

The Plant-Based Protein Box

BANZA CHICKPEA PASTA

It looks like pasta, feels like pasta and tastes like pasta, but unlike pasta, it is made from chickpeas and boasts a high protein count! It's also vegan, non-GMO and has no artificial ingredients.

How to use: Turn this page over for a Pesto and Hemp Seed Pasta Recipe!



KAPOK NATURALS SPIRULINA

This superfood is so super even NASA has conducted studies on it as a potential food for space travel. NASA found that 1 kg of spirulina had the same nutrients found in about 1,000 kg of vegetables. This algae is also chock full of vitamins, minerals, protein, & healthy fats, too! Think: 57g protein per 100g! Crazy!

How to use: Open the capsule and put the powder in a smoothie or lemonade!



MANITOBA HARVEST HEMP HEARTS

Hemp foods are rich in protein and have all 10 essential amino acids. They also contain omega-3, omega-6, stearidonic acid (SDA), and the rare omega-6 Gamma Linolenic Acid (GLA). What's so great about GLA? Well, GLA has been shown to help with cholesterol, inflammation, skin and hair health, balancing hormones, and general heart health.



FERA MORINGA POWDER

Moringa is popping up on the market a lot lately, and for good reason! Moringa is a complete source of plant protein. A serving of moringa contains all 9 essential amino acids.

How to use: We've got a bangin' Moringa & Hemp Seed Pesto Recipe on the back!



COCOBURG COCONUT JERKY

Cocoburg is the world's first raw, vegan, gluten-free, soy-free, minimally processed meat alternative made from all USDA Organic ingredients. Only 6g of protein per bag but if you like meat-free jerky snacking, Cocoburg is for you!



MAMMA CHIA CHIA SQUEEZE

16.5g of protein per 100g of chia seeds! Green Magic Chia Squeeze combines Fruit, Kale, Spirulina & Chlorella for a nutrient powerhouse of a snack!



DISCOVER WHAT'S INSIDE

Hemp Seed & Moringa Pesto With Chickpea Pasta

INGREDIENTS

- 2 cups Fresh basil leaves
- 1-2 Cloves chopped garlic
- 1 packet FERA Moringa
- 1/4 cup Hemp seeds
- 3 tsp Nutritional yeast (optional)
- 1/2 tsp Himalayan salt
- 2 tbsp Lemon juice
- 1/4 cup Olive oil
- 1 box Banza pasta
- All recipes need a little love!

METHOD

1. Place basil, garlic, and hemp seeds into a food processor or blender.
2. Pulse about 10 times to break down the basil.
3. Add all remaining ingredients.
4. Process until smooth, adding more olive oil if needed to thin the pesto.
5. Toss in your cooked Banza pasta and top with Hemp seeds before serving!

