. Then bake for another 10 minutes at 120 °C.

Calories	Fat	Protein
CH	Sugar	DF
204 kcal	12 g	5,6 g
19 g	13 g	3,0 g

NUT. VALUE PER PORTION = 50 G



Tip:

You can also make Hemp Nut Rusks with other nuts and seeds, whereby almonds and hazelnuts are particularly suitable. In addition, raisins can also be replaced with cranberries.

HEMP NUT BUNS



The tasty hemp nut buns are ideal as a sweet travel snack or at home with coffee. The combination of Hemp Protein High Fiber and chopped nuts makes the buns unique.

FOR APPROX. 15 PIECES

400 g spelt flour
100 g Hemp Protein High Fiber
1 tsp salt
80 g cane sugar (for dough)
20 g fresh yeast (alternatively ½ tbsp dry yeast)
150 ml milk or milk substitute, e.g. Hemp Milk
80 g butter
2 eggs
zest of an organic lemon
50 g butter
50 g brown sugar (for sprinkling)
pinch of cinnamon
50 g raisins
75 g Whole or Hulled Hemp Seeds
75 g chopped nuts (e.g. walnuts and hazelnuts)

1. Mix flour, hemp protein, salt, and 80 g sugar for the yeast dough and crumble in the yeast. Mix the milk with 80 g melted, not too hot butter and add it to the dough.
2. Add the eggs and lemon zest, work into a dough and leave it to rise in a warm place for at least one hour. Meanwhile, mix the Hemp Seeds and chopped nuts in a bowl.
3. After resting, roll the mixture into a 1 cm thick rectangle and preheat the oven to 190 °C. Brush the rectangles with melted butter and sprinkle with sugar, cinnamon, raisins and the nut-seed mixture.
4. Roll up tightly and cut off 2 cm wide pieces. Brush the top with the remaining butter. Place them on a baking tray lined with baking paper and bake in the oven for 15-20 minutes.

Calories	Fat	Protein
303 kcal	15 g	9,9 g
CH	Sugar	DF
30 g	12 g	5,0 g

NUT. VALUE PER PIECE (80 G)



Tip:

You can replace the eggs with about 100 ml of Hemp Milk (p. 65) for the vegan version. Coconut or almond oil can be an aromatic alternative to butter.

HEMP MARBLE MUFFINS



We reinterpreted the classic marble cake with hemp in the form of a muffin. Hemp Protein Premium and its nutty taste harmonize perfectly with the well-known cocoa flavor of the marble muffins.

FOR 10 PIECES

3 eggs
100 g icing sugar
1 packet vanilla sugar
50 g butter or coconut oil
140 ml milk or milk substitute, e.g. Hemp Milk
150 g spelt flour
50 g Hemp Protein Premium
½ packet baking powder
1 tbsp unsweetened cocoa
2 tbsp water
Hemp Crunchies Nature as decoration
Optional: 8 drops CBD oil
10% = 40 mg

1. First, whip the eggs in a bowl until foamy. Then add the icing sugar, vanilla sugar and butter cut into flakes. Beat until fluffy and gradually add the milk, flour, Hemp Protein and baking powder.

2. Divide the mixture and stir cocoa with 2 tbsp water into one half. Pre-heat the oven to 180 °C.

3. Place the paper cups in a muffin tray and fill with about the same amount of the dark and light mixture. Fill each cup only a little more than halfway so it does not overflow during baking. Decorate as desired with Hemp Crunchies Nature and bake for approx. 30-40 minutes.

4. When a chopstick or knife comes out clean after piercing the mixture, remove the muffins from the oven and leave them to cool.

Calories	Fat	Protein
CH	Sugar	DF
205 kcal	9,1 g	8,0 g
22 g	12 g	1,8 g

NUT. VALUE PER PIECE = 70 G



Tip:

For a nutty center, add a little hemp jam to the center of each muffin and press it in until it disappears into the batter.



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